

Heart of Florida *Regional Medical Center*

Summer 2010

# HealthSmart

*A Passion for Caring*

Shorter Recovery for  
**Wounds That  
Won't Heal**

Saving Lives with the Latest  
**Digital Mammo**

Treating Abdominal Aortic  
Aneurysm (AAA)  
**The Silent Killer**

## We've Got Your Back

With Our TEAM APPROACH



FROM THE HEART

Jay Finnegan, CEO



**EXTRA** *fast, extra easy, extra great patient care.*  
*In an emergency, who doesn't want a little extra?*

"ER Extra" is an emergency room experience at Heart of Florida Regional Medical Center, which focuses on making sure our patients get the care they need in a prompt and courteous manner.

Our implementation of "ER Extra" has helped us to streamline processes and focus on keeping patients and their families informed about what to expect. We are committed to redefining customer service in the ER.

A smooth emergency room visit from start to finish requires efficiency, effectiveness and limited waiting times in critical situations, and our physicians, nurses and staff have the necessary tools to make our goal of providing a smooth visit a reality.

In fact, our average presentation-to-physician, (also known as door-to-doctor time), is roughly half the national average of 56 minutes.

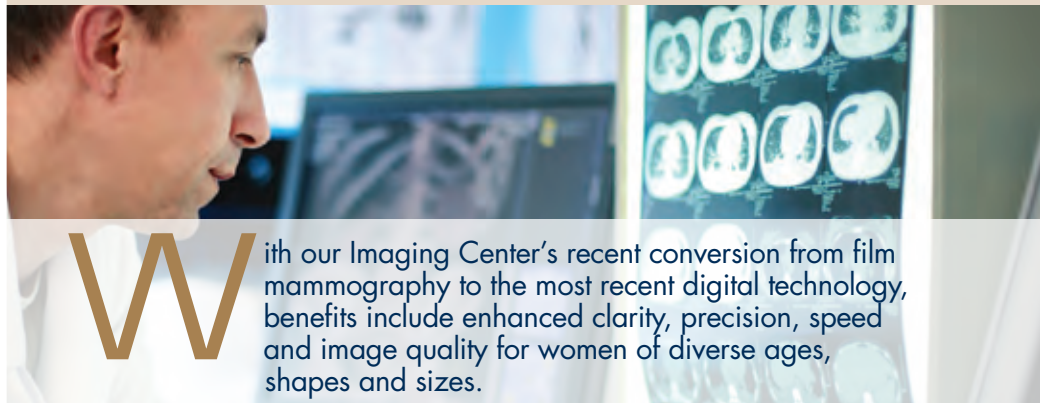
We've always prided ourselves on excellent patient care and customer service, and will continue to look for – and implement – opportunities to further enhance the ease of emergency room visits as we find them.

When you're hurt, you want access to quick, quality care. "ER Extra" is our commitment to making your emergency room visit faster and easier.



# A picture is worth 1000 words OR A LIFE

*Introducing the Region's Latest Digital Mammography*



**W**ith our Imaging Center's recent conversion from film mammography to the most recent digital technology, benefits include enhanced clarity, precision, speed and image quality for women of diverse ages, shapes and sizes.

## Doing More with Digital Mammogram Images

"Our system provides the largest field of view currently available, which can be extremely helpful for precision imaging," said David L. Berg, BBA, RT, (R), Director of Diagnostic Imaging at Heart of Florida.

"Although a digital mammogram is like a traditional film mammogram in that it uses compression and requires x-rays to generate images of the breast, it uses less radiation than traditional film mammography and takes less than half the time of traditional exams because there is no film to develop," said Berg.

"Images can be sent immediately to one of our Board-Certified Radiologists for viewing. If an image is unclear, we can retake it right away, saving time and stress on our patients."

And while getting the best images possible is still our highest priority, the use of FDA-approved MammoPads® is providing women with a softer, warmer, more comfortable experience.

In a National Cancer Institute study comparing film and digital mammography of nearly 50,000 women, the organization concluded that digital mammography is more accurate than film at finding cancer in women less than 50 years old, and women who have dense (not fatty) breast tissue.

"This new and powerful technology allows us to view x-ray images more closely, to zoom in on suspicious or concerning areas, adjust the image brightness or change the contrast to help with our diagnosis," said Board-Certified Radiologist Meenor Sagar, MD.

"We've also added computer-aided detection technology (CAD), which marks abnormalities or "regions of interest" for further study by our radiologists, who determine whether the marked areas require further examination with additional imaging tests or biopsy.

"Follow up tests, such as breast ultrasound, or minimally-invasive image guided and stereotactic biopsies are scheduled quickly – usually within a few days," he added.

Because the images are electronically stored, they can easily be transmitted across Heart of Florida's Picture Archiving and Communication System (PACS) network for easier remote consultation with women's healthcare specialists. Electronic storage also reduces the risks associated with misplaced or damaged films.

Heart of Florida's Imaging Center has earned accreditation by the American College of Radiology for achievement in high standards of practice. For more information or an appointment, call Heart of Florida's One-Call Scheduling at (863) 419-2270.

A Shorter Road to Recovery

# For WOUNDS that Won't HEAL

If you're one of the more than five million Americans suffering from a non-healing wound, our Wound Center could be an appropriate part of your treatment.

Located just 2.4 miles south of the hospital on Patterson Road, off Hwy. 27, The Center for Wound Care & Hyperbaric Medicine fights wounds which have resisted traditional treatment with everything they've got...and they've got a lot.

A specially-trained physician panel which includes Infectious Disease Specialist James P. Ryan, MD, Internist Maria Pongos, MD, Emergency Medicine Specialist John Convoy, MD and Podiatrist Michael Gallina, DPM, works with specially-trained nurses, clinicians and your own physician to provide a plan of care. That plan includes advanced treatments from bio-engineered skin dressings

to leading-edge hyperbaric oxygen therapy (HBOT).

"While the causes of chronic non-healing wounds can be complex, our multi-disciplinary team has the specialized wound care expertise and technology to make healing happen," said Dania Reichert, RN, CWS, a certified wound care nurse.

"Some of the conditions we treat include diabetic foot, lower leg and pressure ulcers, bone infection (osteomyelitis), gangrene, radiation wounds of the soft tissue and bone, post-operative infections/incisions, burns, traumatic ulcers, arterial or venous ulcers, compromised skin grafts and flaps or any wound that has not shown signs of improvement in 30 days.

"When you first arrive at the Center, we'll meet with you to learn more about your problem wound. You'll receive a thorough examination to identify the type of wound and any underlying problems. Then, along with your physician, we'll design a program specifically tailored to your needs, with treatment that may include:

- Infectious disease management
- Vascular evaluation
- Laboratory evaluation
- Pain management
- Diabetic education
- Nutritional management
- Nuclear medicine
- Radiology
- Debridement
- Hyperbaric Oxygen Therapy
- Arterial Management

If you have a wound that won't heal, talk with your physician or call (863) 422-8123.

Our multi-disciplinary team has the specialized wound care expertise and technology to make healing happen.



We utilize advanced techniques – from bio-engineered skin dressings to leading-edge hyperbaric oxygen therapy, shown here – to heal wounds which have resisted traditional treatment.



## Abdominal Aortic Aneurysm

# (AAA) Stenting SAVING LIVES

**D**r. Campbell is performing innovative new procedures at Heart of Florida to help patients with life-threatening Abdominal Aortic Aneurysms without traditional surgery.



These aneurysms are actually weak areas in the aorta, the main blood vessel that carries blood from the heart to the rest of the body, as the aorta makes its way through the abdomen.

“Most commonly, aortic aneurysms occur below the renal arteries (the arteries to the kidneys), and may also extend into the vessels supplying blood to the hips and pelvis,” said Board-Certified, Fellowship-Trained Cardiovascular and Thoracic Surgeon Matthew Campbell, MD, on staff at Heart of Florida Regional Medical Center.

“As blood flows through the aorta, the weak area can begin to bulge outward like a balloon which can burst if it gets too big. The unpredictability of the condition, its prevalence in the population and its likeliness to instantly cause death make Abdominal Aortic Aneurysms (AAA) a very serious condition.”

Each year, approximately 15,000 people die from AAA, which represents a threefold increase in the past 30 years. Many never knew they had the condition,

often called a “silent killer”.

Dr. Campbell is performing minimally invasive endovascular (within the blood vessel) grafting to reinforce the aorta’s weakened walls. The technique involves implanting a small stent graft in the aorta by use of a catheter inserted through two small incisions in the groin.

“Our goal is to prevent AAAs from rupturing. Once an aneurysm reaches 5 cm (about two inches) in diameter, it is usually considered necessary to treat it to prevent rupture. Below 5 cm, the risk of the aneurysm rupturing is lower than the risk of surgery in patients with normal surgical risks. AAAs less than 4.5 - 5 cm which are not rapidly growing or causing symptoms, have a low incidence of rupture and often require no treatment other than “watchful waiting” under the guidance of a vascular disease specialist to determine if surgical intervention is needed. This typically includes follow-up exams at regular intervals at which the physician looks for an increase in size or development of symptoms.

“Once a rupture occurs, 89-90 percent result in death. That’s why it’s so important to detect and treat them before they rupture,” said Dr. Campbell.

Three out of four aneurysms show no symptoms at the time they are diagnosed. When symptoms are present, they may include:

- ✓ Abdominal pain (that may be constant or come and go)
- ✓ Pain in the lower back that may radiate to the buttocks, groin or legs
- ✓ The feeling of a “heartbeat” or pulse in the abdomen

### AAA Diagnosis

In some cases, AAAs can be diagnosed by a physical examination in which the doctor feels the aneurysm as a soft mass in the abdomen (about the level of a belly button) that pulses with each heartbeat.

The most common test to diagnose AAA is ultrasound. Other methods for determining the aneurysms’ size are CT scans, MRIs or arteriograms.

This procedure results in less post-surgical discomfort, faster recovery time, minimal scarring and shorter hospital stays.

# What a Difference A Day Makes... CENTER FOR DAY SURGERY

**W**hen patients choose the Day Surgery Center at Heart of Florida for their outpatient surgery, that's a responsibility and privilege the entire surgical team takes very seriously.

"We don't just care for our patients. We care about them," said Carol Trinchitella, RN, BSN, CNOR, Directive of Perioperative Services for the hospital.

"Our nurses even send thank you cards to all our day surgery patients, and every nurse on the unit signs them."

## What Is Day Surgery?

Day surgery goes by many names – outpatient surgery, ambulatory surgery, same-day surgery and one-day surgery. Whatever it's called, it means the same thing. A patient arrives at the hospital, has surgery, recovers and goes home to recover with family and friends nearby, all in one day, without an overnight stay.

For many people, day surgery has distinct advantages over inpatient surgery when medically appropriate:

- Our Center for Day Surgery is backed by the full resources of the hospital, including a full range of leading-edge technology.
- We have an experienced, caring staff to carry out your procedure and oversee your safe recovery.
- You are able to work surgery into your busy routine with minimal disruption, and you can recover comfortably in the familiar surroundings of home.
- And because an overnight stay is not required, you receive first-rate, cost-efficient care.

Surgical specialties represented include general surgery, breast surgery, orthopedics, urology, gastroenterology, gynecology, ear/nose/throat, ophthalmology, vascular and thoracic surgery, orthopedic spine and neurosurgery, bariatric surgery and pain management.

## Meeting the Special Needs of Kids

Each member of the outpatient surgical team is especially sensitive to the needs of youngsters facing surgery, and works very hard to relieve their fears and anxieties.

We have an  
experienced, caring  
staff to carry out  
your procedure  
and oversee your  
safe recovery.

We minimize separation time, and reunite children and parents as soon as the young patient is alert.

## Simple and Convenient

Clear, open communication is the key to a smooth outpatient surgical procedure, and we will do everything possible to make it a simple and convenient process.

Pre-admission testing is usually a one-stop service, available Monday through Friday. We'll also ensure any other medical clearance is taken care of. If your doctor decides a phone interview is all that's needed we will call within a week of your procedure.

Online registration will help you speed through the registration process, although it doesn't replace your pre-admission testing. Go to [www.HeartofFlorida.com](http://www.HeartofFlorida.com) and click the "Online Pre-registration" button on the right side of the home page, to expedite your paperwork when you arrive at the hospital.



With Our Team Approach...

# We've Got YOUR BACK

**E**ighty percent of Americans will suffer from back pain. Comprised of 24 vertebrae, supporting discs, the spinal cord, nerves and numerous muscles and tendons, the spine is one of the most complex structures of the human body. It provides support for our bodies, enables complicated three dimensional movements and encloses vital nerves.



Geoffrey Stewart, MD



Joseph C. Flynn, Jr., MD



Scott A. Farley, DO

Given its intricacy and connection to other parts of the body, people who have an injury or disease affecting the spine often need highly specialized assessment and treatment.

“Once we diagnose the problem, (using tools such as the hospital’s state-of-the-art CT or MRI), we try to exhaust every possible non-surgical treatment before considering surgery,” said Geoffrey Stewart, MD. He and his partners Joseph C. Flynn, Jr., MD, and Scott A. Farley, DO, are Polk County’s only fellowship-trained orthopedic spine surgeons.

“We look at what impact a patient’s problem has on his or her activities of daily living, and base treatment on that more than on the diagnostic studies themselves.”

Many of our patients are active seniors who want to regain their active lifestyle.



# Are You At Risk for DVT?

## Minimally Invasive Spine Surgery

Once spine surgery is indicated, Dr. Stewart or his colleagues may opt to perform minimally-invasive spine surgery.

“Instead of cutting through the muscles, like in traditional ‘open’ surgery, we create a precise surgical portal to access the diseased or injured area of the spine, moving surrounding muscle tissue aside.”

“Using these techniques, we can correct many underlying back and neck conditions with minimal disruption of the surrounding soft tissue,” said Dr. Stewart. “We see fairly dramatic pain relief and a return to near normal or normal function in many people whose quality of life has deteriorated due to chronic back pain.”

For those who are candidates, advantages over traditional surgery include:

- Little or no injury or trauma to muscles and soft tissues
- Decreased risk of post-operative infection
- Reduced blood loss
- Less post-operative pain and reduced need for pain medication
- Reduced time in the hospital
- Less scarring
- Quicker return to normal activities

## Conditions routinely treated with Minimally Invasive Surgery:

- Complex deformities
- Spinal stenosis
- Activity-related back and leg pain
- Decreased ability to perform normal daily activities due to back pain
- Osteoporosis and osteoporotic fractures
- Herniated disks
- Sciatica
- Degenerative disk disease
- Scoliosis
- Spine Fractures
- Infection
- Tumors

These surgeons also treat patients who had surgery elsewhere and haven't gotten relief. “Many of our patients are active seniors who want to regain their active lifestyle.”

Don't let back and neck pain keep you from living your best life. Call our Physician Referral Service at 863-419-2341 or visit us online at [www.HeartOfFlorida.com](http://www.HeartOfFlorida.com).

As summer begins, you may be packing your bags for a well earned plane, train or automobile ride to your vacation destination. One more item to check off your list: preventing deep-vein thrombosis.

Deep vein thrombosis (DVT) is a condition in which a blood clot (thrombus) forms in one or more of the deep veins in your body, usually in your legs. DVT, which affects men and women equally, can cause leg pain and warmth, swelling, shortness of breath and dizziness, but often occurs without any symptoms.

Sitting still for a long time without proper legroom to stretch, obesity, previous blood clots, smoking, family history or extended bed rest are all risk factors. The good news is that in most cases, DVT can be prevented.

## Reducing Your Risk

You can work to actively manage your risk factors and help prevent DVT:

- Talk to your doctor about making healthy lifestyle choices. You may want to discuss losing weight, adding exercise or quitting smoking.
- If you are planning surgery or an extended hospital stay, talk with your doctor about lowering your risk for DVT before, during and after your

hospital stay, especially if you will have restricted mobility.

According to the Centers for Disease Control and Prevention (CDC), when traveling for more than four hours you should:

- Get up and move around every two to three hours
- Keep hydrated and drink plenty of water
- Reduce alcohol or caffeine consumption
- Avoid crossing legs for long periods

If you suspect you have DVT, get it checked out. To determine whether you have DVT, your physician can perform an ultrasound or order x-ray studies.



## Inside this issue:



Getting Back to Your Life Sooner with Day Surgery



Shorter Recovery Time for Wounds That Won't Heal



Focus on Treatment of a Silent Killer

# HEART OF FLORIDA REGIONAL MEDICAL CENTER

40100 Highway 27  
Davenport, Florida 33837

PRSR STD  
US POSTAGE  
PAID  
Orlando, FL  
Permit No. 3953

## HEALTHY OUTLOOK



### CHILDBIRTH EDUCATION SERIES

Education classes covering the various aspects of labor and delivery. Open to expectant parents. The cost is \$40 per couple. *For additional information, dates and pre-registration, call 863-419-BABY (2229).*

### ALZHEIMER'S SUPPORT GROUP

**10 – 11 a.m.** first Thursday of each month.  
*For additional information, please call the Alzheimer's Association at 863-292-9210.*

### DIABETES SUPPORT GROUP

Information and support provided for individuals with diabetes.

No classes June, July & August.

**1-2 p.m.** second Thursday of other months.

*For additional information please call 863-419-2454.*

### BETTER BREATHERS PROGRAM

Information and support for individuals with Chronic Obstructive Pulmonary Disease.

**1-3 p.m.** third Tuesday of each month.

Program is endorsed by the American Lung Association.

*Pre-registration is required by calling 863-419-2247.*

### ARTHRITIS SUPPORT GROUP

*Pain Relief and Increased Mobility*

An opportunity for anyone suffering from arthritis to discuss current options for treatment and lifestyle management with the experts at Heart of Florida Regional Medical Center.

**3 p.m.** third Tuesday of each month in the Cafeteria Conference Room at Heart of Florida Regional Medical Center.