

manatee

HEALTHCARE SYSTEM

Have new knee, *will travel!*

*Lakewood Ranch Medical Center
helps Judith Sedgeman, Ed.D.,
put the spring back in her step*

**MINIMALLY INVASIVE TAVR SHINES
AT MANATEE MEMORIAL HOSPITAL**
Eugene Vaadi shares his success story

WHEN A WOUND WON'T HEAL
Early treatment is the key

OVERINDULGE DURING THE HOLIDAYS?
Tips on eating healthy in the new year



**Manatee
Healthcare System**

Manatee Memorial Hospital
Lakewood Ranch Medical Center



Several recipients of the MitraClip® gather with medical staff at the Manatee Heart and Vascular Center. Standing, from left to right: Erin Crowell, MSN, ARNP, CCRN, ACNP-BC; Eugene Parent, MD, FACC, Echocardiographer/Cardiologist; Mrs. Betty Wilson; Mr. Michael Ostneberg; Alessandro Golino, MD, Cardiothoracic Surgeon and Valve Institute Program Director; Ms. Norma Yates; Ms. Lucille Pedone (behind cake); Mr. James Thomas; Mr. Wayne Wampler; S. Jay Mathews, MD, MS, FACC, Interventional Cardiologist; Srinivas Iyengar, MD, FACC, Structural Heart Director. Seated left to right: Ms. Patricia Wilcox; Mrs. Candy Valentine

Advances in heart care at Manatee Memorial Hospital

Cardiologists at Manatee Memorial Hospital recently added two new treatment options for patients with coronary artery disease. Interventional Cardiologist S. Jay Mathews, MD, MS, FACC, and the team at Manatee Memorial Hospital were the first in Florida in non-clinical trials to offer patients with coronary artery disease the Absorb™ GT1 Bioresorbable Vascular Scaffold stent. It is the first stent to open clogged arteries and then dissolve, leaving placement markers. This new device reduces the risk of future blockages that can occur with metal stents.

The hospital also became the first facility on Florida's west coast to debut a new device for surgical aortic valve replacement. Cardiothoracic Surgeon and Valve Institute Program Director Alessandro Golino, MD, successfully implanted the Edwards Intuity Elite valve at Manatee Memorial Hospital's Heart and Vascular Center during a minimally invasive procedure. The device is placed in the aortic valve, and can allow for better blood flow due to fewer stitches.

Chief Executive Officer of Manatee Healthcare System, Kevin DiLallo says he's proud to be offering less invasive treatments that can result in quicker recovery times for patients. "Using these breakthrough treatments for coronary artery disease shows our commitment to improving patient care and investing in innovative medical technology."

For more information about the Absorb stent, please contact Division Director of Cardiovascular Services, Amy Kimball, RN, BSN at 941.708.8038.

For more information about the Elite valve, contact Erin Crowell at 941.745.7388.

Celebrating 100 MitraClip® procedures and counting

Former patients of the Manatee Heart and Vascular Center recently joined cardiologists at Manatee Memorial Hospital to mark the 100th MitraClip® heart valve procedure. The device is used to repair degenerative mitral valves in patients who cannot undergo traditional open-heart surgery.

Valve Coordinator Erin Crowell, MSN, ARNP, CCRN, ACNP-BC, says Cardiothoracic Surgeon and Valve Institute Program Director Alessandro Golino, MD, started the program in 2014 with 10 patients. "Last year, we had 45 patients, and this year, we have more than 50," she says. "Dr. Golino evaluates all patients to determine if they are a candidate for the procedure." Some of the patients addressed the audience about their experience and expressed gratitude for the excellent care they received.

Erin states that according to the manufacturer, Manatee Memorial Hospital's program is number one on Florida's west coast, and in the top 10 nationwide.

For more information or to find out if you might be a candidate, contact Erin Crowell at 941.745.7388 or Erin.Crowell@mmhhs.com.

 **MANATEE HEART AND VASCULAR CENTER**
AT MANATEE MEMORIAL HOSPITAL

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.



Manatee Memorial Hospital
Lakewood Ranch Medical Center

FROM THE CEO

IN THIS ISSUE

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Nix the junk food and
eat clean



Manatee Memorial Hospital and Lakewood Ranch Medical Center are proud to have earned The Joint Commission's Gold Seal of Approval, and are committed to providing high quality and safe care to our patients.



www.manateememorial.com



www.lakewoodranchmedicalcenter.com



We are proud to be a leader in cardiac care on Florida's west coast by offering more advanced cardiac options to our patients, such as a new stent that gradually dissolves. In addition, we recently celebrated a milestone event involving the 100th MitraClip® procedure.

In this issue, we share the cardiac success story of a local patient who was a candidate for TAVR, a minimally invasive alternative to traditional heart surgery for replacing diseased aortic valves. We also showcase wound care services in the Manatee Healthcare System, as well as awards and recognitions in our community.

We pride ourselves on the patient-centered care we deliver and taking it to the next level. We look forward to caring for you now and in the future and to continually improving your experience so we exceed your expectations.

Kevin DiLallo
CEO, Manatee Healthcare System

HAVE A QUESTION FOR KEVIN?

Go to www.manateememorialhospital.com and click on "I want to know" under "Meet the CEO."

Welcome Andy Guz

CEO, Lakewood Ranch Medical Center

Service excellence is no stranger to Andy Guz. As the new CEO of LWRMC, he is focused on leading the hospital and providing the highest level of medical care possible to Manatee and Sarasota counties in 2017 and beyond.

Andy looks forward to engaging with patients and the community and to further expanding the hospital's services so patients have the best experience every day. He and his family are excited to be a part of the Lakewood Ranch community.



HAVE A QUESTION FOR ANDY?

Go to www.lakewoodranchmedicalcenter.com and click on "I want to know" under "Meet the CEO."

Do you have a wound that just *won't heal*?

HOW SPECIALTY WOUND CARE AND HYPERBARIC TREATMENT CAN HELP

If you have a wound that hasn't properly healed, you should see a specialist.



John Yee, MD



Maria Buete, MD

Pressure sores, venous insufficiency, diabetes, radiation treatment and trauma can cause wounds that are difficult to heal. The Manatee Healthcare System offers two locations where skilled teams of specialists treat stubborn, chronic wounds with a healing rate of more than 95 percent. They are the Center for Wound Healing and Hyperbaric Medicine at Lakewood Ranch Medical Center, and the Wound Care and Hyperbaric Treatment Program at Manatee Memorial Hospital.

EARLY TREATMENT IS THE KEY

Program Director Mario Garruto, LPN, at Lakewood Ranch Medical Center says early identification of a wound will improve the probability of effective and efficient wound healing. "Foot wounds in diabetics are the most common ailment," he says. Certified Wound Care Specialist and Medical Director John Yee, MD, says if a patient with diabetes has a wound that has not improved in seven days, they need to have it evaluated. "Early treatment is the key to preventing amputation," he says. "The goal is to provide advanced evidence-based wound care to every patient who would benefit, by the best means possible."

Both hospitals follow the Healogics™ patented nine-step essential wound-healing protocol. "We embrace a standard of care that uses a multi-disciplinary approach and collaborate with appropriate specialists to ensure our patients get the best care," says Maria Buete, MD, Medical Director for the Wound Care and Hyperbaric Treatment Program at Manatee Memorial Hospital. "We identify the etiology of the wound and initiate a comprehensive plan of care."

AN HOLISTIC APPROACH

Program Director Sybil Spigner says they do not just treat the wound, they care for the whole individual. "When a patient comes to the center, we educate them to help them understand their condition to prevent further complications and wound recurrence," she says.

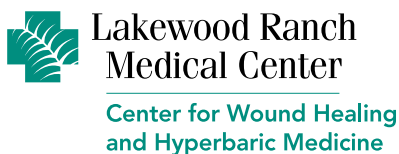
The two facilities offer a wide variety of treatments including debridement, offloading or casting, negative pressure wound therapy and Hyperbaric Oxygen Therapy. "Our goal is to have the wound completely healed," says Dr. Yee. "The technology we have today is saving limbs and lives. Wounds that are infected can be healed without the need for amputation." Dr. Buete agrees, and says, "Because we see patients weekly, they become like family. Knowing we can give them back their quality of life is very gratifying." ■

Warning signs of a chronic wound

A wound is considered chronic if healing does not occur in 30 days. However, if you have a condition like diabetes, you should see your doctor sooner. Indications for advanced wound care include ulcers, skin tears, surgical incisions, radiation wounds, burns and traumatic injuries. Signs and symptoms of chronic wounds include:

- Infection
- Swelling, bleeding or pain
- Fever
- Darkened or black skin around the perimeter of the wound
- The wound has grown larger

If you have a wound that has not healed and you have these symptoms, you should see your doctor.



For more information about The Center for Wound Healing and Hyperbaric Medicine at Lakewood Ranch Medical Center, call 941.782.2830 or visit www.lakewoodranchmedicalcenter.com/wounds.



For more information about the Wound Care and Hyperbaric Treatment Program at Manatee Memorial Hospital, call 941.745.7251 or visit www.manateememorial.com/wounds.

TAVR procedure an alternative to open-heart surgery

“I am so grateful for this wonderful technology!” – Eugene Vaadi

Retired WWII, Korean and Vietnam War veteran Eugene Vaadi, 95, was used to staying physically fit. He lifted weights, walked on the treadmill and rode the bike at his gym. When he started having shortness of breath and fatigue, he became concerned and saw his cardiologist, who discovered Eugene had severe aortic stenosis.

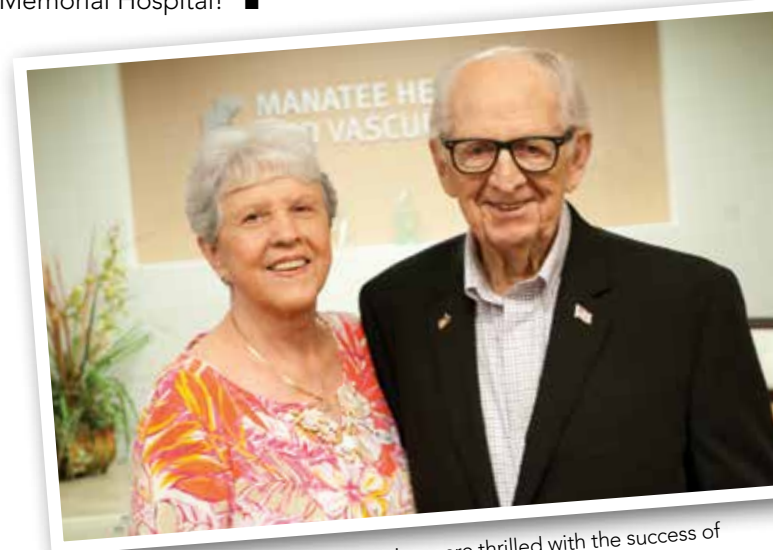


Srinivas Iyengar, MD, FACC, Structural Heart Director at Manatee Memorial Hospital, says aortic stenosis makes it difficult for the valve to open and close. “Traditionally, open-heart surgery is required to replace the valve. But if the patient meets certain criteria, another option is a Transcatheter Aortic Valve Replacement (TAVR), a minimally invasive alternative to replace the diseased valve,” says Dr. Iyengar.

Eugene was referred for a series of appointments and tests to determine his best option. He met with two cardiothoracic specialists, and both said Eugene was too high-risk for open-heart surgery, but okay for TAVR. He was scheduled for the procedure on July 11, 2016.

“Mr. Vaadi’s procedure lasted about an hour and he was discharged home after two days,” says Dr. Iyengar. “He was back to doing his regular activities within a week or two. With open-heart surgery, his recovery would have been close to six months.”

Eugene says some of his friends had the TAVR procedure and they had a successful outcome as well, so he was comfortable with it. “Dr. Iyengar and the staff were very helpful and the care I received was top-notch. I am lucky to have this hospital in my community, and I recommend it and the doctors to others,” says Eugene. He has gone back to his normal fitness routine three times a week for an hour and feels great. “I am back to living life, thanks to Manatee Memorial Hospital!” ■



Eugene Vaadi and his wife, Marguerite, were thrilled with the success of his minimally invasive TAVR procedure.



For more information or to find out if you are a candidate for TAVR, please contact Amanda Harrington, RN, BSN, Structural Heart Navigator, at 941.708.8064 or Amanda.Harrington@mmhs.com. You can also visit our website, www.manateememorial.com/heart.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

The Stroke and Cerebrovascular Center at

LAKEWOOD RANCH MEDICAL CENTER *earns advanced accreditations in providing stroke care*

Lakewood Ranch Medical Center's Stroke and Cerebrovascular Center recently earned The Joint Commission's Gold Seal of Approval® and the American Heart Association/American Stroke Association's Heart-Check mark for Advanced



Certification for Primary Stroke Centers. "We are proud to offer a more comprehensive level of care for stroke patients," says **Ralph Gonzalez, MD**, Medical Director of The Stroke and Cerebrovascular Centers at Lakewood Ranch Medical Center and Manatee Memorial Hospital.

Dr. Gonzalez states a stroke is a medical emergency and it's important to recognize the symptoms. "We've had increasing numbers of patients coming in who know they're having a stroke, which is good. But we can save more lives by raising awareness of stroke symptoms and making sure people call 9-1-1 at the first sign of a stroke," says Dr. Gonzalez. "The quicker the treatment, the lower the risk of loss of function."



"The biggest impediment in stroke care is getting the patient to the hospital," says System Stroke Coordinator **Christine Gonzalez, RN, CNRN**. "When someone calls 9-1-1, the paramedics respond and alert the hospital that a stroke patient is en route so treatment can begin as soon as they arrive," she says.

Dr. Gonzalez explains that the American Heart Association states 80 percent of strokes are preventable by eliminating risk factors and increasing awareness. "High blood pressure, smoking and having diabetes increase your risk for having a stroke. If you smoke, you should stop. If you have these conditions, work with your doctor to keep them under control."

If you aren't familiar with stroke symptoms, Christine recommends learning them. "You could save your life or someone else's by getting help right away," she says. ■

RECOGNIZE THESE SIGNS OF STROKE AND ACT FAST

The most common symptoms of a possible stroke can be remembered by this acronym:



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is it slurred or strange?



TIME: Is critical! If you see any of these signs, call 9-1-1 immediately.

If these symptoms appear, DON'T WAIT! Call 9-1-1 or seek medical attention right away.

ADVANCED CERTIFICATION FOR PRIMARY STROKE CENTERS

Lakewood Ranch Medical Center has earned the Joint Commission's Gold Seal of Approval and the American Heart Association/American Stroke Association's Heart-Check Mark for Advanced Certification for Primary Stroke Centers



American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Primary Stroke Center

For more information about Lakewood Ranch Medical Center's Stroke and Cerebrovascular Center, visit www.lakewoodranchmedicalcenter.com/stroke, or call System Stroke Coordinator Christine Gonzalez, RN, CNRN, at 941.782.2318.

Judith Sedgeman needed a new knee that could *keep up with her*

"Having this done was the best decision for me!"



Judith A. Sedgeman, EdD, knew it was time to address the pain in her right knee. She was attending a conference and realized she was limping more than she was walking. When she returned home, she researched orthopedic surgeons and found **Daniel Lamar, MD**, at The Orthopaedic Spine and Joint Center at Lakewood Ranch Medical Center. "I am very active, and when I learned that Dr. Lamar also treated professional athletes, I felt he would be a good choice for me," says Dr. Sedgeman.



Dr. Lamar determined that Dr. Sedgeman needed a total knee replacement. "We had an understanding that we each had a part in this – he was going to give me a new knee, and I was going to give it my all for a great outcome. I was due to leave for a two-week trip on November 3 and I needed to be able to get around," says Dr. Sedgeman. Dr. Lamar worked her into his schedule and she got her new knee on August 17, 2016.

Prior to surgery, Dr. Sedgeman attended the pre-op education class taught by Care Coordinator Caroline McGrath.

"Caroline did an excellent job teaching us what to expect before, during and after surgery. She also encouraged us to increase our fitness level before surgery since it helps with rehab afterward. The notebook they gave us was very helpful," says Dr. Sedgeman. "I felt ready the day of surgery and was confident in Dr. Lamar and the medical staff."

One of the concerns people have is the pain after surgery, states Dr. Lamar. "We use a comprehensive pain management strategy targeting pain from different angles. Our goal is to have people get back on their feet as quickly as possible and back to their normal routine," he says.

The afternoon of her surgery, Dr. Sedgeman was up and walking and was home in two days. Following in-home physical therapy, she attended outpatient rehab at Lakewood Ranch Medical Center. "I knew I would be doing a lot of walking, so I pushed myself in every session," she says.

Dr. Sedgeman says she was thrilled to be able to keep up with everyone else on her trip. "There were a lot of stairs and I climbed them for exercise," she says.

She gives high marks to both Dr. Lamar and Lakewood Ranch Medical Center for helping her get back to her active life. "Dr. Lamar was a true partner in my care, and this facility is magnificent. When it comes time for my other knee to be replaced, I will definitely be coming back here!" ■

Take the pre-op education class and *know what to expect!*

Whether you are just looking for information or actually need to have joint replacement surgery, Care Coordinator Caroline McGrath discusses what you can expect before and after surgery, as well as hospital orientation, physical therapy, occupational therapy and discharge planning. **To schedule a class, call 941.782.2663.**



The Orthopaedic Spine and Joint Center at Lakewood Ranch Medical Center can help you return to an active life. For more information, visit www.lakewoodranchmedicalcenter.com/orthopaedic.

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Alfredo Cordova, MD



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Margaret Adams, RD, LDN, CDE



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Payal Jhavar, MD

Eric Molnar, DO



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New year, new *eating habits*, new you!



Stelios Rekkas, MD, FASC



Aaron Guthrie, MD

The holidays can be great, but they can also throw your diet off, thanks to the abundance of decadent treats and parties.

Get a fresh start in 2017

and create new habits that last all year long with these healthy eating tips from General Surgeon **Stelios Rekkas, MD, FASC**, and Family Physician **Aaron Guthrie, MD**.

Q: There are so many different diets out there. Which are best?

Fad diets promising quick weight-loss can deprive your body of essential nutrients and produce hard-to-maintain results. Gradual weight loss – about ½ to 2 pounds per week – can be achieved with a 500 -1000 calorie deficit daily and is healthier and more sustainable. A registered dietitian can help you devise a healthy, lifelong eating plan.

Q: Will skipping meals help me lose weight?

You may think this is good for your diet, but skipping meals can cause you to be extra hungry later and overeat. Studies have shown a link between skipping breakfast and being overweight. Keep healthy foods like low-fat yogurt and fruit on hand to help you stay on track. Also, try eating smaller meals containing protein throughout the day to keep blood sugar levels stable.

Q: How can I eat out and still be healthy?

One simple rule is to eat half of your meal and take the rest home, as restaurant portions can be excessive. Try to avoid menu items that are fried, sautéed or stuffed, opt for grilled instead. Be mindful that low-carb dishes can still have a lot of calories. Also, drink water, take your time and stop eating before you're full. Remember that moderation is key. If you have a favorite menu item you can't live without, share it with the rest of the table so you aren't tempted to overindulge.

Q: What can I do to control my snacking?

This can be very personal. What triggers your eating? Is it a box of cookies in your snack cabinet, or passing a fast-food chain after work? Try to avoid these eating cues, and if you fall off track, start again the next day. Sometimes, just understanding why you eat, and being patient with yourself, can help. ■



Stelios Rekkas, MD, FASC, is a board-certified general surgeon with a focus on minimally invasive surgery and bariatric surgery at Manatee Surgical Alliance. To make an appointment, call 941.254.4957.

Aaron Guthrie, MD, is a board-certified family physician. He treats children two years of age and older, as well as adults at Lakewood Ranch Primary Care. To make an appointment, call 941.216.3939.

AWARDS AND *recognitions*



Congratulations to the staff at Lakewood Ranch Medical Center, Manatee Memorial Hospital, Manatee Memorial Foundation, Inc., Manatee Medical Staff, Manatee Physician Alliance, Manatee Diagnostic Center and Pittsburgh Pirates/Bradenton Marauders for working together to raise over \$33,000 for this year's American Cancer Society Making Strides Sarasota /Manatee 5k Walk.



Pictured (L to R) Eric Molnar, DO, LWR Medical Group; Kathleen Cucci, Marketing Manager, Manatee Physician Alliance; and Alfredo Cordova, MD, Manatee Surgical Alliance, enjoyed an engaging morning meeting with hundreds of local residents at the Embrace A Life of Health and Wellness Expo hosted by Lakewood Ranch Medical Center.



Lakewood Ranch Medical Center celebrates the hard work and accomplishments of our latest group of participants who completed the 12-week Nurse Residency program. The program offers newly hired nursing school graduates a special training enhancement program. LWRMC is proud to have this fine group of nurses on staff.



The Medical Staff at Manatee Memorial recognized the Surgery Department as the Patient Care Unit of the Year. Nominations for this award were based on the physicians' perception of the unit's competency, skills and interpersonal relationships. The winning unit must also excel in Patient Satisfaction, HCAPS, Quality Improvement and Engagement. Way to go, Surgery team!



Manatee Memorial's Employee of the Year and Leaders of the Year were recently announced. Pictured with Manatee Memorial's CEO, Kevin DiLallo, are from left to right: Troy Beaubien, Director, Information Services/Leader of the Year; Amy Kimball, Divisional Director of Cardiovascular Services/Leader of the Year; Sandra Dean, Environmental Services/Employee of the Year; Martha Sutherland, Director, Laboratory Services/Leader of the Year and Dean Steffenhagen, Director, Physical Medicine/Leader of the Year.



A big heartfelt "Thank You" to all employees, volunteers, family and friends from Manatee Memorial Hospital, Lakewood Ranch Medical Center, Manatee Physician Alliance and Manatee Diagnostic Center for supporting this year's American Heart Association's Suncoast Heart Walk. More than \$30,000 was raised to fight heart disease.



Manatee Healthcare System

Manatee Memorial Hospital
Lakewood Ranch Medical Center

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How did you hear about us? _____

“Senior” means privilege!

The Senior Advantage Program of Manatee Healthcare System is all about you. If you're age 50 or older, Manatee Memorial Hospital and Lakewood Ranch Medical Center offer services designed to enhance your health and well-being.

We are happy to continue our partnership with the Senior Enrichment Center at Renaissance on 9th, operated by Meals on Wheels Plus of Manatee, enabling us to offer you more seminars and events to enjoy during the year.

We have added a “What’s Happening” recorded announcement line for Senior Advantage members to keep you up-to-date on seminars, screenings, social activities and events. **Just call 941.745.7308!**

What’s more ... if you're a patient at Manatee Memorial Hospital or Lakewood Ranch Medical Center, your Senior Advantage benefits include the possible waiver of the Part A Medicare deductible for members age 65 and older.

**For more information,
please call 941.745.7548.**



Please make your check payable to
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HEALTH NEWS FROM MANATEE HEALTHCARE SYSTEM

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