LEADERSHIP
Saves Lives
Reducing heart attack mortality

Move2Perform
Puts you back in the game

RECOVERY
Need Not Be Lonely

The Future of Patient-Generated Health Data
Trend or Revolution?

TO FIND THE LATEST NEWS, VISIT GULFCOASTHEALTHYLIVING.ORG
Happy New Year, Gulf Coast! This time of year, we’re putting away the holiday decorations, taking stock of our lives and making resolutions for 2016. Baptist Health Care is right there with you. This edition of Gulf Coast Healthy Living is about looking forward to a bright future. Baptist is proud to be on the forefront of exciting changes in the health care industry. Some of the changes are happening exclusively at Baptist.

Read about Baptist’s partnership with Yale University on page 4. The Leadership Saves Lives initiative is making great strides in decreasing heart attack deaths in our community, making a big difference for families facing heart disease.

Baptist is celebrating Heart Month this year with an expansion of the Baptist Heart & Vascular Institute, giving area residents the ability to stay close to home while receiving care from world-class physicians such as interventional cardiologist Saurabh Sanon, M.D., a new addition to the Baptist team from Mayo Clinic. You can read more about Dr. Sanon on page 10.

At Baptist our objective is to provide the best care possible for the entire family. This includes the youngest members who are likely to encounter colds and other ailments during the winter. The Baptist Medical Group – ENT practice takes care of ear, nose and throat conditions for the oldest and youngest of your family. For the bumps and bruises and worse often encountered by student athletes, Andrews Institute now offers Move2Perform at all of its locations to ensure that students don’t return to the game before they’ve healed from an injury (page 8).

We’re looking forward to another great year of providing care to Gulf Coast families as well as the visitors who come to our area for innovative health care services only available at Baptist.

Happy New Year!
KIDNEY CHECK

March is National Kidney Month, and it’s a good time to check out your kidneys to make sure everything is functioning as it should. Talk to your doctor about the following tests:

- **Albuminuria-to-creatinine ratio (ACR)**
  - tests for the amounts of albumin, which is a type of protein found in your urine. If there are high amounts, it is a good sign of kidney damage.

- **Glomerular filtration rate (GFR)**
  - This blood-based creatinine test discovers how well your kidneys are working to remove waste from your blood. A GFR number of less than 60 is low and may mean that you have kidney disease.

If you need a primary care doctor, call Baptist Medical Group at 850.437.8600 or visit BaptistMedicalGroup.org.

FOUR FUN WAYS TO STRENGTHEN YOUR HEART

Heart disease is the number one killer of both men and women. While we work hard to keep our heart healthy by exercising, maintaining a healthy weight and not smoking, there are additional enjoyable ways to keep your heart beating strong.

- **Take a break from your busy schedule and enjoy a vacation.**
  - Studies show that taking time off can cut your heart attack odds by one-third.

- **Yes, maintaining a healthy diet is important, but indulging in some dark chocolate can lower blood pressure and improve cholesterol levels.**

- **You shouldn’t feel guilty for sleeping in on the weekends since your heart can use the rest.**

- **Spending 10 to 15 minutes in the sun helps increase your vitamin D intake, which lowers blood pressure and attacks plaque buildup in the arteries.**

SIX EASY VEGGIE STRATEGIES

Start the year off right with a resolution to add more vegetables to your meals.

1. **Wake up to veggies.** Add a little canned pumpkin to your pancakes or peppers to your omelets.

2. **Stock up your sandwiches.** Put more tomatoes, lettuce, onions and cucumbers in your lunchtime favorite. If you’re feeling adventurous, substitute your bread and make it a lettuce wrap.

3. **Make your salad fun.** Take your salad up a step with crispy Brussels sprouts, jicama or avocado.

4. **Make it a snack.** Make or buy veggie chips; there’s no need to eat those processed potato chips anymore!

5. **Swap your spaghetti.** Instead of using store bought pasta, make zucchini pasta or spaghetti squash. They are undetectable substitutes.

6. **Mash it up.** Substitute mashed potatoes for mashed cauliflower. You can find many vegetables that will mash just like those potatoes we all love.

POWERSHOT COLD BUSTER

**Ingredients:**
- 1 cup unsweetened vanilla almond milk
- Dash cinnamon
- Dash turmeric
- Dash nutmeg
- Dash cayenne pepper
- Freshly ground ginger
- 1 teaspoon vanilla extract
- 1 dash stevia

**Directions:**
Heat almond milk in saucepan, add all ingredients, then use a whisk or a hand-held frother to mix.

Recipe created by Ariane Hundt, a clinical nutritionist and founder of the Brooklyn Bridge Boot Camp. Pinned from Shape.com on the Baptist Health Care Pinterest board. Check out new pins at Pinterest.com/ChooseBaptist.

Four Easy Veggies Strategies

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Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/HealthyLives.
In our parents’ day, if you survived a heart attack you could look forward to the life of an invalid involving numerous hospital stays, careful living and an early death. We’ve come a long way since the dramatic scenario of the stressed out businessman (and probable smoker) clutching his chest and collapsing to the floor with a heart attack.

In the past 50 years, our medical knowledge of cardiovascular disease has expanded exponentially. Since the mid-1960s, new technology, medications and interventional and surgical therapies have contributed to a 60 percent decline in mortality from coronary heart disease (CHD) and stroke. However, even with this decrease, heart disease remains the number one killer of both men and women, and survival rates can vary dramatically from hospital to hospital.

When a patient is admitted to the hospital with a heart attack, what happens in that first hour is crucial to survival and recovery. Patients can expect an aspirin, an EKG and an IV line immediately upon arrival. What comes next, however, varies. In fact, the 30-day risk-standardized mortality rates (RSMRs) can vary two-fold in hospitals across the country.

Enter Yale University. Using a decade of research examining the variance in acute myocardial infarction (AMI) mortality rates, Yale’s Global Health Leadership Institute launched Leadership Saves Lives (LSL) in the summer of 2014. Baptist Hospital and nine other hospitals in the Mayo Clinic Care Network were selected to participate in the research initiative that would attempt to reduce AMI mortality over two years through culture change and the deployment of five evidence-based strategies.

“All of us feel that although we’ve done such a good job over the last 50 years in reducing mortality from myocardial infarction, there’s still room to improve,” says Ray Aycock, M.D., interventional cardiologist with Baptist Heart & Vascular Institute and LSL physician lead. “This research initiative is an effort to take a group of hospitals and help them change culture and thought processes to reduce mortality.”
The team that goes into caring for a heart attack patient is made up of physicians, surgeons, nurses, pharmacists, emergency medical technicians (EMTs) and a hospital leadership team that helps coordinate all the pieces to ensure safe, efficient and effective care for the patient. The LSL objective is to get hospital leadership involved in making the changes that will close the gap between hospitals with high AMI mortality rates and those with lower rates.

According to Leslie Estes-Smith, director of cardiovascular quality at Baptist Hospital, the initiative is all about team work. “As part of Leadership Saves Lives, Baptist Hospital built a Guiding Coalition, a multi-disciplinary team with representation from physicians, nurses, case management, social workers, education, pharmacy, dietary, cardiopulmonary rehab and even areas outside typical clinical care such as financial, quality, analytics, marketing, documentation and information technology. All of these worlds have to come together to create the processes and implement the changes that will help us lower our mortality rates.”

After the first year, Baptist Hospital achieved its target of reducing mortality by 3 percentage points from the prior year and will work to maintain those results with additional improvement efforts through the second year of the initiative.

“The research initiative is an effort to take a group of hospitals and help them change culture and thought processes to reduce mortality.”

The Five Strategies

1. Designated physician and nurse champions for AMI care.
2. An organizational culture that supports creative problem solving.
3. Monthly meetings with emergency medical services (EMS) to review AMI cases, facilitating intervention at the earliest possible moment.
4. Nurses consistently assigned to the cardiac catheterization laboratory, ensuring focused expertise.
5. Pharmacists who round on all patients with AMI to oversee medications and answer questions.
Anyone who has been touched by addiction knows that recovery is life-long and commitment is the key to living sober and drug-free. That’s easier said than done because recovery can be a frightening experience, and loneliness can easily trigger a relapse. Support from people who have “been there, done that” can help.

The Friary is a residential and outpatient treatment facility offering a peaceful setting, caring staff and The Friary Alumni to help clients realize that they’re not alone.

The Friary believes that recovery begins here. We help our clients on their way to recovery through a mind/body/spirit approach, but we also have a strong support system when they leave our facility.

– Larry Davis, LCSW, Administrator and Clinical Director at The Friary
A committed group of individuals make up The Friary Alumni.

Consisting of past clients, the group volunteers its time because members understand the challenges that people with addictions face, and they want to help. They coordinate the Family Education Program to help loved ones feel a part of the group and understand the recovery journey.

Other initiatives coordinated by The Friary Alumni include:

- Weekly shopping
- Scheduling and conducting an annual picnic
- Christmas gift giving and celebrating
- Acting as a resource and networking group
- Developing and maintaining a resource library

During the last week of treatment at The Friary, clients are invited to meet with alumni representatives to decide if they want to join The Friary Alumni Association. It’s free, and those who participate find that it’s an opportunity to help others while also enriching their own lives.

“”

The Friary Alumni is dedicated to bridging the gap between treatment at our facility and ‘real world survival.’ It’s critical to have connections to people who understand and can help you when you need it. Recovery is perhaps the most challenging part of addiction. A good support group can make all the difference.

””

The Friary.

RECOVERY BEGINS HERE.

Larry Davis, LCSW

The Friary team is just a phone call away and ready to help you or your loved one regain a good quality of life. Call 850.932.9375 or toll free at 800.332.2271, or visit TheFriary.org to learn more.
Nikolas Seaton Strine tore his left knee’s anterior cruciate ligament (ACL) in September 2012 while playing in a freshman football game for Central York High School in York, Pa. He didn’t know it at the time, but this injury would set in motion a series of events that would threaten his ability as an athlete and eventually send him south to the Andrews Institute for Orthopaedics & Sports Medicine.

After surgery and rehab and with the approval of his doctor, Strine was able to return to football and play an injury-free season as the team quarterback in June 2013.

Unfortunately, previous injuries make athletes more vulnerable for future injury. In January 2014, while playing on a recreational basketball team, Strine re-tore his ACL. “I was crushed. Once again, I went to see the same surgeon, and he assured me it would be at least a year before I would be able to return to sports,” Strine said. “The thought of missing my entire junior year football season was a lot to process.” Strine’s parents researched their options. That is how they came to the Andrews Institute in Gulf Breeze, Fla.

James Andrews, M.D., performed his reconstruction surgery on March 5, 2014. The very next morning, Strine was in physical therapy with Albi Gilmer, MSPT, OCS, Andrews Institute Rehab facility manager, and Ben Graff, certified athletic trainer (ATC). Rehab continued for the next eight days, sometimes twice a day. The exercises were geared toward strengthening his leg muscles to improve the healing process. Strine and his parents spent a total of 30 days in Florida. “I worked very hard under the care of the best therapists, with my goal of getting back on the field driving me,” Strine said. “Albi felt I was ready to take the Move2Perform test in June 2014.”

Move2Perform is a movement measurement and analysis tool that the U.S. military, professional sports teams, the Andrews Institute and other experts use to determine a person’s risk of injury. Move2Perform is a movement measurement and analysis tool that the US military, professional sports teams, the Andrews Institute and other experts use to determine a person's risk of injury.

Puts You Back in the Game

Move2Perform is a movement measurement and analysis tool that the U.S. military, professional sports teams, the Andrews Institute and other experts use to determine a person’s risk of injury. Move2Perform is a movement measurement and analysis tool that the US military, professional sports teams, the Andrews Institute and other experts use to determine a person’s risk of injury.
should come next in a patient’s progression. It also provides corrective exercises that save time and help improve movement deficits that are determined by the functional movement screen.

Strine did well on his first Move2Perform test only three and a half months post-surgery, but there was still room for improvement. He returned to the Andrews Institute in August to re-test and see if he was ready to return to football. Gilmer was able to chart many of the results and compare them to Strine’s previous test. “It was great to see how much better I had done this time around,” says Strine. However, Dr. Andrews believed that five months of rehabilitation after surgery was not enough. “I knew I was on the right track, so I continued to work hard and was given the go ahead to return to the field on Sept. 19, 2014, just six months after surgery,” Strine says.

Strine was triumphant in his first game back as the team quarterback. “I am completely comfortable not only passing on the field, but running as well,” says Strine. “I have no limitations.”

Physicians and physical therapists are now able to make confident decisions by using the Move2Perform software, giving athletes like Strine the ability to continue to do what they love, injury-free. The Andrews Institute Rehabilitation treats orthopaedic and sports injuries as well as higher level neurological disorders. Move2Perform has become part of the Andrews Institute Rehabilitation protocol following common surgeries such as ACL reconstruction, meniscus repair, ulnar collateral ligament repair and many more.

benefits

• Provides evidence-based care
• Provides a clear decision for return to sport/work/activity
• Helps prevent sport injuries using a validated injury prediction algorithm
• Decreases injury rates
• Provides objective reports
• Easily administered with a laptop computer and portable test kits

Source: Move2Perform.com

For more information about the Andrews Institute Rehabilitation, visit AndrewsInstitute.com/Rehabilitation or call 850.916.8700 (option 1) to schedule a physician appointment.
Selecting a physician who is highly skilled and knowledgeable is a must. Finding one who also has a deeply rooted interest in developing close relationships with patients based on respect and understanding – that is a gift. If you encounter Saurabh Sanon, M.D., FACC, you immediately know you have found that physician.

Dr. Sanon is a new arrival to the Gulf Coast and Baptist Heart & Vascular Institute, coming from Mayo Clinic in Rochester, Minn. Besides general interventional cardiology (stents), he specializes in advanced structural cardiovascular interventions and advanced cardiac procedures such as transcatheter aortic valve replacement (TAVR), transcatheter mitral valve repair (TMVR) using the MitraClip® device, transcatheter paravalvular leak closure, atrial septal defects/patent foramen ovale (ASD/PFO) closure and percutaneous left atrial appendage occlusion using the Watchman™ device.

Such groundbreaking, lifesaving procedures continue to be pioneered here in the Pensacola community. A heart condition opens the door to increasingly advanced and technical procedures that result in longer and greater quality of life for many patients who otherwise would have few options. Dr. Sanon makes it a priority to explain to his patients their condition and the procedures that can lead them to recovery. He is clear with his patients; the procedure is important, but what the patient does afterward is just as crucial to future health.

“I think when I talk to patients about physiology and pathology in easy to understand language they get the concept of the part they can play in helping me maintain their health,” says Dr. Sanon. “I make sure to explain the medical jargon in simple terms, allowing them to be a partner in their own health and recovery.”

Dr. Sanon’s appreciation and respect for his patients’ lives is evident in his personal life. An avid traveler and experienced photographer, Dr. Sanon expands his perception of the world at every opportunity. His interest in photography spans nature to portraiture to astrophotography. “Not long ago I hiked to the bottom of Bryce Canyon at midnight so I could photograph the Milky Way with the canyon rising in front,” says Dr. Sanon. “Photography allows me to detach myself from the stresses of life and view the world in a different perspective.”

This perspective and close attention to detail is evident in his work in the operating room, and he is eager to offer Gulf Coast residents procedures that until recently would have required travel.

“Up until now, if someone needed a transcatheter mitral valve repair procedure or a paravalvular leak closure, they had to travel, often out of state. I think it’s very exciting that we now can offer these procedures at Baptist.”

To learn more about Dr. Sanon, visit his profile on BaptistMedicalGroup.org, or call 850.484.6500 to schedule an appointment.
**Q:** What is your proudest moment as a doctor?

**A:** I was asked to consult on an elderly man admitted with disabling shortness of breath, heart failure and a severely leaking mitral valve. He was bedridden despite maximal medical therapy and had been turned down for open-heart surgery due to high risk. He had resigned himself to palliative end of life care thinking no other treatment was available. We offered him TMVR (transcatheter mitral valve repair), which was successfully performed in the cath lab using the MitraClip device. He came back to see me a few months later, “feeling like a new man!” He gave me a hug, his eyes full of tears, and blessed our team for having given him a second life. Moments like this make me proud and drive me to work harder to provide similar services to as many patients as possible.

Time is fleeting – photography gives me the power to freeze it; beauty is transient – photography allows me to immortalize it; and emotion is subtle – photography allows me to capture it.

Dr. Sanon as a young boy with his late grandfather, Krishan Kumar, M.D.

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**Celebrate HEART MONTH with Baptist**

Baptist Heart & Vascular Institute is celebrating National Heart Month in February with plenty of educational programs and seminars that will be held throughout Baptist Health Care and the community.

Get Healthy Pensacola! seminars are listed below. Be sure to visit eBaptistHealthCare.org to learn about more events near you.

**—— Love Your Heart ——**

Presented by Baptist Heart & Vascular Institute

**Wed., Feb. 10**, 11:30 a.m. lunch; noon - 1 p.m. seminar
Baptist Towers Medical Meeting Rooms
Avery Street Entrance, 1717 North E St.

**Fri., Feb. 12**, noon - 1 p.m. seminar
Baptist Medical Park – Navarre
2nd Floor Conference Room, 8880 Navarre Parkway

**Fri., Feb. 19**, 11:30 a.m. lunch; noon - 1 p.m. seminar
Andrews Institute Athletic Performance & Research Pavilion Conference Room B
1040 Gulf Breeze Parkway

**Thurs., Feb 25**, 11:30 a.m. lunch; noon - 1 p.m. seminar
Baptist Medical Park – Nine Mile, Azalea Room
9400 University Parkway

To register, call 850.469.7897.

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**Baptist Heart & Vascular Institute**
1717 North E St., Baptist Tower 3, 3rd Floor, Suite 331, Pensacola, FL 32501 / 850.484.6500
THE FUTURE OF PATIENT-GENERATED HEALTH DATA

Is it a passing trend or a health care revolution?

Numerous health gadgets are on the market helping us track our sleep patterns, log how many steps we take in a day and watch calories. These fitness gadgets might seem trendy, but if the health care industry has anything to do with it, they will stick around to help providers form more comprehensive profiles of their patients while also supporting patients’ direct involvement in their own health.

There are numerous government incentives for providers to bulk up their electronic health records with robust patient portals. Baptist Health Care is on the leading edge of this endeavor to give patients more ways to track and contribute to their personal health data. One recent development eventually will require patient portals to accept the information patients track through smart phone apps and wearable fitness trackers such as the Fitbit. According to Dan Sontheimer, M.D., chief clinical transformation officer of Baptist Health Care, the benefits of this development could be enormous.

“There is a balance power in health care is shifting to that of the patient,” said Dr. Sontheimer. “Traditionally, physicians often were only able to analyze one moment in a patient’s health history. With the patient creating an ongoing record of detailed health information, the physician is able to form a much more holistic picture of that patient’s health by capturing information outside the context of traditional office-based visits and testing.”

This puts the patient in the driver’s seat of their care; a physician’s ability to provide the best treatment and services could be greatly enhanced by the quantity and type of information a patient chooses to track. On the other hand, providers will have to be judicious about what information they choose to include in the patient’s health record. Patients may upload numerous types of health data to a patient portal, but what is used by the provider and what is there solely for the patient’s benefit remains to be seen.

“We are entering a new era of health care. How it develops will depend on how patients and providers chose to work together,” said Dr. Sontheimer. “Ideally, the resulting dynamic will produce a health record that affords increased patient engagement and self-management, as well as allowing providers to practice more efficient preventive medicine and personalized care.”

Look for more patient portals and providers to start accepting patient-generated health data in the next one to two years.

To find a provider who offers an easy to use patient portal, visit BaptistMedicalGroup.org or call 850.437.8600 to make an appointment.
The early stages of development are marked by a growing understanding of communication and can be one of the most exciting and rewarding times for both parent and child. In these crucial stages of language development, ear, nose and throat (ENT) ailments can present a significant stumbling block. Issues such as ear infections and sore throats are top reasons for pediatrician visits. When the ear infections keep coming back and reoccurring sore throats are continuously keeping a child out of school, it may be time to consider an ENT specialist.

Baptist Medical Group – ENT provides medical care for the otolaryngology needs of the whole family including the youngest members. “Patients are typically intimately aware of problems involving their head and neck,” says Joshua Dixon, M.D., Baptist Medical Group – ENT. “All the senses that allow humans to perceive their world are located there. By helping patients with head and neck problems, we have the opportunity to make a tremendous difference in their lives.”

ENT conditions include ear, nasal, sinus, voice, swallowing, thyroid and salivary disorders. Procedures include tonsillectomy, adenoidectomy, tube placement, cochlear implant, repair of facial fractures and a multitude of other operations to repair and heal problems involving the head and neck.

“We are constantly re-evaluating and tweaking our process – everything that happens from the moment a patient walks in the door,” says Dr. Dixon. “We consider it of utmost importance to be up to date on the newest advancements, knowledge and research. We want patients to feel confident that they are at the right place, where they will understand their disease and all the options while receiving the best care.”

Meet the Baptist Medical Group Ear, Nose & Throat Specialists:

Kevin Botts, M.D.  Josh Dixon, M.D.  Hilliar White, M.D.
in the news
PEOPLE, PROJECTS AND PRAISE

BAPTIST HEART AND VASCULAR INSTITUTE FIRST IN REGION TO OFFER NEW TREATMENT FOR SEVERE CORONARY ARTERIAL DISEASE
Baptist Heart & Vascular Institute is the first in the region to use the Diamondback 360° Coronary Orbital Atherectomy System. This leading-edge technology is used to treat cardiac patients as well as those with peripheral vascular disease (PAD). For videos about this and other innovative heart treatments at Baptist, visit eBaptistHealthCare.org/HeartFirst/Testimonials.aspx.

BAPTIST LUNG CANCER SCREENING PROGRAM
The Baptist Cancer Institute now offers annual low-dose computed tomography (LDCT) for qualified patients. Last year Centers for Medicare and Medicaid Services (CMS) made a national coverage determination to cover LDCT as a preventive service benefit for Medicare beneficiaries who meet all the criteria. Talk to your primary care physician to find out if you qualify, or to learn more, call the Baptist Cancer Institute at 850.434.4080.

BAPTIST AND YMCA: JOINING FORCES FOR A HEALTHIER COMMUNITY
Baptist Health Care and the YMCA of Northwest Florida have teamed up to better address the health needs of the Northwest Florida community. The collaboration will focus on promoting wellness, fitness and education efforts to a diverse set of people, including those with chronic conditions, at-risk pediatric populations, as well as fitness enthusiasts and weekend athletes.

BAPTIST WELCOMES NEW CHIEF FINANCIAL OFFICER MIKE GLEASON
Gleason comes to Baptist Health Care from University of Florida Health Jacksonville where he served as chief financial officer and treasurer.

BLUE ZONES EVENT
The Blue Zones team is coming to Pensacola, Feb. 19, 2016, to help our area transform itself into the newest Blue Zone, a place where people live extraordinarily long and vibrant lives. Look for future communications about this exciting event you won’t want to miss!

THANK YOU INWEEKLY READERS
for selecting Baptist Health Care locations, physicians and programs as Best of the Coast. We are proud to serve this amazing community!

Best Hospital Winner: Baptist Hospital • Best Walk-In Clinic Winner: Baptist Urgent Care
Best Place to Work Runner-Up: Baptist Hospital • Best Hospital Runner-Up: Gulf Breeze Hospital
Best General Care Physician Runner-Up: Paul Freitas, M.D., Baptist Medical Group
Best OB/GYN Runner-Up: Erika Schneider, M.D., Baptist Medical Group
Best Psychiatrist Runner-Up: Venkata Sompalli, M.D., Lakeview Center
Best Weight-Loss Program Runner-Up: Healthy Lives™ Powered by Baptist Health Care
Best Rising Leader Runner-Up: Meghan McCarthy, Healthy Lives™

Happy Anniversary!
Thank you for choosing us for your care.

Baptist Medical Park – Nine Mile
celebrates 16 years of service to the community in January 2016.

BaptistMedicalPark.org

SEE WHAT ELSE WE’RE UP TO.
As we age, we become at risk for osteoporosis, a disease that causes bones to become weak and fragile. Strengthening your bones through real food sources and adequate amounts of calcium and vitamin D is the first step to preventing a mild fall from turning into a serious injury. How do you get calcium and vitamin D? Healthy Lives provides a 5-day meal plan full of proper nutrients to get you on track for a healthy and strong future. For more information, visit eBaptistHealthCare.org/HealthyLives or call 1.855.469.6903.

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
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<tbody>
<tr>
<td>Simple &amp; Fresh B’Fast Blend</td>
<td>Fresh Morning Scramble</td>
<td>Fresh Waffle Mix-up</td>
<td>Nutrient-Rich Morning</td>
<td>Morning Egg Delight</td>
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<tr>
<td>1 small orange</td>
<td>2 med. scrambled eggs</td>
<td>1 cup mango</td>
<td>¼ cup vitamin D fortified cereal OR calcium fortified oatmeal</td>
<td>1 large egg (cooked)</td>
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<td>¼ cup cottage cheese*</td>
<td>1 oz. cheese</td>
<td>1 WG* waffle</td>
<td>1 cup milk</td>
<td>½ cup fresh spinach (cooked)</td>
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<td>1 slice WG* bread</td>
<td>1 cup spinach</td>
<td>1 Tbsp. nut butter</td>
<td>1 slice WG* bread</td>
<td>1 oz. cheese</td>
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<tr>
<td>1 Tbsp. nut butter</td>
<td>1 slice WG* bread</td>
<td>1 cup milk</td>
<td>1 Tbsp. nut butter</td>
<td>1 small orange</td>
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<tr>
<th>Bean &amp; Rice Mix</th>
<th>Lettuce Wraps</th>
<th>Tuna Spinach Salad</th>
<th>Portobello and Soup Lunch</th>
<th>Cucumber Sandwich</th>
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<tr>
<td>½ cup cooked beans</td>
<td>2 lettuce leaves</td>
<td>3 oz. tuna</td>
<td>1 cup fresh Portobello (grilled)</td>
<td>1 medium cucumber (sliced in half to use as bread)</td>
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<tr>
<td>½ cup WG* rice</td>
<td>3 oz. fresh tuna</td>
<td>1 cup spinach</td>
<td>1 oz. cheese</td>
<td>2 Tbsp. sour cream for spread</td>
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<tr>
<td>½ cup fresh broccoli (cooked)</td>
<td>¼ cup radishes (sliced)</td>
<td>1 oz. cheese</td>
<td>3 oz. ground turkey</td>
<td>3 oz. ham/turkey</td>
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<tr>
<td>1 oz. cheese</td>
<td>1 oz. almonds (sliced)</td>
<td>¼ cup onions</td>
<td>1 small WG* roll</td>
<td>1 slice cheese</td>
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<tr>
<td>2 slices fresh avocado</td>
<td>1 oz. cheese</td>
<td>½ cup cherry tomatoes</td>
<td>2 Tbsp. salad dressing*</td>
<td>1 slice watermelon</td>
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<tr>
<td>6 WG* crackers</td>
<td>2 Tbsp. salad dressing*</td>
<td>6 WG* crackers</td>
<td>1½ cup potato soup (prepared with milk)</td>
<td>6 WG* crackers</td>
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<tr>
<td>1 small orange</td>
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<td></td>
<td>½ cup fresh tomato soup</td>
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<tr>
<th>Fresh Salmon Delight</th>
<th>Tofu Stir Fry</th>
<th>Kale &amp; Hummus Wrap</th>
<th>Fresh Taco Bar</th>
<th>Squash &amp; Pesto Dish</th>
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<tr>
<td>4 oz. steamed salmon</td>
<td>4 oz. tofu</td>
<td>¼ cup hummus</td>
<td>1 med. WG* tortilla (baked for chips)</td>
<td>1 cup spaghetti squash* (cooked)</td>
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<tr>
<td>2 small WG* rolls</td>
<td>½ cup WG* rice</td>
<td>1 med. WG* wrap</td>
<td>½ cup WG* rice</td>
<td>1 Tbsp. butter*</td>
</tr>
<tr>
<td>Salad Mix</td>
<td>1 cup chopped peppers</td>
<td>½ cup chopped kale</td>
<td>½ cup fresh pineapple</td>
<td>1/4 cup fresh pesto</td>
</tr>
<tr>
<td>1 cup raw spinach</td>
<td>¼ cup fresh pineapple</td>
<td>2 slices avocado</td>
<td>½ cup cooked beans</td>
<td>1/4 cup fresh pineapple</td>
</tr>
<tr>
<td>¼ cup radishes</td>
<td>1 oz. cheese</td>
<td>2 Tbsp. olive oil</td>
<td>1 cup fresh tomato soup</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>1 cup cherry tomatoes</td>
<td>1 Tbsp. olive oil</td>
<td></td>
<td>½ cup fresh salsa/sour cream</td>
<td>1 medium WG* roll</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Choose two a day.</th>
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</thead>
<tbody>
<tr>
<td>1 small fresh fruit</td>
<td>½ cup hummus or 3-4 oz. tuna</td>
<td>1 cup fresh veggies</td>
<td>1 cup fresh tomato soup</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>1 oz. fresh nuts</td>
<td></td>
<td></td>
<td></td>
<td>1 medium WG* roll</td>
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<tr>
<td>6 oz. plain Greek yogurt</td>
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<tr>
<td>or 1 cup milk</td>
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<tr>
<td>2 rectangles graham cracker squares</td>
<td></td>
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</tbody>
</table>

*Note: Please use this meal plan as a general guide. Before making any drastic changes to your diet/care plan, please have them approved by your medical doctor. Reference: adapted from Academy of Nutrition and Dietetics (Osteoporosis Nutrition Therapy Plan) • Reviewed by: Jessica M. Blessing, R.D., LD/N
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