Lose the Weight With CORE4

A Change of Heart
Through clinical collaboration and GOD’S GRACE

Mindfulness & Healing ADDICTIONS

JOINT PAIN?
You Have Options

When Life Takes an UNEXPECTED TURN
URGENT CARE/WALK-IN CARE

TO FIND THE LATEST NEWS, VISIT GULFCOASTHEALTHYLIVING.ORG
Welcome to 2017. Once again we have the opportunity to look back over the past year, celebrate our achievements and plan for even greater success in the year to come. But what does success mean exactly? As CEO of our area’s only locally owned health system, I find that Baptist Health Care’s success comes from always answering the question, “how can we serve?”

You’ll find plenty of “heart” in these pages. February is Heart Month and in this edition of Gulf Coast Healthy Living we provide plenty of heart health tips (page 3). We also take a close look at how Baptist is affecting the members of our community on a deeply personal level.

As a member of the Mayo Clinic Care Network, we have been able to offer some extraordinary services, including the facilitation of a life-saving heart transplant (page 4). This inspirational story of hope and recovery is a true testament of what a successful clinical collaboration can accomplish.

The New Year is about new inspiration, and Baptist is here to help. How about trying a less-is-more approach to uncover a greater quality of life (page 14)? Or the new clinical weight-loss program at the Baptist Weight-Loss Center (page 6)? And if you’re struggling with addiction – you might find that yoga and meditation are the keys that put you on a smoother path to wellness.

As we leave 2016 behind, I am filled with inspiration and eager to discover what the next year has in store for our great community. One thing is certain – Baptist Health Care will be there to help you throughout life’s journey.

Happy New Year!

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care
FEbruary iS
Heart Month.

What are you doing right now to improve or maintain your heart health? Make it your No. 1 New Year’s resolution to think of your heart every day and make choices that strengthen and protect.

No-bake Energy Bites

These delicious little no-bake energy bites are the perfect quick energy boost for your New Year workouts!

Yield: About 2 dozen

Ingredients:
- 1 cup (dry) oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey or agave nectar
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

Directions:
1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.
2. Once chilled, roll into one-inch balls.
3. Store in an airtight container and keep refrigerated for up to one week.

Adapted by GimmeSomeOven.com. See what else Healthy Lives is pinning at Pinterest.com/choosebaptist.

2017 Book Pick

7: An Experimental Mutiny Against Excess

American life can be excessive, to say the least. That’s what Jen Hatmaker had to admit after taking in hurricane victims who commented on the extravagance of her family’s upper middle class home. She once considered herself unmotivated by the lure of prosperity, but upon being called “rich” by an undeniably poor child, evidence to the contrary mounted, and a social experiment turned spiritual was born.

7 is the true story of how Jen (along with her husband and her children to varying degrees) took seven months, identified seven areas of excess, and made seven simple choices to rediscover the joy to be found in less.

Read more about 7: An Experimental Mutiny Against Excess on page 14.

10 Super Power Foods from Mayo Clinic

Let’s freshen up our menus for the NewYear! How many of these power foods can you incorporate into your daily meals?

- Broccoli
- Spinach
- Wild or fresh salmon
- Apples
- Red beans
- Almonds
- Blueberries
- Vegetable juice (low-sodium)
- Sweet potatoes
- Wheat germ

Learn more about our approach to community wellness. Visit eBaptistHealthCare.org/healthylives.
A Change of Heart
Through Clinical Collaboration and God’s Grace

When Baptist Health Care joined the Mayo Clinic Care Network in 2013, the Gulf Coast community of Pensacola celebrated the clinical collaboration and welcomed the additional resources it would bring to the local care of residents. A closer relationship with Mayo Clinic gives Baptist patients access to world-renowned expertise, often with the option to remain close to home. Since joining the network, countless patients have been helped and many lives saved by the combined skills of Baptist and Mayo Clinic experts.

One such case is that of heart patient, Jonathan Richmond of Pensacola. In 2000, the then 46-year-old Richmond was diagnosed with congestive heart failure, a chronic condition in which the heart can’t pump blood as well as it should. Since that time, Richmond’s condition has been managed with implantable cardioverter defibrillators (ICDs), medication and lifestyle changes, his blood pressure and weight carefully monitored by a nurse with his insurance company. “The option of a heart transplant was presented to me and I said, ‘no way!’” recalls Richmond. “I didn’t know then, but the Lord would eventually take that decision out of my hands.”

Richmond’s story is a true testament to the value of clinical collaboration. But even more importantly for Richmond and his family, it revealed the mysterious and benevolent workings of a loving God. This is Richmond’s account of how a series of miracles brought him back from the brink of death and restored him to his family.
One morning in November 2015 my blood pressure was quite low, and I received a call from my nurse telling me to go to the emergency room, which I promptly did. I was having difficulty breathing, and I couldn’t keep any food down because my digestive system had already stopped working. My kidneys and liver were beginning to shut down as well.

Brent Videau, M.D., FASH, tried to get certain blood readings from a catheter in my neck to send to Mayo Clinic in Jacksonville, but I inadvertently pulled out the catheter in my sleep. I was told later that, had Dr. Videau gotten the readings, I would not have been eligible for treatment because the readings would have shown that I was already too far gone. The good Lord was reaching in to give me more time.

Dr. Videau knew Mayo Clinic transplant cardiologist Daniel S. Yip, M.D., in Jacksonville and contacted him. Fortunately, a room was available, and I was transported to Mayo Clinic by ambulance. After a couple of days my vital signs went squelishly, and they put me in the ICU for close monitoring. My son asked Dr. Yip, “Doc, what’s the plan?” His reply was, “Tonight we pray. If he’s still alive in the morning, we’ll put him on an ECMO (extracorporeal membrane oxygenation) machine.” The ECMO was known to be a last chance at life. Because of the severity of their condition, one in ten people who go on an ECMO survive. The next day I was connected to the only ECMO machine available in hopes that it would give my organs time to heal and put me in good enough condition to be considered for a heart transplant.

During this time Dr. Videau kept in close contact with Dr. Yip, and the cardiology department at Baptist Hospital called Mayo Clinic and asked them to let me know that they were praying for me. I learned later from my son that a message a friend had sent out on Facebook regarding my condition received a lot of attention, people all over the world saying they were amazed by the miracles of God and they were praying for my recovery. I do believe God heard their prayers.

Due to my unique heart characteristics, I was placed at the top of the transplant list for my heart type. Within 24 hours, miraculously, a heart was available and my vitals had improved enough that Dr. Yip felt we should attempt the transplant as soon as possible.

The surgeon removed my old, failed heart and said it was amazing that it was working at all. My old heart was nothing but mush. One of the transplant team members told my family that my clock had been turned back 30 years.

Recovery was long and touch-and-go at times. But the results of my ten-month heart biopsy showed no rejection. That is practically unheard of! It has now been a little over a year since I was transferred to Mayo Clinic and every day is a blessing. I thank my sons who drove from Chattanooga and Fort Walton to be with me through my transplant and recovery. I thank my wife who has stuck with me through thick and thin; for better and for worse; in sickness and in health. And I thank God. He revealed Himself and His mercy, grace, love, compassion and power to my entire family through the lifesaving expertise of Baptist Heart & Vascular Institute and Mayo Clinic.

To learn more about Baptist Heart & Vascular Institute and Baptist’s membership in the Mayo Clinic Care Network, visit eBaptistHealthCare.org.
Lose the Weight with CORE4

Weight loss is the No. 1 resolution for the New Year.

No surprise there. Forty-nine percent of people in the U.S. feel they could lose a few pounds. The billion dollar weight-loss industry continues to skyrocket as companies churn out the latest cleanse, supplement or exercise. The sheer number of choices out there leads to the common habit of sampling. People go from one remedy to the next, sometimes seeing results, but never sticking with anything long enough to see the pounds come off and stay off.

A medical weight-loss center cuts through the noise with medically tested procedures and treatments that show proven results. **BAPTIST WEIGHT-LOSS CENTER** is most known for its bariatric (weight-loss) surgery, offering procedures such as gastric balloon, laparoscopic and robotic sleeve gastrectomy, and laparoscopic Roux en Y gastric bypass to patients struggling with obesity who aren’t responding to any other remedy. However, bariatric surgery is only for a small percentage of patients who are ready to take this step. Baptist Weight-Loss Center also offers a non-surgical option to keep weight off – the Core4 Adult Weight Management Program by Sodexo.

**Introducing Core4**

CORE4 is a comprehensive program that focuses on EATING, EXERCISE, EDUCATION and ENERGY. It provides participants with the knowledge and tools they need to successfully manage their weight by making better choices. Nutrition education focuses on macro and micronutrients, calorie composition, food portions, fad diets, food preparation, dining out, food labels and shopping tips. The diet is an educational process that moves the participant through standardized meal plans, calorie counting and dietary fat analysis.

**Phase One** of the program focuses on weight loss and begins with an appointment with a registered dietitian where individual needs, goal setting and a treatment plan are discussed. The individual session is followed by 11 group sessions.

**Phase Two** provides the weight management component that begins after the participant completes the 12-week weight-loss program. Monthly meetings address a variety of topics and increase the participant’s long-term success. Phase One and Phase Two total a six-month CORE4 program. Phase Two can be extended to 12 or more months if the participant chooses additional classes or support groups.

Stop sampling the weight-loss fads and make 2017 the year you take off the pounds with a supported, clinical weight-loss program!

To learn more about how you can participate in Core4, call 850.469.5810.
Meet Dr. Payne

What led you to become a doctor?

Both of my parents were in the health care profession. I enjoyed science early on, and I have always enjoyed interacting with people. I particularly enjoy the diversity of cardiology as a field of medicine.

What about your line of work do you find most rewarding?

When I see somebody’s quality of life improve because of counseling and improvement of lifestyle, medical treatment, or after cardiac interventions – that’s incredibly rewarding.

How would a patient describe you?

I’m easy to talk to and always willing to explain medical issues in depth.

What are you looking forward to about living on the Gulf Coast?

My wife, Meghan, and I are still getting settled, but we’re looking forward to taking advantage of everything the water has to offer. Kayaking and paddle boarding are two sports we plan to try out this spring.

DR. PAYNE:
Accessible Heart Health

“Accessible.” Given one term, that’s how Baptist Heart & Vascular Institute’s newest cardiologist describes himself. “I listen and get people involved in their care,” says Brian Payne, M.D. “It’s always been clear to me that the best care results from a collaborative effort.”

Arriving to the Gulf Coast from Memphis, Tennessee, by way of Tulane in New Orleans where he completed his residency and fellowship, Dr. Payne is eager to meet new patients and pursue his life-long love and passion for medicine, particularly the long-term care and relationships cultivated with heart patients. He makes it a priority to be available to his patients and considers all aspects of a patient’s life when recommending care.

ATTEND ONE OF OUR FEBRUARY HEART HEALTHY WELLNESS SEMINARS:

WOMEN AND HEART DISEASE
Wed., Feb. 8, 11:30 a.m. lunch; noon – 1 p.m. seminar
Presented by Brent Videau, M.D., FACC
Baptist Heart & Vascular Institute
Baptist Towers Medical Meeting Rooms
1717 North E St., Avery Street Entrance

MANAGING ATRIAL FIBRILLATION
Fri., Feb. 10, noon – 1 p.m. seminar
Presented by Thabet Alsheikh, M.D., FACC
Baptist Heart & Vascular Institute
Baptist Medical Park – Navarre
8880 Navarre Parkway, 2nd Floor Conference Room

NEW UPDATES ON ATRIAL FIBRILLATION
Thurs., Feb. 23, 11:30 a.m. lunch; noon – 1 p.m. seminar
Presented by Andrew Kees, D.O., FACC
Baptist Heart & Vascular Institute
Baptist Medical Park – Nine Mile
9400 University Parkway, Azalea Room

National Wear Red Day®
is Friday, February 3, 2017.

To learn more about Dr. Payne and the cardiologists of Baptist Heart & Vascular Institute, visit BaptistMedicalGroup.org.
Mindfulness & Healing Addictions

Pain in any form hurts. Physical, mental or emotional pain can be so difficult that it causes some people to turn to alcohol or drugs for relief. There is a better way. One local treatment center provides evidence-based treatments including mindfulness practices that teach the skills necessary to cope with the distress life can bring.
Meditation

Addiction can stem from traumatic events a person is seeking to avoid through the use of drugs or alcohol. Meditation is an evidence-based treatment not only for addiction, but also depression and anxiety. It has measurable benefits similar to exercise, and with regular practice, it can improve overall wellness.

“Meditation enhances brain function, regulates emotions, improves the immune system and works well in treating depression, anxiety and trauma,” says Emmalee Fournier, MSW, addictions therapist.

Fournier leads guided meditation classes as an integrated component of treatment at The Friary. Meditation teaches that stressful events are a part of life that can be experienced without going into “fight, flight or freeze” (survival) mode. Meditation literally carves out new neuropathways in the brain of an addicted person.

“For some, the brain goes into survival mode when they experience something uncomfortable,” says Fournier. “They seek alcohol or a drug to alleviate the discomfort. The idea of mindfulness (i.e. meditation) is to learn to accept their current state.”

Fournier says you can notice a difference after the first time you meditate. “You’ll be more centered. You’ll find that your emotions are more regulated. You’ll handle stress better.” Meditation trains your brain to relax and all you have to do is step away and take that first breath.

How to meditate:

Fournier recommends sitting rather than lying down to avoid becoming too relaxed. She also recommends starting with a five-minute practice and working up to 20 minutes, twice each day.

• Sit in a comfortable position in a quiet place.
• Close your eyes.
• Focus on your breath.
• Allow thoughts to come into your mind. When you notice you are thinking, simply bring awareness back to your breath.
• You can use a mantra or a word if that helps.
• Don’t do anything else during meditation time.

Yoga

Yoga is another practice that can help a person “tap into and listen to what’s inside,” says Denise Amick, MS, RYT, registered mental health counseling intern and trauma-informed yoga teacher at The Friary.

“Yoga teaches distress tolerance or the coping skills necessary to tolerate mental and physical discomfort,” says Amick. “If you can’t listen to what’s inside, you can’t learn to cope with discomfort.”

Over the years studies have been funded that have led to the development of trauma-sensitive protocols. Therefore, trauma-informed yoga classes are guided differently. Teachers emphasize the inward yoga classes are guided differently. Teachers emphasize the inward journey instead of perfect poses.

“As a trauma-sensitive teacher I use a language of invitation,” says Amick. “For instance, I would say to a class: I invite you to step forward with your left foot. An invitation allows (traumatized) people to listen to their own bodies and perform their yoga practice in a way that’s comfortable to them. I avoid physical corrections or commands.”

Amick has been practicing yoga for 30 years and teaching for 16 years, and, in her experience, most people can participate in an open-level yoga class. “I’ve taught clients at varying stages of recovery, even those who are detoxing. It’s never too early to begin the journey to reconnection.”

When the mind dictates behavior through mindfulness instead of through impulse, you make better decisions about your life. Yoga allows you to slow down and hear the cues that tell you what you need: rest, food, touch, comfort, play or exercise.

Yoga and meditation teach you to shift from traditional ways of coping that require willpower. Instead, they teach you to recognize, feel and accept imperfection without the urge to change it by way of an external solution. Both practices encourage healing from the inside out and complement talk therapies. The goal at The Friary is to help clients find their way back to a peaceful quality of life.

The basic tenets of trauma-informed yoga are:
1. Language of invitation
2. No physical corrections
3. Inward journey instead of perfecting a pose
4. Listening to the cues of the body

The Friary of Lakeview
BAPTIST HEALTH CARE
4400 Hickory Shores Blvd.
Gulf Breeze, FL 32563

For more information, visit TheFriary.org or call 850.932.9375 or 800.332.2271.
JOINT PAIN?
You Have Options

It can be in the form of a nagging discomfort that stifles the initiative to go for a morning run. Or something more insidious, an insistent throbbing that makes the simplest chores all but impossible. Joint pain is a common ailment affecting as many as 70 million Americans per year. Surgical solutions from arthroscopy to total joint replacement can fix the problem, but there are also numerous non-surgical options to try before you visit a surgeon.

“Osteoarthritis, tendinitis, bursitis, gout, sprains and strains are all common causes of joint pain and many of these can be treated without surgery,” says Brett Kindle, M.D., a primary care sports medicine physician at Andrews Institute for Orthopaedics & Sports Medicine. “I do not do open surgery. The largest incision I’ll make is a little centimeter-long incision that will allow a tool to be introduced under ultrasound guidance.”

Understanding the different causes of joint pain and the available options for treatment is the first step in finding relief and getting back to a life you can fully enjoy.

OSTEOARTHRITIS
The most common cause of joint pain. Osteoarthritis occurs when the cartilage or cushion between joints breaks down, leading to pain, stiffness and swelling.

Management without medication:
• Weight reduction (every pound lost reduces pressure across the knee by four to five pounds)
• Low impact exercise
• Physical therapy
• Braces
• Cane/walker

Management with medication:
• Injections (steroid, Toradol, viscosupplementation)
• Regenerative medicine (platelet rich plasma, stem cells) – not covered by insurance

Procedural management:
• Cooled radiofrequency ablation (CRFA), lesions the sensory nerves that allow the brain to register the joint pain
• Surgery (arthroscopy or joint replacement)
Avoid Opioids
Medications that fall within this class include hydrocodone (e.g., Vicodin), oxycodone (e.g., OxyContin, Percocet), morphine (e.g., Kadian, Avinza), codeine, and related drugs. These medications are addicting, and when used over time opioids can increase sensitivity to pain.

Tenex Health TX™ Procedure
A minimally invasive treatment option, Tenex quickly and safely removes the source of pain caused by tendon and fascia abnormalities, including swimmer’s shoulder, tennis elbow, golfer’s elbow, jumper’s knee, Achilles tendonitis and plantar fasciitis. Tenex combines ultrasound imaging used to identify damaged tissue with an advanced TX MicroTip™ that precisely cuts, breaks down and removes only the damaged tissue that causes pain.

TENDINITIS
The inflammation or irritation of any one of the thick fibrous cords that attach muscle to bone. It often occurs around the shoulders, elbows, wrists, knees and heels.
Management without medication:
• Ice/heat
• Activity modification
• Braces/straps
• Physical therapy
• Improve biomechanics
• Equipment modifications
Management with medication:
• Nitroglycerin patches
• Injections (steroid, prolotherapy (sugar water), viscosupplementation, Botox)
• Regenerative medicine (platelet rich plasma, stem cells) - not covered by insurance
Procedural management:
• Tendon scraping
• Needle tenotomy
• Ultrasonic tenotomy (TENEX – minimally invasive debridement)
• Surgery (open debridement)

BURSITIS
The inflammation of the fluid-filled pads (bursae) that allow structures to glide easily across one another at the joints.
Management without medication:
• Ice (avoid heat)
• Activity modification
• Physical therapy
• Pads for protection
Management with medication:
• Injections (steroid, Toradol)
• Regenerative medicine (platelet rich plasma, stem cells) - not covered by insurance

Over-the-Counter (OTC) Management
• Tylenol (1000 mg three times daily)
• NSAIDs (such as Advil or Aleve)
Discuss OTCs with your physician to determine what’s right for you.

Andrews Institute
Primary Care
Sports Medicine

Joshua Hackel, M.D., CAQSM, RMSK
Brett Kindle, M.D., CAQSM
Michael Milligan, M.D., CAQSM
Ashley Zapf, M.D., CAQSM

For more information about non-operative treatments for joint pain or appointments, visit AndrewsInstitute.com or call 850.916.8700.
ALLISON HILL ASSUMES ROLE OF LAKEVIEW PRESIDENT AND CEO

Allison Hill has been named the chief executive officer of Lakeview Center, Inc., making her only the third CEO in the agency’s 62-year history. Hill, previously the chief operating officer, replaces Gary Bembry who retired after 19 years with the social services agency. Lakeview Center is the largest affiliate of Baptist health Care. Visit eLakeviewCenter.org to learn more.

100 TAVRS AND COUNTING

Baptist Heart & Vascular Institute (BHVI) performed its 100th Transcatheter Aortic Valve Replacement (TAVR) procedure in October. The team continues to provide this life-saving procedure to those suffering from severe aortic stenosis who are not candidates for traditional open heart surgery. Visit eBaptistHealthCare.org to learn more about the many innovative cardiovascular procedures offered at BHVI.

BAPTIST CANCER INSTITUTE CELEBRATES 18 YEARS OF EXCELLENCE IN CANCER REGISTRATION

Baptist Cancer Institute received the Jean Byers Excellence in Cancer Registration award making it one of three cancer registries in the State of Florida to receive the award every year for the past 18 years. Certified Cancer Registrar, India Freeman, manages the registry that records a summary of the history, diagnosis, treatment and disease status for every one of the Institute’s patients.

Happy Anniversary!

Thank you for choosing us for your care.

Baptist Medical Park – Nine Mile celebrates 17 years of service to the community in January 2017.
eBaptistHealthCare.org/BMPnineMile
When Life Takes an Unexpected Turn

URGENT CARE/WALK-IN CARE

When David Smith of Seminole, Alabama, headed down to the river to work on his boat just as he has every Friday morning for the last ten years, he had no idea that two hours later he’d be trying to decide which emergency room to visit.

While wiping up oil under the engine he hit his hand against something sharp. “I barely felt a thing,” Smith said. “But when I saw it in the light, a flap of skin three inches across was hanging off the back of my hand.”

“There was so much blood,” his wife Susan said. “I thought we’d go to an emergency room at the hospital, but when I called my daughter, she suggested the urgent care center at Baptist Medical Park – Nine Mile, about thirty-minutes from our home.”

“I was brought in immediately to be assessed and after a short wait, the cut was cleaned and bandaged. I was given a tetanus shot, prescribed antibiotics and was home in a few hours,” said Smith.

This sense of convenience and relief is what urgent care and walk-in care centers are all about. When the unexpected medical event occurs, it’s easy to leap to the conclusion that an emergency department is the place to go. But as great as our area emergency departments are, they can be chaotic with long waits, not to mention costly. Urgent care and walk-in care centers are set up to handle emergency non-life threatening situations quickly and efficiently.

Go to Urgent Care and Walk-In Care for:
- Minor illnesses (at all locations)
- Minor injuries (at all locations)
- School examinations
- Sports physicals
- Routine immunizations
- Laboratory tests (at all locations)
- Prescriptions
- Imaging
- Specialist referral
- Occupational medicine
- Patients ages 1+ welcome (at all locations)
- Services vary by location

Baptist Urgent Care Center offers CALL AHEAD Service.

Only at Baptist Urgent Care – Nine Mile
- Call ahead at 850.208.6130.
- Answer a few questions about your visit.
- We’ll get you checked into our system.
- Let us know an approximate time of when you will arrive.

Call Ahead Service is for urgent care visits only. Dial 911 for emergency care.

URGENT CARE
For walk-in care locations, visit eBaptistHealthCare.org/urgentcare or call 850.208.6130.

Baptist Medical Park – Nine Mile
Call Ahead Service Available
9400 University Parkway
Pensacola, Florida

Baptist Medical Park – Airport*
5100 North 12th Avenue
Pensacola, Florida
*Coming early 2017

For more information about urgent care and walk-in care services, visit eBaptistHealthCare.org/urgentcare.
Embracing ‘LESS IS MORE’
A LIFE CHANGING EXPERIMENT FOR 2017
By Meghan McCarthy, Director of Community Health and Wellness, Baptist Health Care

Will this year bring you more? More love, more health, more happiness? What if the path to more is less?

A friend recently shared a challenge with me that I instantly could not stop thinking about. *7: An Experimental Mutiny Against Excess*, written by Jen Hatmaker, had me at “experimental.” I do not believe in one-size-fits-all, ever! This is a book you can read and make your own.

The premise is this: Hatmaker was clued in to the hidden extravagance of her life when she hosted hurricane victims who pointed out just how much she and her family had. Always thought to be unmotivated by wealth, the honest assessment by a child who had lost everything made Hatmaker reassess the way she and her family were living. Her conclusion – much of what she possessed simply wasn’t necessary or even beneficial to her family or the world. She came up with a plan to simplify in seven areas over a set period of time.

A happy guinea pig always ready to try out a new health and wellness experiment, I took the plunge. Here’s how I’m approaching the seven areas in an attempt to simplify. Tailor my suggestions to your life and join me in the fun!

1. **FOOD**
   **CAN I EAT ONLY SEVEN FOODS FOR A WEEK?**
   From a nutritional standpoint, we promote diversity, urging people to “eat the rainbow” of colorful vegetables, but some research has shown that a predictable routine helps people stay on a healthy eating course. Do you eat the same oatmeal breakfast every day, Monday to Friday? I do. It might not be exciting, but my shopping is fast and I save the time, money and calories for celebrations. I also don’t have to wonder what I’m going to do about preparing a healthy breakfast each day. I already know!

2. **CLOTHES**
   **IS IT POSSIBLE TO WEAR ONLY SEVEN PIECES OF CLOTHING?**
   I often miss my school uniform days when my mornings were much less stressful because I knew exactly what I was going to wear. Steve Jobs was known for his daily black shirt and jeans. Save money and time. Plus, there is something sophisticated about dressing simply and consistently.

3. **POSSESSIONS**
   **WHAT DO I REALLY NEED?**
   What’s taking up excess space, both physical and maybe even mental? For one week, collect seven things a day that you think you don’t need. Put them in a box and at the end of the week, do a quick review and then bring the 49 things to a place such as Goodwill where they will be put to good use. This is a particularly good task for children. Clearing away the toys they don’t play with allows them to find and appreciate the ones that really matter.
The amazing thing is that simply going through the process of thinking about this challenge has shifted my perspective going into 2017. Life is too short to spend it on things that don’t matter. Make the revolution a friends and family effort. What do you want to be the seven most important things in the New Year? Take note and discard the rest. Happy 2017!
BAPTIST HEART & VASCULAR INSTITUTE

CELEBRATING 100+
TAVRs

Our team has now performed more than 100 Transcatheter Aortic Valve Replacement, or TAVR, procedures. Why is this significant? Because no other provider in our area has completed more of these life-saving procedures that may be the only hope for patients considered too high-risk for traditional open heart surgery. This is a tremendous milestone for our team and a great benefit to the people in our community who need this level of advanced care.