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HEALTH SYSTEM



**TAVR
PROCEDURE**
now available at
Manatee Memorial
Hospital!
See page 3

The latest
cardiology updates
from Manatee Memorial Hospital

Two WATCHMAN™ and MitraClip® patients share their success stories

**KNEE REPLACEMENTS AT LAKEWOOD
RANCH MEDICAL CENTER**

Two photographers focus on a new outcome

MANATEE PHYSICIAN ALLIANCE UPDATES

Community medical services you can count on



**Manatee
Healthcare System**

Manatee Memorial Hospital
Lakewood Ranch Medical Center

Manatee Healthcare System

Salutes the Medical Staff Leadership at Our Hospitals



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FROM THE CEO



As we get ready to start a new school year, I hope you are taking time out of your busy schedules to relax and enjoy special moments with family and friends.

We have some great stories to share with you in this issue. Longtime friends Herb Booth and Chuck Luzier share many things in common, including having knee replacements in the same hospital, Lakewood Ranch Regional Medical Center. You will learn how the Orthopaedic Spine and Joint Center helped give both men a fresh start and freedom from knee pain on page 4.

The Manatee Heart and Vascular Center and The Valve Institute now offers three implant options for cardiac patients. Manatee Memorial Hospital is proud to be the only hospital in Manatee, Sarasota and Pinellas counties to offer the TAVR, WATCHMAN™ Implant and MitraClip® procedures to our cardiac patients. These three advanced cardiac services have given new hope to heart patients with serious cardiac conditions. Doctors from Bradenton Cardiology recently improved the life of Michael McIntyre, who received a WATCHMAN implant, and Carl Glass, who underwent a MitraClip procedure. Both are doing incredibly well and are excited to share their stories on pages 6-7.

In our Ask the Doctor article on page 10, you can learn how to protect yourself from mosquito bites. There are also updates on the Manatee Physician Alliance, Nursing Week celebrations, and much more.

So sit back, relax and put your feet up as you read this issue. Know that we continually work hard to bring you the care and services you and your loved ones need to stay happy and healthy.

Enjoy the upcoming fall season!

Kevin DiLallo
 CEO, Manatee Healthcare System

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Two friends, two great outcomes

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Saving lives with cardiac technology

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Saying "Buzz off!" to mosquitoes



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



Manatee Memorial Hospital introduces TAVR cardiac procedure

Doctors at Manatee Memorial Hospital recently started using the CoreValve® Evolut® R System for Transcatheter Aortic Valve Replacement (TAVR). TAVR is a minimally invasive alternative to traditional heart surgery for replacing diseased aortic valves.

"We are excited to offer cutting-edge technology for patients who normally would be deemed inoperable or high risk for open heart surgery," says Srinivas Iyengar, MD, FACC, Structural Heart Director at Manatee Memorial Hospital.

Manatee Memorial Hospital is proud to be the only hospital in Manatee, Sarasota and Pinellas counties to offer the TAVR, Watchman Implant and MitraClip procedures to cardiac patients. For more information, please contact Amanda Harrington, RN, BSN, Structural Heart Navigator, at **941.708.8064** or **Amanda.Harrington@mmhhs.com**. You can also visit our website, **www.manateememorial.com/heart**.



Two friends + four new knees = great outcomes

Knee replacement surgery at Lakewood Ranch Medical Center enables two friends to enjoy their passion for photography again

Herb Booth and Chuck Luzier have quite a bit in common. After meeting in college while studying photography, they discovered their fathers played together as children, and later served in the Armed Forces in Vietnam. Once out of college, they worked together photographing children's school pictures on American military bases throughout Europe, while sharing an apartment in Germany.

They eventually moved back to the United States, with Herb building his photography business in the Sarasota area, and Chuck working for the Associated Press and Reuters, while doing marine life and boating photography on the side.

"DOC, IT'S TIME FOR A NEW KNEE"

In his mid-40s, Herb started having problems with his right knee. "Photo shoots can be tough – climbing ladders, hauling equipment, a lot of bending – it's very hard on the knees," says Herb. He had arthroscopic surgery, hoping to put off knee replacement a bit longer, but by July 2014, Herb knew it was time to have the surgery. He contacted his doctor, Vance Askins, MD, and had both knees replaced at the Orthopaedic Spine and Joint Center at Lakewood Ranch Medical Center.

Physical therapists got Herb up and moving the next morning. "Thanks to the pre-op prep class taught by Care Coordinator Caroline McGrath, I felt prepared and knew what to expect," he says. "The therapists told me rehab isn't just a few days, it's every day. You can't just sit in a chair – YOU have to do the work." Herb went back to work after two and a half weeks, and kept working on his physical therapy exercises at home and in his studio.

Herb was thrilled with his experience at Lakewood Ranch Medical Center. "From the care I received, to the way the facility is run, it is a first-class operation, and I continue to recommend the hospital to others," says Herb.

"THE PAIN WAS KILLING ME"


One of those he referred to was none other than his longtime friend, Chuck Luzier, who had pain so bad he couldn't walk. Chuck lives three hours away from Lakewood Ranch Medical Center, but he valued Herb's opinion. "One of my goals was to get back on my horse," says Chuck, who had two partial knee replacements 20 years ago, but was told they would wear out and he would need a more permanent solution. "I got tired of taking pain pills and they didn't always help with the pain," he says.

As a professional camera representative, Chuck travels about 200 days a year. Because of his schedule, Chuck decided to do one knee at a time. He had the first knee replacement with Dr. Askins in February 2015 and the second in July 2015. "After my first surgery, everything Herb said is exactly what happened. The prep class was extremely helpful and Caroline answered all my questions," says Chuck. "Getting up and walking right after the surgery definitely made a difference. You get out of therapy what you put into it."

Chuck says he was back on his horse three weeks after surgery. He also notes he was bow-legged his whole life, but after surgery, his knees were finally straight. "I wish I would have had the surgery sooner. I tolerated the pain for way too long. Not having to deal with the pain anymore is like winning the lottery," says Chuck.

Of his hospital experience, Chuck says it was amazing and he is glad he drove the distance to have the surgery. "From pre-op to discharge, Lakewood Ranch Medical Center is a top-notch facility. I never felt like I was in a hospital, and I have been in enough of them to know. It was a totally different experience and I would recommend it to anyone," he says. ■




The Orthopaedic
Spine and
Joint Center at
Lakewood Ranch
Medical Center

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.



Longtime friends and photographers Herb Booth (top) and Chuck Luzier (bottom) are happy to be back behind the camera after their knee replacement surgeries.

Know what to expect – take the pre-op education class!

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.

Ready to deliver

Teamwork sets the stage for baby's arrival

Women who come to Lakewood Ranch Medical Center for perinatal care can feel good knowing that their highly skilled doctors and nurses are supported by a cohesive team of care providers dedicated to making their childbirth experience the very best it can be. The facility is among a number of hospitals in the country to implement a program of perinatal high reliability, which is recognized for using practices like teamwork and timely communication to promote a high standard of care.

"Having a baby is one of the most special times in a woman's life, but it can also be stressful, especially for new moms who don't know exactly what to expect," says Johanna Pumphrey, Director of the Women and Children's Center at Lakewood Ranch Medical Center. "Our job is to reassure moms that we have every safety measure in place to support a healthy experience for them and their babies."

"When expecting moms and dads see their nurses, doctors and members of other hospital departments working harmoniously together as a team, they know they can count on us to take care of every need that arises as they prepare to welcome their new baby," Pumphrey says. "That way they can feel confident and reassured in those final hours before they meet their baby for the first time."

For more information about Women's Healthcare Services at Lakewood Ranch Medical Center, visit www.lakewoodranchmedicalcenter.com/womenandchildren.



women & children's center
AT LAKEWOOD RANCH
MEDICAL CENTER



WATCHMAN™ PROCEDURES continue to prove successful

“I am feeling so much better that I am finally off blood thinners!”

– Michael McIntyre



Last September, Srinivas Iyengar, MD, FACC, Structural Heart Director; Daniel Friedman, MD, FACC, FHRS; and Eugene Parent, MD, FACC, cardiologists with Bradenton Cardiology Center, performed the first WATCHMAN™ implant procedure at the Valve Institute at Manatee Memorial Hospital. Since then, patients who are candidates now have a safe alternative to taking blood thinners.



The WATCHMAN is a small, mesh device shaped like a parachute that is implanted in the left atrial appendage (LAA) of the heart. It is designed for patients with non-valvular atrial fibrillation

(AFib). AFib causes blood to pool in the LAA, which can lead to clots. But once implanted, tissue gradually grows over the device, which blocks the area and prevents any blood clots from forming.

Dr. Iyengar successfully performed the procedure on local resident Michael McIntyre on January 25, 2016. “Mr. McIntyre was the model patient and did really well,” says Dr. Iyengar.

“He met the criteria for the WATCHMAN, and is no longer on prescription blood thinners.”

Michael says he has AFib, which required him to be on prescription blood thinners, but they also caused complications for him with his bladder cancer treatment. “When I was on blood thinners, I had to constantly get my blood tested or change my diet,” he says. “But I also have bladder cancer, and many of the procedures I have for that cause a lot of bleeding. I was more scared taking blood thinners than I was of having a stroke by not taking them.”

Regarding his experience, Michael says he feels great and couldn’t even tell he had a procedure done. “I can’t say enough good things about my experience at the hospital, the people who work there, the surgery, and my overnight stay. Dr. Iyengar is totally professional, responsive, and just a pleasure to work with. He explained the process in detail, and that put me at ease. I have total confidence in his care of me and highly recommend him to anyone who might be considering this procedure,” says Michael. ■



Could you be a candidate for the WATCHMAN?

Dr. Iyengar says there are four categories of people who are good candidates for getting the WATCHMAN.

If you are on blood thinners and are at high risk for falls; lead an active lifestyle and take blood thinners; cannot regulate your blood thinner levels; or have a history of bleeding, you may be qualified to have the procedure.

Check with your doctor to find out if the WATCHMAN is right for you.



For more information on the WATCHMAN, please contact Amanda Harrington, RN, BSN, Structural Heart Navigator, at 941.708.8064 or Amanda.Harrington@mmhhs.com.

“I feel like a brand new person!”

– Carl Glass

When open-heart surgery was not an option, MitraClip® was his only hope

In January 2016, Carl Glass, 70, started to feel weak, had no energy and would fall asleep right after breakfast and sleep until noon. Having a history of heart issues and previous heart surgery, he saw his cardiologist. He was referred to Alessandro Golino, MD, Cardiac Surgeon and Immediate Past Chief of Staff at Manatee Memorial Hospital, an hour away.

Dr. Golino examined Carl and found he had severe mitral regurgitation (MR). This occurs when the mitral valve in the heart does not completely close, causing blood to leak. “Mr. Glass was evaluated for open-heart surgery, which is the standard of care for patients with MR,” says Dr. Golino. “He was not a candidate because his heart valves had degenerated and it would have been very risky. But he was a candidate for the MitraClip®.”

S. Jay Mathews, MD, MS, FACC, an interventional cardiologist on Manatee Memorial’s MitraClip team who performed the procedure on January



27, 2016, says it is an imaging-driven process, using a cardiac catheter and transesophageal echocardiography. “The MitraClip is inserted through the catheter and maneuvered into the mitral valve through micro-movements. Right after the clip was inserted, we watched Mr. Glass’s left atrial pressure drop in half and saw the leaking stop,” says Dr. Mathews. “That is how we know it is working – we see the results right there.”

Dr. Mathews says inserting the MitraClip usually takes about 30-45 minutes. “Patients usually come in the day before and go home the day after the procedure. Pain and bruising are minimal - just a stitch where they inserted the catheter. For some patients, the MitraClip is considered a permanent fix because it is their only option,” states Dr. Mathews.

Carl says it was the best two days he ever spent in a hospital, from pre-test to after his procedure. “This is one fine hospital! It looked like a hotel,” says Carl. “The care was top-shelf, it couldn’t have been any better. This is definitely the place to be if you have to be in a hospital. Every person, even the maintenance people, asked if there was anything they could do for me.”

Today, Carl says he feels like a brand new man. Before the MitraClip, he couldn’t ride his bike, but now, he rides about four miles a day. “I am so grateful for everything the doctors and nurses did for me. Manatee Memorial Hospital is a top-notch facility and the care I received is second to none. I am a retired maintenance worker, and I know buildings. You can tell they take pride in their hospital, and I would recommend them in a heartbeat!” ■

 **The Valve Institute**
at Manatee Memorial Hospital

The Valve Institute at Manatee Memorial Hospital was one of the first hospitals to offer the MitraClip procedure.

For more information about MitraClip or to find out if you might be a candidate, contact Erin Crowell, MSN, ARNP, CCRN, ACNP-BC, Valve Coordinator, at 941.745.7388 or Erin.Crowell@mmhhs.com.

Disclaimer: 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.





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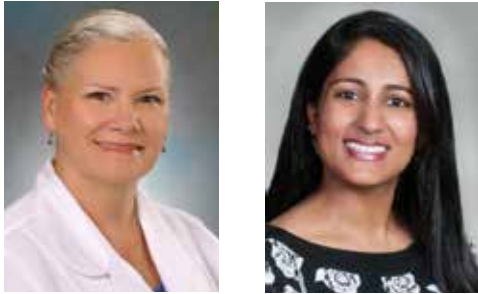
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Take the bite out of *mosquito* season



Protecting yourself and your family against mosquito bites is one of the most important things you can do to weather the buggy summer season and help prevent mosquito-borne illnesses like Zika and West Nile. Here, family medicine physician **Christina Mehriary, MD**, and internal medicine physician **Payal Jhawar, MD**, provide helpful advice.

Q: How can I protect my kids from mosquitoes?

Kids can be easy targets for mosquitoes, which may be attracted to movement. Protect your children with longer clothing (weather permitting) and with insect repellent, per the product instructions. Do not use insect repellent on babies younger than two months old, and do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than three years old.* Cover cribs, baby carriers and strollers with mosquito netting; and repair broken screens at your home, which can let mosquitoes inside.

Q: If I am pregnant or breastfeeding, can I use insect repellent?

Yes. Environmental Protection Agency-registered insect repellents are safe for pregnant and nursing women, and have been evaluated for effectiveness. Look for products containing DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol; and follow the label instructions.

Q: What is West Nile virus?

West Nile virus is transmitted through the bite of a mosquito that has become infected by feeding on infected birds. According to the Centers for Disease Control and Prevention, most people infected with West Nile don't develop symptoms. About one in five people will develop a fever with other symptoms such as headache, body aches, joint pains, vomiting, diarrhea or rash. Less than one percent will develop a severe neurologic illness that could potentially lead to death. Call your doctor immediately if you have concerns.

Q: What if I have a bad reaction to a mosquito bite?

Home treatments like hydrocortisone cream, calamine lotion or an ice pack can help with itching. If your mosquito bite is accompanied by symptoms like fever, headache, body aches or signs of infection (such as increasing redness, swelling or pain), see a doctor immediately. ■



Dr. Mehriary is a board-certified family medicine physician. She treats adolescents, adults and older adults at North River Family Health Center. To make an appointment, call 941.722.7785.

Dr. Jhawar is a board-certified internal medicine physician. She treats adults ages 18 and up at Lakewood Ranch Medical Group. To make an appointment, call 941.782.2800.

*Centers for Disease Control and Prevention

AWARDS AND *recognitions*



Thank you to the 2016 Manatee Memorial Foundation Auxiliary Officers for your service to the hospital and the community. Front row, L to R: Mel Blanchard, Corresponding Secretary; Mary Norwood, Recording Secretary; Lucy Fuller, Vice President of Programs; Connie Lesser, Auxiliary President; Sandra Levesque, President Elect; Bill Freije, Treasurer and Karen Mitchell, Assistant Treasurer. Back row, L to R, Board of Directors: Liz Evans; T.J. Johnson; Sam Krusa-Gillespie; Fred Barnes; Jim Frank; Mary Comstock; Dee Manson; and Vita Aziz.



Lakewood Ranch Medical Center nursing teams celebrate Nurses week with appreciation treats that were blessed and distributed by volunteers from Bayside Community Church and hospital team leaders.



Special thanks to the Lakewood Ranch Medical Center team for their many efforts supporting National Donate Life Month. Pictured above are a few members that participated in our hospital's blue/green day wearing the colors to help spread awareness about the importance of organ and tissue donation.



Congratulations to Manatee Memorial Hospital's CARES Awards Winners! These five exceptional team members were recently recognized for their outstanding service. The winners are pictured (left to right) with Kevin DiLallo, CEO and Jeffrey Wasserman, DO, Chair of the Medical Staff's Credentialing Committee. C - Concerned: Alicia Albright, Ultrasound Technologist, Imaging Services; A - Amiable: Eve Jackson-Bing, Supervisor, Medical Records/Health Information; R - Respected: Deborah Hambric, RN, Patient Placement Coordinator, Patient Flow Office; E - Enthusiastic: Josette (Josie) Osorio, RN, Case Manager, Case Management; and S - Supportive: Zach Mann, Lead Security Guard, Security.



Manatee Memorial Hospital's Wound Care and Hyperbaric Treatment Program has received Healogics™, Inc.'s Robert A. Warriner III, M.D., Center of Excellence Award for the fifth consecutive year. This program has achieved patient satisfaction rates over 92 percent and a healing rate of greater than or equal to 91 percent in less than 30 median days, among other quality standards. Front row, L to R: Renee Johnson, RN, Clinical Nurse Manager; Paige Myers, Healogics Area Vice President; Sybil Spigner, Program Director. Middle row, L to R: Yulia Piatek, RN; Ashley Warner, RN; Maura Buete, MD; Horacio Argeles, MD; Adriana Castellanos, BSN, RN, WCC; Meg McClurg, RN; Jen Fescemyer, Front Office Coordinator; Joseph Hwang, Assistant Administrator. Back row, L to R: Nicole Dollison, COO; Daryl Quinn, Wound Care Consultant; Mark Tierney, CFO; Mike Smith, LPN; Maryellen Klements, EMT, CHT, Safety Director.



Lakewood Ranch Medical Center Chief Operating Officer, Chris Loftus (R), congratulates Trudy Randolph (L) on receiving the hospital's 2016 Volunteer of the Year Award. Trudy generously gives of her time and talents along with over 100 other individuals that volunteer at our hospital year round. We are truly grateful for the contributions of our volunteers and proud to announce Trudy as our Volunteer of the Year.



Manatee Healthcare System

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“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.**



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Manatee Memorial Hospital

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Medical Center

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