Weight Loss
More than Just a PHYSICAL TRANSFORMATION

ADDICTION 101
a conversation with an addictions expert

UPPER EXTREMITY Fracture Management in Seniors

Control Diabetes with education and confidence

KNOW YOUR RISK FACTORS
African American Heart Health

TOP 5 SUPER NUTRIENTS
for health, longevity and healing

TO FIND THE LATEST NEWS, VISIT GULFCOASTHEALTHYLIVING.ORG
The beginning of a new year is a fresh start where we can view our lives with renewed vigor and enhance our health. Baptist Health Care is here to help. In this winter edition of Gulf Coast Health Living, hear three incredible stories of people who sought a second chance at better living after visiting Baptist Weight-Loss Center (pages 4 – 5).

Our newest clinic, Baptist Medical Group – Endocrinology, is here to help educate and empower people living with diabetes in our community (pages 10 – 11).

African Americans are twice as likely to have concerns related to heart disease but we aim to improve local health odds at Baptist Heart & Vascular Institute (pages 12 – 13).

The growing concern of addiction affects us all, so we encourage you to learn more about addiction influences and the road to recovery from Lakeview Center (pages 6 – 7).

The chances for our seniors to slip and fall occur this time of year. We offer ways for preventing falls and share how fracture specialists at Andrews Institute can help if you do (pages 8 – 9).

As we say goodbye to 2017 and look ahead to 2018, Baptist Health Care is honored to continue serving this great community. We are your trusted partner for improving quality of life. Thank you for entrusting us with your care.

Happy New Year!

Mark Faulkner
President and Chief Executive Officer
Baptist Health Care

Learn about the Baptist Medical Group – Endocrinology team on page 10.

GULF COAST HEALTHY LIVING

CONTENTS

3 Healthy Habits
Wellness tips and trends.

4 Weight Loss is More Than Just a Physical Transformation
Read patient stories.

6 Addiction 101
A conversation with an addictions expert.

8 Upper Extremity Fracture Management in Seniors
Prevent slips and learn what to do if you fall.

9 Control Diabetes with Education and Confidence
Take control of your diabetes. We can help.

12 Know Your Risk Factors
African American heart health.

14 Top 5 Super Nutrients
For health, longevity and healing.

15 In the News
Noteworthy people, projects and awards.

Sign up for our e-newsletter at GulfCoastHealthyLiving.org.
HEALTHY HABITS

WINTER YOGA: COBBLER’S POSE
Try the yoga cobbler’s pose several times per week this winter season. A position like this can help you start and end the day. It is a great way for seniors to keep their hips open and massage the feet. To perform this move, sit tall and bring the soles of your feet together as you open the knees out to the sides. Lean forward for a deeper stretch, but try to prevent any rounding in the lower back. Hold this position for five to eight breaths.

LAYER YOUR CLOTHING TO STAY WELL
Moving from the cold outdoors to a warm, indoor room can send your body into temperature shock. Try layering your clothing to help protect you, comfort you and maximize wellness this time of the year.

- **Base layer** – This goes next to your skin and is essential for managing moisture. This will help regulate body temperature. Choose a fabric that will help you stay dry such as polyester or silk.
- **Insulating layer** – This helps retain heat by keeping air close to the body. Material like fleece and natural fibers work well to keep you warm but not overheat you.
- **Shell layer** – This protects from wind and rain. Select a waterproof or water-resistant, tightly woven fabric like nylon that also breathes well so you can move comfortably.

Add or subtract a layer as you need to depending on the weather, location and your activity. Be smart about clothing and layer yourself to stay well.

Fight **WINTER COLD & BLUES** with Five Tips
Do the lack of daylight hours dampen your mood? Are you more prone to becoming sick in the winter? Follow these tips to fight the winter blues and feel healthier:

1. **TAKE A CLASS.**
   Sign up to take a cooking, sewing, scrapbooking or other class in the community. These improve mental and physical fitness as well as fulfill that social craving we need.

2. **STOCK UP ON PENS.**
   Don’t leave the house without a pen in the pocket or purse. It may sound silly, but using your own to sign bills, cards and other paperwork will help prevent the spread of germs.

3. **CLEAN YOUR HANDS OFTEN.**
   Hand hygiene is the best way to prevent infections. Apply soap and water and rub all fingers and hands, back and front, top to bottom for at least 20 seconds. Carry a small bottle of hand sanitizer with you and use it until you can locate a sink.

4. **MAXIMIZE INDOOR AIR.**
   Change the air filters in your home and clean out areas. Wash linens and remove dust in the rooms. Ensure home is vented properly and the humidity is controlled. Bring in a few indoor-safe winter plants to brighten the room and your mood.

5. **OBTAIN MORE SLEEP.**
   Bears aren’t the only creatures that need more sleep in winter. We humans do too. Less light in the day produces melatonin and signals your brain to want more rest. Don’t fight it. Spend time snoozing more this season so that when spring arrives, you are ready to jump into action.

Learn more about our approach to community wellness. Visit [eBaptistHealthCare.org/myhealthyblueprint](http://eBaptistHealthCare.org/myhealthyblueprint).
At age 16, Jennifer Campbell tried her first weight-loss program. She then spent years of losing weight and then gaining it back. After experiencing extreme low energy and having high blood pressure, Campbell sought help from the Baptist Weight-Loss Center.

“I knew I needed to do something serious about my weight problem,” said Campbell. “At age 56, I researched and heard many praises about the Baptist Weight-Loss Center, especially bariatric surgeon Patrick Gatmaitan, M.D.*”

Campbell chose to have bariatric surgery the day before her 57th birthday. Campbell went from 330 to 165 pounds, a size 26-28 women’s to a size 14 in misses. Her health is better and she has gained self-confidence and a more positive outlook.

“I don’t hurt when I walk anymore, and I’m completely off my blood pressure medicine,” said Campbell. “I can now walk into any store and not worry about the larger sizes being available. I’m happier with myself and my accomplishments.”

*Patrick Gatmaitan, M.D., is an independent member of the medical staff of Baptist Hospital, Inc. He is not an employee or agent of Baptist Hospital, Inc.

Visit eBaptistHealthCare.org/weightloss to read the full, inspiring stories on Jennifer, Chontel and Ty.
Weight loss is not just a journey for women. By the time Ty Williams was 45 years old, his health had rapidly declined with high blood pressure, sleep apnea, high cholesterol and an all-time high weight. Unhealthy habits had long been a part of Williams’ culture growing up in Huntington, West Virginia, known as being one of the “fattest American cities.”

At the recommendation of his primary care physician, Williams met with The Baptist Weight-Loss Center team.

“The Baptist Weight-Loss Center staff genuinely care about me and know who I am,” said Williams. “I’m not just a number to them.”

Williams had bariatric surgery and returned to work three weeks later. He went from a size 42 to 30 pants and lost 105 pounds. Less than a year after surgery, Williams stopped using his sleep apnea machine and all pills for his former health problems. “I didn’t need them anymore,” said Williams. “I feel fantastic. Before my surgery, I would lie around and want to sleep. Now I stay active.”

In addition, Williams believes the weight loss has increased his confidence and led him to a promotion at work. “As I began to change physically, I also began to see myself mentally differently,” said Williams. “I began to speak up more and be a leader. That eventually led to my current store manager promotion.”

Campbell, Baillie and Williams each entered into their weight loss journey at different times. They each lost pounds and inches. Yet more importantly, they gained energy, health and another chance to more fully enjoy life.

For more information on weight-loss help and options, visit eBaptistHealthCare.org/weightloss or call 850.437.TRIM (8746).
Addictions expert, Irvin Williams, Ph.D., director of specialty programs at Lakeview Center, has been helping people find a path to recovery for more than 40 years. His career path began in the 1960s. While volunteering at a residential treatment facility, a high school friend died of a heroin overdose.

“I was shocked,” said Williams. “It happened to a close friend who I didn’t realize used drugs. I wanted to know why it happened and how to prevent it from happening to others.”

Since then, Williams has helped countless people find a path to recovery. We sat down with him to ask a few questions concerning addiction.
What is addiction?

Two major aspects of addiction are: **compulsive use** and **loss of control**. Addicted people will abuse a substance even when they don’t want to because they think they need it. They can’t control the brain because of what the substance is doing to their body, so they don’t consider the consequences.

What are some of the signs and symptoms of addiction?

Look for changes in behavior like secretiveness, isolation, different friends, new priorities, withdrawal or aggression. Someone may start drinking alone instead of having an occasional social drink. The No. 1 abused substance is still alcohol. People are addicted to alcohol more than all other substances combined. It takes a toll physically, mentally and emotionally, and someone could die of liver disease from habitual use.

What are some of the harsh consequences that come with addiction?

Everyone around an addict is impacted, and relationships erode. Many are permanently damaged as a result of domestic violence, child abuse and irrational behaviors. The one we often see in people addicted to opioids is neglect — mothers neglecting their children or men neglecting their families. It’s hard to rebuild those bonds.

Are addictions a growing concern in our community?

Yes, and in large part, the opioid crisis is to blame. Easier access and greater potency is affecting a broad cross section of people. For instance, people who wouldn’t normally buy drugs on the street are abusing prescription pain medications from their doctors or a relative’s medicine cabinet. Those who do buy on the streets risk dying from the high potency of fentanyl that’s coming into the U.S. from China and Mexico. That’s why we have so many overdose deaths in the country right now. As a society, we’ve always talked about drug abuse as “happening to other people.” With the opioid crisis, it’s seen as everyone’s problem. Addiction knows no race, religion, age, gender, education level or socioeconomic boundaries. I’ve worked with ministers, public officials, homeless people, stay-at home moms, professionals and even health care workers like me. No one is immune to the exposure.

Can you speak to the history of stigma and shame?

Back in the 1960s, I worked with Vietnam veterans returning from the war at a time when drug abuse was stigmatized. We didn’t even offer addiction courses in undergraduate school. Addiction was seen as a moral failure instead of a disease, but that’s starting to change. Addiction is now emerging as a hot topic on social media, and a lot of public people are speaking out saying that it’s OK to talk about it as a chronic disease. In the 1960s, even people in the treatment field didn’t label addiction a disease. Today scientists know it’s a disease, and even though there isn’t a cure, there are treatments and things you can do as prevention. An expression we share with families who are feeling shame is the three C’s: You didn’t **cause** it. You can’t **control** it. You can’t **cure** it. We encourage help for the whole family.

What is the path to recovery?

There are different levels of intervention, and everyone doesn’t require formalized treatment. Typically people need something external to themselves from which to draw strength, support and forgiveness (i.e. church). If you think someone needs help, gently but specifically start by saying, “I’m concerned,” and be genuine. Even if they deny your help, it’s a starting point. We are fortunate to have a lot of self-help support groups here in our community. Also, Lakeview Center is a comprehensive social services organization that treats the whole person and his or her family. We have more than 60 programs and services. I’ve seen some wonderful things happen. For instance, a young woman severely addicted to opioids who participated in our methadone program has been drug free for 10 years now and is employed as a peer counselor. One young man suffered tremendous trauma and became addicted to drugs, but he’s seven years clean now, has a wife and children and is a productive member of society. It’s so rewarding when you see people turn their lives around.
UPPER EXTREMITY FRACTURE MANAGEMENT in Seniors

By: Leslie M. Barnes Remski, M.D., orthopaedic surgeon
Florida may not produce ice or snow, but the chances of seniors slipping and falling during the winter season is still a potential threat. This can be due to an unsafe environment with obstacles, such as unpredictable pets, parking lot barriers, uneven flooring or even slippery socks on wood floors. Falls can also occur due to medical issues like neuropathy, vertigo, orthostatic hypotension, or back and joint pain. Add to this the decrease in bone quality that occurs as we age, and the risk of sustaining a fracture from a simple ground level fall is significant.

A fall that results in a lower extremity injury, like a fracture at the hip, knee or ankle, often requires an ambulance ride to the local emergency room (ER) for evaluation. In contrast, when one sustains fractures involving the upper extremities, family or friends can often transport the injured party to their own physician, an urgent care, or the ER. Upper extremity fractures are often evaluated by a specialist as an outpatient, meaning one will have their injury stabilized in a splint or sling by the ER staff. Following this, the patient is then referred for timely assessment by an orthopaedic surgeon or non-surgical sports medicine physician within a few days.

The most common fractures in the upper extremity from a ground-level fall include distal radius, or wrist, fractures and proximal humerus, or shoulder, fractures. Elbow fractures occur less frequently and often require surgery. In the senior population, shoulder and wrist fractures are more commonly being treated without surgery. This is due to multiple research studies showing that the clinical outcomes in this patient group are similar whether or not surgery is performed. This means that while patients may need to have the fracture immobilized in a splint or sling, they may be able to avoid surgery altogether. This decision should be made in conjunction with an orthopaedic surgeon.

The Andrews Institute for Orthopaedics & Sports Medicine has fracture care specialists with offices in Pensacola and Gulf Breeze available for timely evaluation of injury. If you experience a fall, a surgeon will want to know your activity level, goals and health status, in addition to the characteristics of your fracture they obtain from X-rays, to recommend a treatment plan. The goal is to have you back to your previous level of activity, or better, so you can continue to enjoy life here on the Gulf Coast.

Learn more at AndrewsInstitute.com or call 850.916.8700 to schedule an appointment.
Diabetes does not take a vacation. People living with it may try to ignore symptoms of elevated blood sugar (glucose), but the illness will find them. It is also the most common endocrine disorder and one of the largest health issues facing society. Baptist Medical Group – Endocrinology is devoted to help educate and empower people living with diabetes in our community.
Board-certified endocrinologist, Tareq Khairalla, M.D., says it is important for patients to be aware of subtle symptoms that may alert them to see a physician.

“Fatigue, excessive thirst, frequent urination and unexplained weight loss can be signs of high blood sugar,” said Dr. Khairalla. Other factors that may be cause for concern include falling asleep after meals, blurring or other changes in vision, mood changes, difficulty healing and frequent infections.

Baptist Medical Group – Endocrinology works with patients who have all types of diabetes – type 1, type 2, gestational diabetes and others. Type 1 diabetes leaves a person with little or no insulin resulting in a sugar buildup in the bloodstream. Baptist Medical Group – Endocrinology can offer insulin pumps and glucose sensors that allow patients with type 1 and some type 2 to continuously monitor their own blood sugar levels.

“We assess all people who have diabetes at our clinic to find out if they would benefit from the use of pump and sensor technologies,” said Dr. Khairalla.

Diabetes is all about glucose control and taking care of it every day. People with type 2 diabetes may have been living with it for several years, either not knowing it or disregarding the signs.

“Patients with diabetes cannot ignore it. There is no day off. They must respect it, take care of it, gain knowledge and have confidence that they can still live a quality life,” said endocrinologist Michael Hennigan, M.D., FACP, FACE.

Education is the best component to optimal health. Baptist Medical Group – Endocrinology offers diabetes classes, support groups and literature from accredited sources like the American Diabetes Association to help its patients.

“Knowledge is the best defense to become healthier, live longer and lower the anxiety one may have from a diagnosis of diabetes,” said certified diabetes nurse educator, Patti King-Warner.

Baptist Medical Group – Endocrinology encourages patients to establish a routine as an effective way to maintain healthy diabetes living.

“Eating meals at regular times will establish habits that will help a person take his pills or insulin regularly and test blood sugars regularly,” said Dr. Khairalla.

“It is also very important to maintain regular visits with a physician who will ensure regular checkups are done, including eye and foot exams, labs and medication monitoring.”

The team at Baptist Medical Group – Endocrinology is aware that diabetes problems come with a lot of physical, emotional, social, financial and personal challenges. They treat each patient with personalized care.

“We treat the whole patient and don’t work from predetermined notions,” said Dr. Hennigan. “Our team is here to help them. We listen, ask a lot of questions and watch our patients walk out with smiles.”

With the team at Baptist Medical Group – Endocrinology, patients can expect a true partner in their health journey. Their goal is to offer compassionate care that empowers people to take care of their diabetes needs, as well as other hormonal imbalances and metabolism disorders.

**DIABETES CLASS DATES FOR JANUARY – JUNE 2018**

**BAPTIST TOWERS**
1717 North E St., Pensacola
Baptist Pre-Surgery Classroom

- **Fri., Jan. 12,** 9 a.m. - Noon
- **Tues., Feb. 20,** 1 p.m. - 4 p.m.
- **Fri., March 23,** 9 a.m. - Noon
- **Wed., April 18,** 9 a.m. - Noon
- **Fri., May 11,** 9 a.m. - Noon
- **Wed., June 20,** 1 p.m. - 5 p.m.

**BAPTIST MEDICAL PARK – NINE MILE**
9400 University Parkway, Pensacola
Azalea Room

- **Mon., Jan. 8,** 1 p.m. - 4 p.m.
- **Fri., Feb. 23,** 9 a.m. - Noon
- **Fri., April 6,** 9 a.m. - Noon
- **Tues., May 15,** 1 p.m. - 4 p.m.
- **Fri., June 22,** 9 a.m. - Noon

**ANDREWS INSTITUTE RESEARCH AND EDUCATION FOUNDATION BUILDING**
1020 Gulf Breeze Parkway, Gulf Breeze
Conference Room A

- **Tues., Jan.16,** 9 a.m. - Noon
- **Wed., Feb. 28,** 9 a.m. - Noon
- **Fri., April 13,** 2 p.m. - 5 p.m.
- **Wed., May 23,** 9 a.m. - Noon
- **Tues., June 26,** 2 p.m. - 5 p.m.

Disclaimer: Patients must be referred by their physician to diabetes education. This is necessary to monitor class numbers, patient literature and teaching time. Classes are subject to change or may be cancelled. Call **850.908.1235** to register attendance.

To learn more about treatment for diabetes or to make an appointment with Baptist Medical Group – Endocrinology, call **850.908.1220** or visit **BaptistMedicalGroup.org**.

GULF COAST HEALTHY LIVING
Know Your **RISK FACTORS** to Improve African American Heart Health

Numbers matter when it comes to a person’s blood pressure and 1 in every 3 adults has hypertension (high blood pressure). On average, African Americans have higher rates of blood pressure and are also at greater risk for having a heart attack, stroke or developing heart disease.
Cardiologists Pelbreton Balfour, M.D., and Walter Beard, M.D., with Baptist Heart & Vascular Institute and Cardiology Consultants are reaching out to the Northwest Florida community, educating and emphasizing heart health and identifying risk factors for African Americans to help change these statistics on a local level.

“THE ODDS FOR HEART DISEASE ARE AGAINST US IN THE AFRICAN AMERICAN COMMUNITY. WE NEED TO KNOW OUR RISK FACTORS TO BE MORE PREVENTATIVE.”

Dr. Balfour said that although heart healthy statistics run counter in African Americans, he is still hopeful that people in our community can change the statistics by taking charge of their health.

“Knowing your numbers and knowing them early can help you plan for better health,” said Dr. Balfour. “If you become more physically active, eat right, don’t smoke and maintain a healthy weight, you can decrease risks for heart disease by up to 82 percent.”

Dr. Beard recommends that individuals not ignore any signs related to a heart concern like chest pain, dizziness and vomiting.

“Find a hospital immediately,” said Dr. Beard. “Don’t wait. Every minute counts when it comes to experiencing a heart attack or stroke.”

Both Dr. Balfour and Dr. Beard say that people who understand their risks and implement lifestyle changes now will benefit from them later in life, even if they have a family history of heart health concerns.

“JUST WALKING DAILY FOR AT LEAST 30 MINUTES WITH FAMILY AND FRIENDS CAN BE AN IMPORTANT STEP IN THE RIGHT DIRECTION FOR A PERSON’S HEART HEALTH.”

“Make a plan now for better health,” said Dr. Balfour. “That doesn’t mean a person has to be a weekend warrior or marathon runner. Just walking daily for at least 30 minutes with family and friends can be an important step in the right direction for a person’s heart health.”

Baptist Heart & Vascular Institute and Cardiology Consultants offer tests that can be performed after a referral from a primary care physician. Screenings such as a CT scan which looks at a patient’s arteries or coronary calcium score indicates the likelihood of calcified plaque build-up that may be of concern.

Visit eBaptistHealthCare.org for more helpful heart health information and services available at Baptist Health Care.
Start 2018 off right by including these top five super nutrients into your diet. They are known for their powers of enhancing health, longevity and healing.

1. **PROBIOTICS:** These good bacteria have so many benefits. They aid digestion, absorption, immune system function and inflammation. Emerging studies report they may also improve mood disorders. Fermented foods are a great start to obtain more probiotics. Try kimchi, sauerkraut, aged cheeses, kombucha and plain yogurts. Consider taking a supplement as well to gain additional health benefits.

2. **VITAMIN D:** This vitamin is known as the “happy” or “sunshine” hormone. Our bodies produce only about 10 percent of our needs and we must obtain the rest through diet and sunshine (skin absorption) or a good quality supplement. Adequate levels may aid depression, immunity, diabetes, heart disease, blood pressure and certain cancers. Obtain more through food sources like salmon, sardines, swordfish, tuna, beef liver, eggs (yolk) and Swiss cheese. Consider taking a supplement as well to gain additional health benefits, between 1,000 to 5,000 IU daily.

3. **MAGNESIUM:** Due to poor diets, food quality and lifestyles, a magnesium deficiency is on the rise. Proper levels help with over 300 enzyme systems in the body to include protein synthesis, muscle and nerve function, blood glucose control and blood pressure regulation. If you suffer from anxiety or nervousness, headaches or migraines, sleep difficulty or digestion issues, we recommend talking with your doctor or dietitian about this essential nutrient. Magnesium is found in food sources like spinach, nuts or nut butters, black beans, avocados, carrots, raisins, salmon, bananas, broccoli, beef and apples.

4. **FISH OIL/OMEGA 3s:** If you’ve ever eaten processed foods, drunk a soda, consumed alcohol, not slept well, experienced short or long-term stress, gone through surgery, exercised too strenuously or had a chronic health condition, then your body may have experienced inflammation. It puts stress on your body and the longer it goes untreated, the harder it is to recover. To combat inflammation, Omega 3s can be easily obtained by eating foods like salmon, mackerel, herring, oysters, flaxseeds, chia seeds and walnuts or taking a high quality fish oil supplement.

5. **VITAMIN C:** This is your health booster. It reduces cell and inflammatory damage, aids in healing (especially those who smoke), reduces risk for high cholesterol, reduces blood pressure and aids in maintaining a healthy Body Mass Index (BMI) profile. Emerging research reports that Vitamin C shows promise for improving diabetes, cancer and stomach health. Obtain more Vitamin C naturally by eating more strawberries, cherries, citrus fruits (i.e., orange, grapefruit, lemons/limes), papaya, kiwi, bell peppers, Brussels sprouts, melon, broccoli, tomatoes and cauliflower.

This list is a great starting point for you to review and consider adding to your diet. However, before you take any supplements, always talk with your primary care physician, especially if you are taking any medications or you are currently being treated for any medical condition.

For more tips on healthy living, contact My Healthy Blueprint at 855.469.6903 or visit eBaptistHealthCare.org/myhealthyblueprint.
LAKEVIEW CENTER CEO SELECTED FOR LEADERSHIP FLORIDA ANNUAL PROGRAM

Allison Hill, president and CEO of Lakeview Center, Baptist Health Care’s largest affiliate, has been selected to work with a dynamic group of Northwest Florida residents as a member of the Leadership Florida Cornerstone XXXVI program. Congrats on this honor!

FLORIDA BLUE HEALTH SERVICES CHANGED NAME TO GUIDEWELL PRIMARY CARE

Florida Blue Health Services is now GuideWell Primary Care. The clinic will remain at the Florida Blue Center in Cordova Commons at 1678 Airport Blvd., Pensacola. To learn more or to schedule your appointment with GuideWell Primary Care, please visit BaptistMedicalGroup.org or call 850.479.3790.

BAPTIST HEALTH CARE RECEIVES EXCELLENT RATING IN COMPREHENSIVE CARE FOR JOINT REPLACEMENT

Baptist Hospital received the highest quality performance score of “Excellent” in the Pensacola-Ferry Pass-Brent, Florida, metropolitan statistical area (MSA) in performance year one of the Comprehensive Care for Joint Replacement (CJR) program. In addition, Gulf Breeze Hospital received a quality performance score of “Good”. The providers involved in these efforts are all Andrews Institute providers. We congratulate Baptist Hospital, Gulf Breeze Hospital and Andrews Institute for their commitment to Excellence.

BAPTIST HOSPITAL RECEIVES CT SCANNER, HELPS DETECT METAL IN PATIENTS

Baptist Hospital Imaging recently acquired an additional 64-slice CT scanner. This state-of-the-art machine has advanced cardiac and neuro capabilities with additional radiation protection and a 500-pound weight limit. The scanner has cutting-edge metal artifact reduction software, allowing to scan patients who have metal in their bodies from a previous surgery.

LABORATORY SERVICES NEAR YOU!

From time to time, your doctor may require you to have bloodwork done. This helps tests for certain diseases and conditions and can also help check the function of your organs. For your convenience, Baptist Health Care has laboratory services at multiple locations in Pensacola, Gulf Breeze, Navarre, Pace and Jay. All locations open at 7 a.m. or earlier and are designated collection sites for Quest and LabCorp. Visit eBaptistHealthCare.org/lab for more information.

- Convenient
- Easy access
- Short wait times

Happy Anniversary!

Thank you for choosing us for your care.

Baptist Medical Park – Nine Mile celebrates 18 years of service to the community in January 2018.
Love Your Heart Event Featuring
The MEGA Heart™
Sat., Feb. 3
Cordova Mall Center Court • Noon – 4 p.m.

The Baptist Heart & Vascular Institute team invites you to walk through the MEGA Heart™. Visitors can step inside the human heart, learn about heart functions, observe examples of various types of heart disease and see displays explaining some of the latest medical treatments for heart problems.

For more information, visit eBaptistHealthCare.org or call 850.469.5736.

BAPTIST HEART & VASCULAR INSTITUTE

ONLINE SCHEDULING
for Baptist Medical Group primary and urgent care.

EASY SCHEDULE.COM