Matters of the Heart

The Patient Portal Goes Mobile

Getting Your Whole Life Back

12 Months to Better Diabetes Management

Healthy Tips Pull-Out Calendar!

Gulf Coast Healthy Living

A Publication of Baptist Health Care

Winter 2015

To find the latest news, visit gulfoasthealthyliving.org
Let Baptist Health Care be your first and only choice when it comes to quality health care. As the area’s only community-owned health care system, we share with you a vested interest in our community, and we strive to give you good reasons to choose us as your care provider. We are leading the region with many “firsts” in innovation, and are the “only” area provider of many services.

We are on the forefront of stroke care. We continuously highlight the importance of quickly responding to signs of stroke. In addition, we provide new treatment options and technology, such as teleneurology, that dramatically increase the window in which treatment can yield significant recovery (page 5).

Our doctors are the only providers in the region who perform the transcatheter aortic valve replacement (TAVR). If you know anything about aortic stenosis, you know that it’s very serious. Our highly skilled physicians are trained to provide this procedure for patients who previously had no other options.

Baptist Health Care is the only health care system in the region to be selected as a Mayo Clinic Care Network member. As part of our membership our physicians participate in weekly eTumor Boards with Mayo Clinic. This kind of collaboration ensures that we offer the best treatment plan to our patients battling cancer (page 11).

Healthy Lives™ was the first and remains the area’s only wellness program of its kind to educate, coach and enable community businesses and individuals to have optimal health. Since diabetes is prevalent in this area, health coach and diabetes champion Rachael Miller, R.N., shares in this edition a special calendar that contains tips for managing diabetes throughout the year (pages 8-9).

Lastly, we’ve improved our patient portal to be mobile-friendly. Now, patients under the care of Cardiology Consultants and Baptist Medical Group can access their health information conveniently, 24/7, right from their smartphone (page 15).

The high level of skill, technology and innovation that we are bringing to our community can only help improve quality of life. Please use the information in these pages to create the healthiest you possible!

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

GCHL STAFF

President and Chief Executive Officer
MARK FAULKNER
Marketing Director
CANDY MCGUYRE
Editor
LORI ZAVADA
Writer
DANA BARFIELD
Designer
KAY FOGOS
Web Developer
ROBERT BURR

Gulf Coast Healthy Living is published by:
Baptist Health Care
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Pensacola, FL 32501

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HEALTHY HABITS

FEBRUARY IS Heart MONTH

REASONS TO SKIP THE NEW YEAR’S RESOLUTIONS

Consider this humbling statistic: only 8 percent of people who make New Year’s resolutions stick to them, yet, each year half of the population tries again. Here are three reasons for you to skip the tradition altogether.

1. Resolutions often take the place of action. Change comes with hard work, patience and sacrifice. Making a resolution without thinking through the steps needed to make it happen could destine you to fail before you even start.

2. Occasional failure is part of the path to success, but when you constantly fail to follow through on resolutions, you internalize the belief that you aren’t reliable. Believing in yourself is a key ingredient to achieving your goals.

3. Tying your goal to one arbitrary date doesn’t give you the room to fail, recover and adjust your goal – important pieces of the success puzzle. Instead of encouraging perseverance, the all-or-nothing approach rewards giving up and trying again next year.

HEART HEALTHY CHANGES

Consider making one of these easy, one-step resolutions that will bring you closer to good heart health.

1. Register for a 5k run/walk, and show up.
2. Add a portion of fruit to breakfast every day.
3. Drink 8 ounces of water as soon as you wake up in the morning.
4. Trade one 30-minute television show a day for equal time spent gardening, playing with your child or pet, doing house work, or anything else that keeps you moving.
5. Schedule an annual wellness exam with your primary care physician.

ARE E-CIGARETTES SAFE?

The $2 billion e-cigarette industry is growing with no sign of slowing down. Battery powered e-cigarettes deliver a smokeless dose of nicotine and water vapor, but are they less harmful than traditional cigarettes as many believe? Maybe not, according to the American Heart Association (AHA). The e-cigarette industry is unregulated, which presents many variables, and nicotine in all forms is a dangerous and highly addictive chemical. The AHA discourages the use of e-cigarettes and is pushing for greater regulation of the industry. Consult your physician for recommendations on breaking the nicotine habit completely.

STOP SITTING

A recent study compared individuals who spent less than two hours in front of the television with those who spent four hours or more. Those with greater screen time had:

- A nearly 50 percent increased risk of death from any cause.
- About a 125 percent increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack.

That’s significant! Sitting causes important processes, such as the breakdown of fats and sugars, to stall. Try these tips to ensure you keep moving throughout the day:

- Go for walk with your colleagues instead of scheduling the usual meeting in the conference room.
- Stand while talking on the phone or eating lunch.
- Try a standing desk, or even better, try a treadmill desk.

Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/HealthyLives.
Part of providing excellent care to a community is ensuring that health care keeps up with lifesaving innovations. Baptist Health Care strives to bring the latest advancements in technology and technique to the care it provides patients.

As the area’s leader in heart and vascular care, virtually every new innovative procedure in heart care has been pioneered locally by a member of Baptist Health Care’s heart and vascular physician team. One of the latest such innovations only at Baptist is transcatheter aortic valve replacement, or TAVR – a procedure that is saving the lives in our Gulf Coast community.

“Aortic stenosis is a life-threatening heart condition,” said F. James Fleischhauer, M.D., FACC, interventional cardiologist, Baptist Heart & Vascular Institute and Cardiology Consultants. “Aortic valve stenosis occurs when the heart’s aortic valve is obstructed causing the heart to work harder to pump blood throughout the body. Symptoms include shortness of breath, fatigue, dizziness and chest pain. In the past, the only treatment for severe aortic valve stenosis was open-heart surgery. However, a new option, the minimally invasive, TAVR procedure is making treatment possible for high-risk patients who are not good candidates for open-heart surgery.

Baptist Heart & Vascular Institute in Pensacola is the only provider in the area to offer the TAVR procedure.

“The TAVR procedure is performed by a multidisciplinary team of highly skilled interventional cardiologists and cardiothoracic surgeons who have undergone specific TAVR training,” said Dr. Fleischhauer. “Through this procedure, patients who suffer from severe aortic stenosis have a better chance of living longer.”

To learn more about the services offered at Baptist Heart & Vascular Institute, call 850.484.6500 or visit eBaptistHealthCare.org/Heart.org.

Matters of the Heart:

Only at Baptist

Baptist is the Only Provider in the Region Offering:

- Transcatheter aortic valve replacement (TAVR)
- Robotic Lung Surgery
- Cryoballoon technology for atrial fibrillation
- Platinum awarded heart attack care from the American College of Cardiologists
- Most experienced in treatments for structural heart disease and congenital heart defects
- Most experienced heart rhythm care team
- More minimally invasive or non-surgical options
- A team of physicians who are leaders in bringing cardiovascular innovations and medical firsts to region

Read more on our website. Go to eBaptistHealthCare.org/Heart and click the Learn More button.
A stroke occurs when blood flow to the brain is blocked or reduced. Deprived of oxygen and food, brain cells begin to die within minutes. Stroke can happen to anyone, any age, any gender, even those who believe themselves to be in good health. That’s why it’s important to know the symptoms and to seek immediate emergency care at the first sign of stroke.

“I always reiterate the consequences of ignoring symptoms,” said Keena Risola, D.O., a neurologist at Baptist Hospital. “The worst thing you can do is go to bed and hope to sleep off the symptoms. The risk for permanent brain damage increases with every minute.”

The good news is there are several new procedures that have lengthened that window of time when treatment may be successfully given. “Patients may think that if they’ve missed the three-hour window to receive TPA treatment, it doesn’t matter when they come in for help, but that’s no longer the case,” said Dr. Risola. “Some treatments such as intra-arterial TPA and clot retrieval may be effective if administered within eight hours.”

The first and most important thing is to familiarize yourself with stroke symptoms so you can act immediately to seek care. In the case of stroke, it pays to act F.A.S.T.

Treatment Options

**Intra-arterial TPA** – A catheter is inserted in the groin and threaded up to the brain where it delivers TPA directly to the site of the blockage. This treatment should be given within eight hours of the first sign of stroke.

**Clot Retrieval Procedure** – A catheter is used to maneuver a tiny device into the brain to physically break up or remove the clot. This treatment should be given within eight hours of the first sign of stroke.

To learn more about stroke care at Baptist Health Care, visit eBaptistHealthCare.org/StrokeCare.
BMG Expands Across the Gulf Coast.

Baptist Medical Group (BMG), Baptist Health Care’s primary care and specialty physician network, is adding new physicians to its ranks. As part of Baptist Health Care, these doctors have access to the tools and services of the Mayo Clinic Care Network. The network provides access to the latest Mayo Clinic research and treatment recommendations, allowing many patients to remain close to home while receiving care.

BMG is excited to introduce you to six new physicians:

**MARK BENTON, D.O., FAMILY MEDICINE**

Baptist Medical Group Family Medicine and Walk-In Care – Navarre
8888 Navarre Parkway • Navarre, FL 32566 • Phone: 850.437.8800

What is something about you that only your patients would know?
I consider it the highest privilege to be involved in patient care. There is no greater honor than earning the trust of a patient and his/her family. Our practice is designed to meet the needs of our patients at any time.

How would a patient describe you?
Compassionate, a good listener and a family man.

What is the most important factor in a doctor/patient relationship?
I consider three equally important: confidentiality, common ground and teaching evidence-based medicine.

**LAYLA LUNDQUIST-SMITH, M.D., FAMILY MEDICINE**

Baptist Medical Group – Cordova
4457 Bayou Blvd. • Pensacola, FL 32503 • 850.437.8485

What led you to become a doctor or choose your focus of medicine?
I chose to become a physician because it is a fulfilling career that integrates my love of science and my passion for helping people.

What’s your proudest moment as a doctor?
By far, I take the most pride in seeing my patients make substantial lifestyle changes that improve their health whether it is quitting smoking, improving their diet or becoming more physically active.
KACEY GIBSON, D.O., FAMILY MEDICINE
Baptist Medical Group – Tiger Point
1337 Country Club Road • Gulf Breeze, FL 32563 • 850.932.7303

What is something about you that only your patients would know?
I will hold them accountable to their goals.

How would a patient describe you?
Someone with southern charm and firm goals. I try to have an open and flexible relationship with all of my patients, but there will be times when it is pertinent that we stick to medical guidelines for the patient’s health and safety.

Do you have any specific medical interests?
I’m especially interested in adolescent medicine and women’s health.

JOSE MURILLO, M.D., FAMILY MEDICINE
Baptist Medical Group – Cordova
4457 Bayou Blvd. • Pensacola, FL 32503 • 850.437.8485

What about your line of work do you find most rewarding and why?
I feel that building relationships with others – whether it be a patient or a co-worker – is what matters most.

What can a patient expect when they have you as a doctor?
My patients can expect to be shown the utmost respect and to be treated as an individual, not as a condition or illness.

What do you find most encouraging about the work you do?
I consider it a privilege to develop relationships with others based upon the common goal of bettering our lives and communities.

ASHLEY ASKEW, M.D., INTERNAL MEDICINE AND PEDIATRICS
Baptist Medical Group Internal Medicine and Pediatrics
Baptist Medical Park - Navarre (Medical Office Building) • 8880 Navarre Parkway, Suite 206
Navarre, FL 32566 • 850.936.6211

What’s your proudest moment as a doctor?
During residency, I took care of a very sick newborn. For a period of time, it was unclear what the outcome would be for this infant. I was later able to meet this infant who had become a happy and healthy toddler. It is wonderful to know that he has a bright future ahead. I will never forget what I learned while caring for this child and his family during those early days of his life.

MELISSA KOZAKIEWICZ, M.D., GYNECOLOGY AND OBSTETRICS
Baptist Medical Group – Ladies First OB/GYN
3417 North 12th Ave. • Pensacola, FL 32503 • 850.432.7310

What is something about you that only your patients would know?
I think I say “hello little one!” at every delivery. I can’t help it. I love seeing a family’s reaction to meeting their baby for the first time. Getting to participate in that excitement is one of the best parts of my job.

In your opinion, what’s the most important factor in a doctor-patient relationship?
Mutual trust. My patients trust me to provide the most up-to-date recommendations and to diagnose and treat them. I trust my patients to ask me when they have questions or concerns and to engage in their health.
12 Months to Better Diabetes Management

Rachael Miller, R.N., Health Coach and Diabetes Champion

JANUARY
START EXERCISING MOST DAYS A WEEK FOR 30 MINUTES AT A TIME.
Physical activity is one of the best ways to make cells more sensitive to insulin, therefore lowering blood sugar levels. Exercise can include fun physical activities such as dancing, gardening, household organizing and sports.

FEBRUARY
AVOID BAKED GOODS, SNACKS, CREAMERS, MARGARINES, FRIED FOODS AND REFRIGERATED DOUGH. Lowering your intake of trans-fats, helps decrease the risk of developing heart disease, which is especially important if you’re a diabetic.

MARCH
CONSUME FIVE SERVINGS OF FRUITS AND VEGETABLES PER DAY. Fruits and vegetables contain fiber, an essential nutrient for managing blood sugar levels. Fiber also makes you feel fuller longer, causing you to eat less and better manage weight. Aim for eating more vegetables than fruit because they contain less natural sugar.

APRIL
GET AT LEAST 7 TO 8 HOURS OF SLEEP AT NIGHT. Inadequate sleep can increase the risk of developing or worsening Type 2 diabetes. Here’s why: 1) Tired people tend to eat more carbs and simple sugars causing a rise in blood sugar levels, and 2) lack of sleep can cause cells to be more resistant to insulin, which also causes a rise in blood sugar.

MAY
TAKE A DIABETES MANAGEMENT CLASS. Healthy Lives™ offers the Go Fight! Diabetes management program which includes an educational class geared toward the fundamentals of diabetes. Your doctor also can provide educational materials.

JUNE
TRY A NEW RECIPE. Read books or get online to research low-carb meal options. Try this low-carb recipe to get you started.
**JULY**

**STAY HYDRATED.** Drink at least 64 ounces of water per day. Dehydration causes your bloodstream to become more concentrated which causes blood sugar levels to rise. You can tell if you are hydrated by the color of your urine which should be as clear as possible.

**AUGUST**

**SEE A DOCTOR.** A visit to the primary care physician at least every three to six months and having routine lab work done can help prevent certain disease processes and appropriately treat diabetes. Read profiles of doctors at BaptistMedicalGroup.org and establish a relationship this month.

**SEPTEMBER**

**GET AN EYE EXAM.** Diabetes increases your risk in developing eye-related complications such as glaucoma, cataracts and retinopathy. Regular check-ups help avoid or maintain these issues.

**OCTOBER**

**GET A FLU SHOT.** Flu or pneumonia can place a great deal of physical stress on your body and cause an increase in blood sugar levels. Recovery times are longer for diabetics and even worse, The Mayo Clinic reports that people with diabetes are three times more likely to die from the flu or pneumonia than those who have not been diagnosed with diabetes.

**NOVEMBER**

**DECREASE THE SWEETS.** Avoid grabbing cake or cookies when hungry and on the run. Reduce cravings by eating well-balanced meals. Choose fruit instead and increase your water intake. Drinking plenty of fluids will help you feel fuller longer and give you the strength to say no to sugar.

**DECEMBER**

**REDUCE STRESS.** Not only does an increase in stress increase your blood pressure, it also causes your body to secrete certain hormones that will raise your blood sugar levels and make them difficult to control. Practice stress management with exercise, reading, a new hobby or taking small breaks to rest and relax.

Make your goals attainable and applaud yourself after you reach them. Your confidence will rise and ultimately help you better manage diabetes.

Our registered nurses and nutritional experts would love to help you get started. Call Healthy Lives today at 850.469.6903. We can help you manage diabetes with education, meal planning and support.

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**One-Pan Crispy Chicken and Brussels Sprouts**

**Ingredients**

- 2 whole chicken legs (skin on and bone in)
- 1 stalk of Brussels sprouts, stemmed and chopped
- 1 generous tablespoon of coconut oil
- Salt, pepper and granulated garlic
- 1 tablespoon olive oil, for sprouts
- Juice of 1 lemon
- 1/4 cup chicken stock
- Pecorino or Parmesan cheese to garnish (optional)

**Instructions**

1. Preheat your oven to 425 degrees.
2. Wash, prep, de-stem and halve the Brussels sprouts.
3. Toss them in a bowl with olive oil and a pinch or two of salt, pepper and granulated garlic. Season to your taste.
4. Wash the chicken legs and pat them dry.
5. Liberally season both sides of the legs with salt, pepper and granulated garlic. Set aside.
6. Heat up the coconut oil in a cast iron skillet until hot. To test, flick a drop of water into the oil. It should hiss and sizzle.
7. Once the oil is heated up, add the chicken legs to the pan face down.
8. Allow them to sit there and get crispy. This will take several minutes – approximately 6 to 8 minutes.
9. Once the first side is crispy, flip the chicken legs over and crisp up the other side.
10. When both sides of the chicken are crispy, add in the Brussels sprouts along with the chicken broth and lemon juice. Stir.
11. Place the pan in the oven and bake for 30 minutes or until the chicken is cooked through, and the juices run clear.
12. Garnish with some freshly grated Pecorino or Parmesan cheese and serve.

**Serving:** 1 cup Brussel sprouts and 3 - 4 ounces chicken

6 - 10 carbohydrates per serving
Getting Your Whole Life Back

Addiction does not occur in a vacuum. Life can deal us many challenges and we may experience depression, anxiety, trauma, chronic pain and family conflict. All of these challenges can lead us to adaptations such as “self-medication” and addiction. If you or a loved one needs help with the chronic, progressive illness of addiction, let The Friary help you with a lifelong plan for recovery.

Nestled beneath a canopy of Live Oaks on tranquil Pensacola Bay, The Friary is a 30-bed residential addiction treatment facility providing primary services for the treatment of drug and alcohol addictions. Their team approach and staff-to-client ratio helps ensure individualized attention and comprehensive care. They understand that recovery is a lifelong journey, and they help you develop the skills to achieve freedom from addiction.

“Our philosophy is that treating the whole person – mind, body and spirit – ensures the best results,” said Larry Davis, licensed clinical social worker (LCSW) and director of The Friary. “In addition to the calm, serene setting where people can focus their attention on managing challenges, our approach involves evidence-based treatment, mindfulness/meditation therapy, fitness, yoga and nutrition.”

The Friary offers inpatient services, an intensive outpatient program, detoxification, a large continuing care program, medication-assisted treatment for opiate and prescription drug treatment, and an active alumni association. Private rooms are available in our residential facility.

“Our staff-to-client ratio helps ensure that every person who comes to us can receive individualized, person-centered compassionate care,” said Davis. “And when clients leave The Friary to begin their journey to recovery, care doesn’t stop there. Our team offers continuing care because we want our clients to continue maintaining an excellent quality of life for themselves and their family.”

The Friary opened in May 1977, and its private, safe and beautiful waterfront location has been a place of healing for thousands of people from across the nation. It is the ideal setting to begin your journey to recovery.

Watch our short video at TheFriary.org and hear what some of our clients have to say.

What would help you heal from addiction?
- Caring People
- Calm Environment
- Helpful Coping Tools

What does The Friary provide?
- Caring People
- Calm Environment
- Helpful Coping Tools

**RECOVERY BEGINS HERE!**

Call **850.932.9375** today or visit the website [TheFriary.org](http://TheFriary.org).

Call toll free **800.332.2271**.

Referrals and calls for information are treated with total confidentiality. The Friary accepts many health insurance plans. Admission staff can help you determine your coverage.
TUMOR. It’s a word we tend to avoid because it forces us to consider our individual mortality.

According to the American Institute for Cancer Research, the United States has the 7th highest cancer rate in the world. About 300 of every 100,000 Americans develop cancer each year. Our region is no exception. However, if you or a loved one is diagnosed with cancer, you’ll find our region provides a supportive community and a team approach to devising the best course of treatment at Baptist Health Care (BHC).

BHC cancer specialists come together weekly for the sole purpose of discussing the most challenging of the current cases related to tumors. Physicians from multiple disciplines make up a “tumor board” to determine the best treatment plan. A tumor board may consist of a medical oncologist, radiation oncologist, pathologist, radiologist, general surgeons, specialty surgeons and other physicians who may shed some light on a particular case.

“When a case is not straightforward and there is some question about the best course of treatment, by getting the radiologist, pathologist, oncologists and surgeons together in the same room with their different perspectives, we can help each other make the best plan for the patient,” said Sherif Ibrahim, M.D., an oncologist with Baptist Medical Group. “This team approach ensures the patient has the best chances of successful treatment and recovery.”

As a member of the Mayo Clinic Care Network, Baptist’s physicians also may participate in Mayo Clinic eTumor Boards. These eTumor Boards are facilitated through real-time video technology and allow Baptist physicians to present cancer cases and receive feedback from Mayo Clinic cancer specialists.

Dr. Ibrahim is a frequent participant in the Mayo Clinic eTumor Boards. “Tumor boards are particularly helpful when addressing rare cancers with no clear standard of care, such as mesothelioma, the cancer associated with asbestos exposure,” said Dr. Ibrahim. “These cases are presented at the lung eTumor board where the best sequence of treatment – chemotherapy, radiation and surgery – is determined for each unique case.”

The tumor boards, both virtual and on-the-ground, are very beneficial for patients in our area, allowing many of them to receive treatment here, close to home.

To learn more about how Baptist Health Care and Mayo Clinic are working together to provide the best care to patients in our area, visit eBaptistHealthCare.org/Mayo.

This team approach ensures the patient has the best chances of successful treatment and recovery.
Accidents happen and sometimes those accidents require the specialty care and attention of a team of highly trained experts. The Andrews Institute Orthopaedic Trauma & Fracture Care Team provides 24-hour coverage at Baptist Hospital, a state-approved level II trauma center, and Gulf Breeze Hospital emergency department. Patients can count on receiving quality medical care for emergency orthopaedic needs as they work alongside general trauma surgeons, neurosurgeons and specialized nursing staff in an emergency setting. Treating everything from hip and pelvic fractures to polytraumatic injuries (multiple traumatic injuries) and major open fractures/dislocations, Andrews physicians are authorities in the use of tissue-saving surgical techniques.

Using innovative technology and a team approach for each individual situation, Andrews Institute Orthopaedic Trauma & Fracture Care physicians diagnose and treat patients to prevent or reduce permanent disability. The team strives to return patients to a good quality of life. They ensure the best recovery by treating the patient rather than just the injury.

The team also provides surgical follow-up and other orthopaedic services at the Andrews Institute in Gulf Breeze and Baptist Towers in Pensacola. Physicians accept new patient appointments for:

- Simple and complex fractures
- Post-traumatic joint replacement
- Pelvic fractures
- Deformity
- Fragility fracture care

Meet the Andrews Institute Orthopaedic Trauma & Fracture Care Team

**Leslie M. Barnes, M.D.**
FELLOWSHIP: Orthopaedic Trauma, University of Alabama at Birmingham Medical Center, Birmingham, Ala.
CLINICAL INTERESTS: Orthopaedic trauma, simple and complex pelvis and extremity fractures, infected fractures, malunions/nonunions, and fragility fracture care

**Jason R. Rocha, M.D.**
CLINICAL INTERESTS: Orthopaedic trauma, pelvic and complex fractures, nonunions/ malunions, post-traumatic joint replacement

**John T. Riehl, M.D.**
FELLOWSHIP: Orthopaedic Trauma, Orlando Regional Medical Center, Orlando, Fla.
CLINICAL INTERESTS: Orthopaedic trauma, fracture care, post-traumatic joint replacement

**Jan P. Szatkowski, M.D.**
FELLOWSHIP: Orthopaedic Trauma, Campbell Clinic, Memphis, Tenn.
CLINICAL INTERESTS: Orthopaedic trauma, fracture care, fragility fracture care, post-traumatic joint replacement

When seconds count, we’ve got you covered.
Born and raised on the Gulf Coast, Dr. Kacey Gibson moved to South Florida to earn her doctorate in osteopathic medicine at Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale and completed her residency at the AAC Family Medicine Residency Program at Eglin Air Force Base. After a successful seven years as an active duty physician for the Air Force, she moved back to the Gulf Coast with her family to stay close to their roots.

In addition to her skill as a physician, Dr. Gibson is known for working hand-in-hand with her patients to achieve their health goals, valuing open and honest communication, as well as educating patients about the value of preventive health.

**What led you to become a doctor or choose your focus of medicine?**
I have always wanted to be a doctor. Family medicine was an easy fit for me because I liked educating my patients on preventive health.

**What about your line of work do you find most rewarding and why?**
Community. I like watching families grow.

**What is something about you that only your patients would know?**
I will hold them accountable to their goals.

**How would a patient describe you?**
Southern charm with firm goals. I try to have an open and flexible relationship with all of my patients, but there will be times when it is pertinent that we stick to medical guidelines for the patient’s health and safety.

**What is the most important factor in a doctor/patient relationship?**
Trust and honesty. It isn’t always going to be “kittens and rainbows,” but as long as we are honest about expectations we can wade through any storm.

**What can a patient expect when they have you as a doctor?**
Patient ownership. I always want to see all of my patients’ issues through to the end.

**What do you find most encouraging about the work that you do?**
Watching people meet their medical goals.

**What are your top priorities with every patient you see?**
I keep the medicine simple and take steps to prevent disease.

**Do you have any specific medical interests?**
Adolescent medicine and Women’s Health

**Visit her office:**
Baptist Medical Group – Tiger Point
1337 Country Club Road / Gulf Breeze, FL 32563
Phone: 850.932.7303

**Watch a video presentation of Dr. Gibson as she talks about depression. Visit her profile at BaptistMedicalGroup.org.**
in the news
PEOPLE, PROJECTS AND PRAISE

BAPTIST HOSPITAL RECEIVES THE 2014 HEALTHGRADES BARIATRIC SURGERY EXCELLENCE AWARD™
The award was given in recognition of consistently performing bariatric surgeries with little to no complications after surgery.

BAPTIST HOSPITAL GYNECOLOGY IS A HIGH-PERFORMING SPECIALTY
Baptist Hospital earned a High-Performing Specialty recognition for gynecology from the U.S. News & World Report ranking of Best Regional Hospitals.

BHC FIRST TO OFFER 3-D DIGITAL MAMMOGRAPHY
Baptist Health Care was the first health care system in Florida to gain FDA approval to perform digital breast tomosynthesis, or 3-D digital mammography and remains the only health care system to offer 3-D digital mammography in the Greater Pensacola Bay Area. Hologic® Selenia Dimensions 3-D is the latest technology in the battle against breast cancer as it takes advantage of all the benefits of digital mammography to create unparalleled high-quality images.

FFN SHARES CHIEF JUDGE’S AWARD FOR ‘BABY COURT’
FamiliesFirst Network (FFN) along with Department of Children and Families (DCF) were given the 2014 Chief Judge’s Award for Service to the Judicial System. The award recognizes their leadership in developing the innovative First Judicial Circuit Early Childhood Court, or “Baby Court,” that promotes permanency for children younger than 3 who have been removed from their homes because of abuse or neglect.

GILMARTIN RECEIVES JOE OLDMIXON AWARD
Gulf Coast Enterprises President Rich Gilmartin received the 2014 Joe Oldmixon Award for Outstanding Service to People with Disabilities. The honor was given by the Northwest Florida Center for Independent Living in recognition of Gilmartin’s 37 years of promoting the employment of people with disabilities.

CLINIC OPENS DOORS ON BAPTIST HOSPITAL CAMPUS
Health and Hope Clinic opened a downtown location on the Baptist Hospital campus. The clinic provides primary, specialty and dental care to members of our community who are unable to afford health insurance. For information about how you can help support the clinic, call 850.607.7775.

THE MAYO MOBILE EXHIBIT VISITS PENSACOLA
On Thurs., Oct. 9, more than 300 people visited the interactive 1,000-square-foot mobile exhibit (hosted on the Baptist Hospital campus) celebrating Mayo Clinic’s 150 years of service.

Happy Anniversary!
Baptist Medical Park – Nine Mile celebrates 15 years in January 2015.

Thank you for choosing us for your care.
The Baptist Medical Group Patient Portal is more accessible and easier to use than ever before. Now you can add a mobile version of the website to your smart phone, which makes scheduling an appointment and accessing your health information as easy as tapping an icon. Set-up is easy either on your iPhone or Android phone.

If you don’t have a patient portal account, contact your provider for information about how to set up your account.

**Setting up Patient Portal on Your Smart Phone**
1. Open up the web app on your phone.
2. Navigate to NextMD.com.
3. (iPhone) Tap on the “Share” icon at the bottom of your screen, or (Android) Tap on the “Menu” icon at the top of your screen.
4. Select “Add to Home Screen.”
5. Give the page a title.
6. Tap “Add.”
7. A link to the patient portal will be visible on your screen.
8. Tap on the patient portal icon to access your account.
Baptist Health Care is more than just a health care system. As a locally-owned member of this community, our top priority is the health and well-being of those we serve. As a member of the Mayo Clinic Care Network, we’re bringing even more innovative health care to our community. This means better care for you and the ones you love, through access to the best medicine in the world, right here at home.

Visit us online or call to learn more.

850.434.4080
ebAPTISTHEALTHCARE.ORG/MAYO