

HEALTH NEWS *from*

SUMMER 2018

# manatee

HEALTHCARE SYSTEM



*Celebrating*

**65**  
*years*

## *Manatee Memorial Hospital*

**Wire-free breast mass localization**  
Now available at Lakewood Ranch Medical Center

**Benefits of genetic testing**  
Natalie Rhoden shares her story



**Manatee Healthcare System**

Manatee Memorial Hospital      Manatee Diagnostic Center  
Lakewood Ranch Medical Center      Manatee Physician Alliance

[manateehealthcaresystem.com](http://manateehealthcaresystem.com)

# Manatee Healthcare System salutes the medical staff leadership of our hospitals

Thank you for your commitment and dedication to the quality of care you provide every day to our patients at Lakewood Ranch Medical Center and Manatee Memorial Hospital.



## Lakewood Ranch Medical Center Medical Staff Leadership



Aaron Sudbury, MD  
Chief of Staff



Daniel Lamar, MD  
Vice Chief of Staff



Jennifer McCullen, MD  
Secretary-Treasurer



Veeraiash Chauhan, MD  
Chief of Medicine



Robert Lee Browning, MD  
Chief of Surgery



Holly Shen, MD  
Chief of Obstetrics & Gynecology



Silvio Tanev, MD  
Chief of Clinical Services



Sean Castellucci, DO  
Member-at-Large  
and Credentials Chair



Arun Khazanchi, MD  
Member-at-Large

## Manatee Memorial Hospital Medical Staff Leadership



Alan Miller, MD  
Chief of Staff



Ralph Gonzalez, MD  
Vice Chief of Staff



Brian Hoban, MD  
Secretary



Stacey South, MD  
Treasurer



Jeffrey Rothfeld, MD  
Chief of Medicine



Michele LeMay, MD  
Chief of Surgery



Teresa Rawe, DO  
Chief of Clinical Services



John Peters, DO  
Immediate Past Chief of Staff



Jennifer Bala, MD  
Member-at-Large



**Lakewood Ranch  
Medical Center**

[lakewoodranchmedicalcenter.com](http://lakewoodranchmedicalcenter.com)

8330 Lakewood Ranch Blvd., Bradenton, FL 34202  
941.782.2100

Connect with us!



**Manatee  
Memorial Hospital**

[manateememorial.com](http://manateememorial.com)

206 Second Street East, Bradenton, FL 34208  
941.746.5111

Connect with us!



Jose Erbella, MD  
Member-at-Large



Stuart Offner, MD  
Member-at-Large

# FROM THE CEOs

## IN THIS ISSUE

- 4 GENETIC TESTING**  
Is it something you should consider?
- 9 PRE-SURGICAL EDUCATION CLASS**  
Contributing to more successful surgical outcomes
- 10 ASK THE DOCTOR**  
The importance of hydration



This year marks a great milestone as we celebrate Manatee Memorial Hospital's 65th year. We have come so far, accomplished much and look forward to growing with the community. As construction continues on the new emergency care center, we are also working on other projects that will enhance the services we provide. You can read more about them in the anniversary story on page 6, where we also share a timeline of our rich history and our present accomplishments.

The Manatee Diagnostic Center is also celebrating an anniversary – 30 years! On page 4, a Manatee Diagnostic Center employee shares her story of breast cancer survival, and how genetic testing gave her much-needed answers in order to make the right decision for her treatment. You'll also read about news of local community events and our CARES Award winners.

As always, our goal is to provide an exceptional level of patient-centered care every day. We look forward to the completion of our construction as we continue to provide additional services to meet the healthcare needs of the community. Please contact me if I can be of any assistance to you or your family. Here's to another 65 years!

**Kevin DiLallo**  
CEO, Manatee Healthcare System

### HAVE A QUESTION FOR KEVIN?

Go to [manateememorial.com](http://manateememorial.com) and click on the "Contact Us" tab. Then click on "Ask the CEO" and fill out the form.



Achieving excellent patient outcomes and providing the best possible care are just two of the most important things the teams at Lakewood Ranch Medical Center focus on every day. We are proud to share that our hospital was recognized as one of the safest hospitals in the nation, earning an "A" hospital safety grade from the Leapfrog Group, an organization aiming to improve healthcare quality and safety for consumers and purchasers.

In this issue, you'll learn about the new wire-free technology our Breast Health Center is using to better locate tumors and remove them, all while conserving healthy tissue. And on page 9, Orthopaedic Spine and Joint Center patient Jean Carpenter tells her story of a successful spinal surgery and her pain-free outcome.

Construction on our new administration wing will be completed by the end of June allowing for needed space on the first floor of the hospital to begin constructing new operating rooms, an additional heart catheterization lab, new MRI imaging room, expanded pre-op and post-op areas as well as a new surgical waiting area. We are excited to bring these new enhancements to the communities we serve.

Wishing you a healthy and safe summer season!

**Andy Guz**  
CEO, Lakewood Ranch Medical Center

### HAVE A QUESTION FOR ANDY?

Go to [lakewoodranchmedicalcenter.com](http://lakewoodranchmedicalcenter.com) and click on the "Contact Us" tab. Then click on "Ask the CEO" and fill out the form.



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.

# The benefits of GENETIC TESTING

## WHAT NATALIE RHODEN LEARNED MAY HAVE SAVED HER LIFE



Natalie Rhoden prepares the 3D mammography equipment for the next patient.

In her role at Manatee Diagnostic Center, Natalie Rhoden performs mammography, bone density and X-ray procedures on people every day. During the course of her patient interactions, she always asks the patient about having a family history of breast or other cancers, and educates them about genetic testing, a service offered at the facility. She knows firsthand the importance of regular screenings and the benefit of genetic testing.

Rhoden, 39, who has a family history of three maternal family members with colon cancer all under 50, as well as two maternal aunts with breast cancer under 60, decided to undergo genetic testing. This panel checks for the BRCA-1 and BRCA-2 genetic mutations, which are known to increase the risk of breast cancer. While she was waiting for the results, Rhoden also had her screening mammogram. It revealed abnormalities, which required additional imaging.

"Everything came together at once. Based on the additional breast imaging, I needed a stereotactic breast biopsy," says Rhoden. "After the biopsy results came back, I was diagnosed with ductal carcinoma in situ (DCIS), stage 0." Then Rhoden learned the results of the genetic test - she had the BRCA-2 mutation. "Because I was BRCA-2 positive, I chose to have a double mastectomy, and since my lymph nodes were not affected, I did not need chemotherapy or radiation. The surgery also reduced my chances of a cancer reoccurrence from 87 percent to one percent," she says.

If a woman or man is interested in the criteria for genetic testing, Nurse Navigator Jenny Brown, RN, can guide them through the process. Rhoden explains that all four Manatee Diagnostic facilities in Bradenton and Arcadia, Manatee Memorial Hospital Breast Care Center and Lakewood Ranch Medical Center Breast Health Center have the genetic testing onsite. ■

**To learn more about genetic testing, 3D mammography or other services offered, visit [manateediagnostic.com](http://manateediagnostic.com).**



### Who should consider GENETIC TESTING?

You could have an increased risk of having the BRCA gene mutation if you have a personal or family history of:

- Breast cancer diagnosed at/under the age of 50.
- Ovarian cancer at any age.
- Two or more primary breast cancers.
- Male breast cancer at any age.
- Triple negative breast cancer.
- Ashkenazi Jewish ancestry with breast or ovarian cancer.
- A known BRCA mutation in the family.
- Three or more family members of any age diagnosed with breast, ovarian, pancreatic, or aggressive prostate cancer.

**If you have questions about testing, please contact our Nurse Navigator Jenny Brown, RN, at 941.708.8330.**

# A wire-free, advanced approach to breast cancer tumor removal

Lakewood Ranch Medical Center is the first hospital in the region using new technology to locate targeted tissue during a surgical biopsy or lumpectomy.



Radiologist Angela Sroufe, PhD, MD, says the Savi Scout® system is a more comfortable and convenient alternative to wire localization that allows radiologists and surgeons to precisely locate a tumor or non-cancerous breast abnormality. "Use of wireless localization technique allows the surgeon much more latitude in determining the surgical approach to removing the area of interest. In many cases, this may result in less normal breast tissue removed and an overall better cosmetic result," she says.

Dr. Sroufe explains that a non-radioactive reflector the size of a grain of rice is inserted into the target area via ultrasound or mammographic guidance. The reflector can be inserted in advance of the day of surgery. The reflector is not visible and patients can go about their daily activities until the surgery.

Shawn Imhoof, Director of Diagnostic Imaging and the Breast Health Center at Lakewood Ranch Medical Center, says placing the reflector ahead of the surgery can reduce patient anxiety and mean faster transitions into the operating room on the day of surgery. "With wire localization, the wire placement and surgery have to be done on the same day. Often, there is a wait of several hours between the two procedures," he says. "But with this approach, scheduling delays can be reduced, resulting in a more timely process for the patient."

Doctors use a hand-held wand under real-time guidance to locate the reflector, and remove it along with the affected area using a small incision. This helps to preserve as much healthy breast tissue as possible. "This remarkable new procedure provides an over all better experience with regard to a patient's day of surgery," says Dr. Sroufe. ■

To learn more, visit [lakewoodranchmedicalcenter.com/breastcare](http://lakewoodranchmedicalcenter.com/breastcare).

The Savi Scout reflector compared to the size of a dime.



## BREAST HEALTH SERVICES EXPANDING AT LAKEWOOD RANCH MEDICAL CENTER

To accommodate our growing community and provide additional services, our Breast Health Center will be moving to Medical Office Building One, located on Lakewood Ranch Medical Center's campus.

The new center will be offering a spa-like atmosphere where patients, both men and women, can have a full array of diagnostic breast imaging and procedures completed in one place. In addition to 3D tomosynthesis screening and diagnostic exams, other services include breast ultrasounds, ultrasound-guided biopsies, bone density scans and breast mass localizations (both wired and wireless detector placements). A second 3D mammography unit will make scheduling more efficient resulting in less wait time for patients.

Lakewood Ranch Medical Center currently performs stereotactic breast biopsies, and with the Breast Health Center expansion and relocation, they will be the first in the area offering the newest technology of 3D stereotactic breast biopsies.

**The Breast Health Center will be located on the first floor of Medical Office Building One, Suite 160, 8340 Lakewood Ranch Blvd., Lakewood Ranch, FL 34202.**

**For information, call 941.782.2662. To schedule an appointment, call 941.782.2264.**

*For continued updates on the opening of the Breast Health Center's new location later this summer, follow Lakewood Ranch Medical Center's social media sites.*

# Manatee Memorial Hospital

## PAST, PRESENT AND FUTURE

**M**anatee Memorial Hospital has come a long way since the doors first opened in 1953 as the Manatee Veterans Memorial Hospital with 100 beds. There have been many changes over the years, but one thing has remained consistent – the commitment to quality, growing the service lines and caring for the community. As new, innovative technology has become available, it has allowed the hospital to improve care.

The rapid growth in the region during the last 15 years led to the addition of a four-story tower, which doubled the size of the hospital in 2007. Most recently, the Mother/Baby Unit was remodeled in April 2018, and construction is currently underway for the hospital's latest addition – a new emergency care center. The 34,000-square-foot addition will feature four nursing team clinical care areas, with a total of 48 exam rooms, some of which have flexible functionality. Also available will be three behavioral health rooms; two resuscitation rooms; one bariatric room with integral patient lift; one gynecology room; and two negative pressure/contact isolation rooms.

### LOOKING TO THE FUTURE

There's so much more in development for this year in addition to the new emergency care center, scheduled to open in December. Other plans include opioid-free care options in the emergency care center; a comprehensive stroke center with a new bi-plane room; and 3D mammography. ■



**June  
1951**

Construction begins on the six-story county owned Manatee Veterans Memorial Hospital

**October  
1951**

The Women's Auxiliary of Manatee Veterans Memorial Hospital was formed, raising funds to support the hospital

**February  
1953**

Manatee Veterans Memorial Hospital opened its doors with 100 beds

**December  
1958**

Three-story annex building was completed

**July  
1963**

The hospital was renamed Manatee Memorial Hospital by the state legislature

**December  
1969**

The \$3.5 million addition of the radial units was completed

**February  
1976**

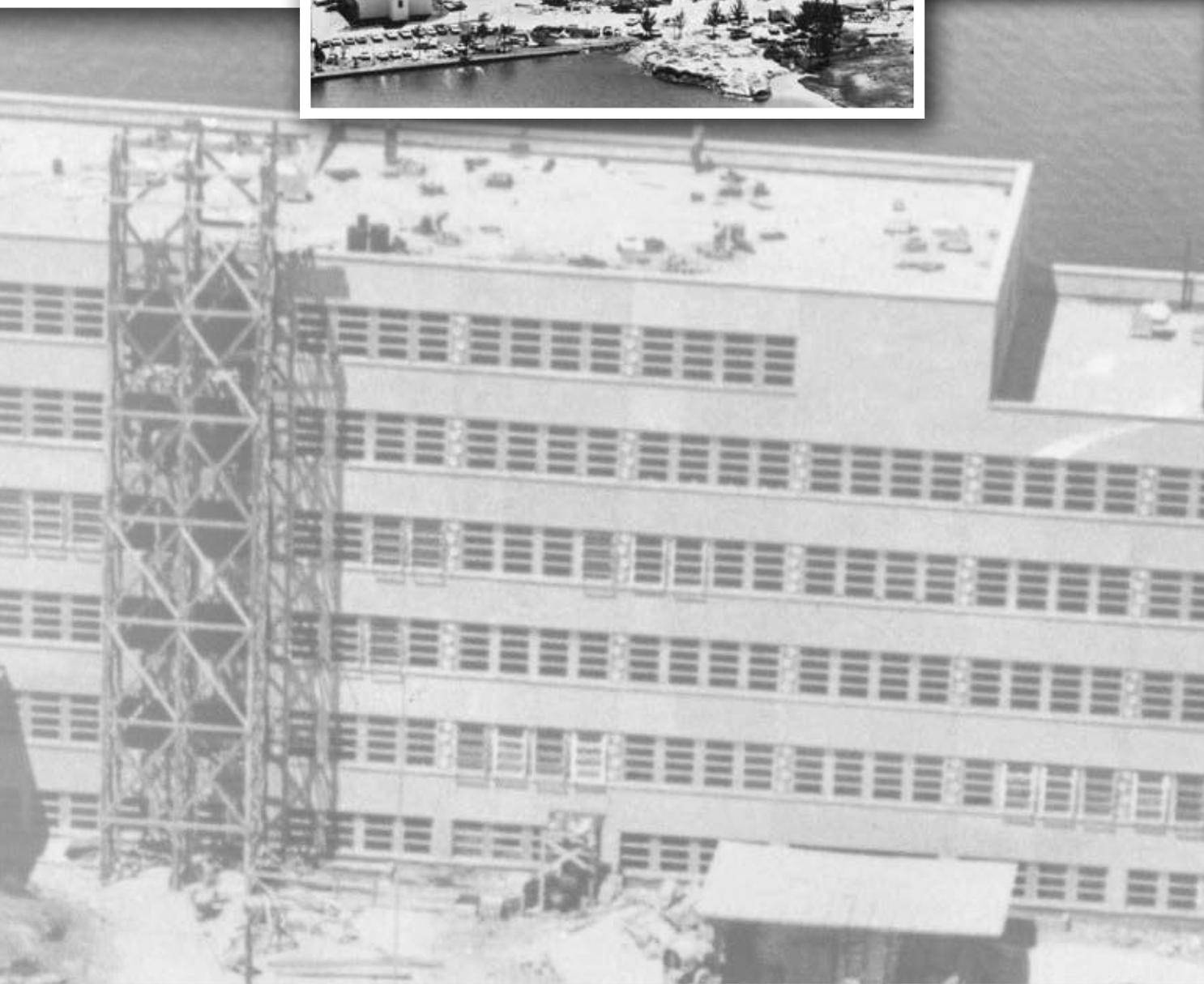
New emergency room costing \$1.8 million opened

**June  
1984**

Manatee Hospitals and Health Systems, Inc., a not-for-profit Florida corporation, purchased Manatee Memorial Hospital

# for a lifetime

Through the years, from L to R: Aerial view, 2007; Radial units construction, 1968; Hospital front, 1960s; Outpatient services center, 1992.



**TODAY THE RANGE OF MEDICAL SERVICES INCLUDES EMERGENCY MEDICINE FOR ALL AGES;** cardiac care/cardiovascular medicine; surgery services including robotic-assisted surgery with the da Vinci® Surgical System and a weight-loss program; orthopedic services; outpatient and inpatient radiology and rehabilitation; respiratory care; sleep and oncology, wound care and women's and children's care, including the county's only Level II Neonatal Intensive Care Unit and Pediatric Center.

**MANATEE MEMORIAL HOSPITAL'S ACCREDITED CENTERS OF EXCELLENCE INCLUDE** the Manatee Heart and Vascular Center/The Valve Institute, the Stroke and Cerebrovascular Center, The Lung Institute, Surgical Weight-Loss Program, the Breast Care Center, the Family BirthPlace, the Outpatient Imaging Center, and the Wound Care and Hyperbaric Program.

**THE HOSPITAL OFFERS ADVANCED CARDIAC SERVICES THROUGH THE STRUCTURAL HEART CLINIC, THE FIRST IN MANATEE COUNTY.** The services offered include the Watchman™ Left Atrial Appendage Closure for patients with non-valvular atrial fibrillation, transcatheter aortic valve replacement (TAVR) for patients with severe symptomatic aortic stenosis and the MitraClip® procedure for mitral regurgitation.

**October 1992**

\$17 million surgery, outpatient services center and medical office building dedicated

**September 1995**

The hospital was purchased by a subsidiary of Universal Health Services, Inc., King of Prussia, Pennsylvania

**March 2001**

A \$3 million re-modeling/expansion of the current emergency care center was completed

**May 2001**

Certificate of need was approved by the state of Florida to build Lakewood Ranch Medical Center, moving 120 beds from Manatee Memorial Hospital

**April 2005**

Groundbreaking of the patient tower and garage

**June 2007**

Opening of the new \$51 million four-story patient garage with the main entrance facing the Manatee River

**June 2011**

Doctors of Osteopathy Residency Program, called Graduate Medical Education, started with six residents training in internal medicine and family practice medicine

**July 2017**

Groundbreaking of the new emergency care center

# Sports physicals make your pregame move!

Treat unforeseen issues. The earlier the better.

Summer might be a break from hectic schedules, but getting a jump on those sports physicals (or PPEs) is a good idea before the fall rush.

**What are PPEs?** PPEs, or Preparticipation Physical Examinations, are similar to routine physicals: A medical history and a physical exam are completed. The physician takes vital signs and checks your child's vision. The ultimate goal is to ensure the health of young athletes and their safe participation in sports.

**Following up on any health issues early is a good idea to get your athletes ready for game time!**

**Urgent Care Walk-In Clinics** are a great place to get PPEs. We are open 7 days a week with three locations in Bradenton, Lakewood Ranch and Sarasota. Appointments are not necessary. PPEs are \$25 for grades K through 12.

**Just walk in to these locations:**

## **Bradenton**

4647 Manatee Ave W.  
**941.745.5999**

## **Sarasota**

6272 Lake Osprey Dr.  
**941.907.2800**

## **Lakewood Ranch**

9908 S.R. 64 East  
**941.747.8600**



**Manatee**  
**Urgent Care**

[manateeurgentcare.com](http://manateeurgentcare.com)

**Open 7 days a week**

Member of Manatee Physician Alliance

# Pre-op education class was a vital part of a local patient's great surgical outcome

## A journey from severe spine pain to freedom

Jean Carpenter, 71, enjoys being active, but over the past decade had been experiencing increasing pain in her spine. She tried many different things, but nothing was working, not even a spinal cord stimulator. Carpenter was referred to an orthopaedic surgeon who ran diagnostic tests and discovered the cause of her pain. "I was told I was a candidate for a lateral fusion procedure, which would be minimally invasive," says Carpenter.

### A step in the right direction

As a long-time volunteer at the Orthopaedic Spine and Joint Center, Carpenter knew that to best prepare for her surgery, she should sign up for and attend the Back in Action program at Lakewood Ranch Medical Center. It includes a one-hour pre-op class that provides patients with detailed information on what they can expect before, during and after their surgery. Carpenter says taking the class was important to her because she was able to ask questions, get answers and prepare herself for

recovery right after surgery. "I was determined to be active again and I had the right mindset going into my journey to be free of this pain," she says.

Carpenter's surgery was successful and she was able to be up and walking around not long after. "I never had pain in the area where I was operated on, and I was walking a mile a day with a physical therapist two weeks after my surgery," says Carpenter. "The pre-op class thoroughly prepared me and there were no surprises during the recuperation and physical therapy process." Carpenter had her surgery in October 2017 and can now walk 3.5 miles. She also enjoys weekly Zumba classes.

Grateful for her experience at Lakewood Ranch Medical Center, Carpenter has nothing but praise for the care she received. "The doctors, nurses and Care Coordinator Caroline McGrath saw to it that I was comfortable and meeting my post-op milestones. Without them and my husband, I don't know where I would be right now," says Carpenter. ■



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 [lakewoodranchmedicalcenter.com/orthopaedic](http://lakewoodranchmedicalcenter.com/orthopaedic).

*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.*

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

Lakewood Ranch Medical Center offers two different pre-op classes - the Marshall Steele program for patients receiving a hip or knee replacement, and Back in Action for those having spinal surgery. Care Coordinator Caroline McGrath, who helps guide patients on their journey from pre-op to recovery, says the classes are structured in such a way to motivate and engage the patient in creating a positive outcome. "We want to help get the patients back to normal life as soon as possible. A one-hour class gives them all the information ahead of time so they can set themselves up for success," she says. "We also emphasize the role the patients' families play as coach and caregiver." For more information on the pre-op programs, joint replacement or spinal surgery, call 941.782.2663.



Jean enjoying one of her favorite activities – walking.

# The importance of staying hydrated



Hydration is crucial to our bodies, especially in the Florida heat. And there are many factors that can affect it, such as medications, activities and illness, especially in the elderly. **Francisco Estevez, MD,** and **Claire McGill, DO,** share their thoughts on some common questions about this topic.

## Q. How does hydration work?

According to the National Institutes of Health (NIH), water makes up about 70 percent of body weight in a normal adult, and dehydration can begin with as little as one percent water loss. Water is an absolute necessity for our body systems to function properly, especially the cardiovascular system. But other organ systems, such as the skin and the urinary/intestinal tract, are contributing factors in fluid level changes.

## Q. How dangerous is dehydration?

Lack of water and electrolytes can compromise the body in many ways, and can even be deadly. Most at risk of dehydration, especially in the heat, are senior citizens and children under four. That's because as people age, they don't retain as much water, and certain medications they take may also interfere with thirst. And with young children, they may not be aware they are thirsty, or just be so active they don't realize they are dehydrated. The same applies for people who work outdoors in the heat.

## Q. What are the symptoms of possible dehydration?

Some of the more common signs and symptoms include fatigue, lethargy, muscle weakness and cramps, dizziness, rapid breathing and increased heart rate. In children, the symptoms include decreased urination, dizziness, cracked lips or complaints of dry mouth. In the summer heat, dehydration can be a pre-cursor to heat exhaustion or heat stroke. Offer water or an electrolyte drink and seek medical attention if symptoms don't improve.

## Q. What are the best ways to prevent dehydration?

The NIH recommends about 12 cups of water a day for men and nine cups for women. Physically active people need to drink more because of water loss through sweating. Fruits and vegetables are good because of their high water content, and low-sugar electrolyte drinks can help replace lost body salts. But don't wait until you are thirsty, because by then, you are already dehydrated. Pace yourself and drink water every couple hours. Keep an extra eye on the elderly and babies, who can have trouble communicating their hydration needs. ■

**Dr. Estevez is a family medicine physician. He practices family care and preventative medicine and treats patients 18 and above at Doctors of Manatee, 1720 Manatee Ave. East, Bradenton. To make an appointment, call 941.216.2878.**

**Dr. McGill is a board-certified family medicine physician in the Lakewood Ranch Medical Group. Her office is located 8340 Lakewood Ranch Blvd., Suite 210, Lakewood Ranch. To make an appointment, call 941.782.2800.**

## AWARDS AND *recognitions*



Congratulations to the staff at Manatee Diagnostic Center (MDC) for celebrating their 30th Anniversary. Their first location, Riverside, opened its doors on May 8, 1988. MDC now has four locations that provide a wide range of radiology services.



This year's Pittsburgh Pirates Spring Training Senior and Caregiver Expo was a success! We were well represented with staff from Manatee Memorial Hospital, Lakewood Ranch Medical Center, Manatee Diagnostic Center and Manatee Physician Alliance. Several thousand attendees dropped by our 20 booths. Manatee Memorial Hospital is proud to be the preferred hospital of the Pirates Spring Training and the Bradenton Marauders.



LWRMC Board of Governors, Medical Executive Committee members, local officials and dignitaries from Manatee and Sarasota Counties, as well as corporate and hospital leadership recently gathered for an expansion groundbreaking on the site where the hospital's new operating rooms will be constructed. Thank you to all for the tremendous community support of Lakewood Ranch Medical Center's largest expansion project to date.



Manatee Memorial Hospital staff and volunteers had a great time at this year's Hernando De Soto Historical Society Parade. Manatee Memorial Hospital was proud to be a general sponsor of this annual community event.



Congratulations to Manatee Memorial Hospital's CARES Award Winners recently recognized by the medical staff for their outstanding service. Pictured are: (left to right) Ralph Gonzalez, MD, Vice Chief of Staff; Winners: C - Concerned: Kelsie Corry, RN, Lung Nurse Navigator; A - Amiable: Sarah Linder, RN, Director, Orthopedics/4 South Tower; R - Respected: Tracy Jo Campbell, LPN, North River Family Health Center/Manatee Physician Alliance; E - Enthusiastic: William Bartrum, II, RN, Neuro Surgical Coordinator/Surgery; and S - Supportive: Dago Campos, Interim Supervisor, Supply Chain; Dr. Candace Smith, CNO; and Kevin DiLallo, CEO.

**A** RATED for Patient Safety



Recognized as one of the **safest hospitals in the Nation**

 **Lakewood Ranch Medical Center**

[lakewoodranchmedicalcenter.com](http://lakewoodranchmedicalcenter.com)





# Manatee Healthcare System

Manatee Memorial Hospital    Manatee Diagnostic Center  
Lakewood Ranch Medical Center    Manatee Physician Alliance

Manatee Memorial Hospital  
206 Second Street East  
Bradenton, FL 34208

PRSR STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 322  
PONTIAC, IL

# Health Records **online**

*Secure patient portal for your  
medical records*

**Now you can access these select records anytime ... anywhere!**

Lab Results • Medications • Allergies • Health issues  
Radiology reports • Immunizations • Procedures  
Summaries of care you've received • Discharge instructions

**It's easy to enroll!**

Provide your email address at registration and we will send an invitation to you. Or enroll in the portal at any time after registration by navigating to: **east.uhspatientportal.com/self-enroll/**. When enrolling, enter your Medical Record Number (MRN) found on your hospital wristband or on documentation provided at discharge.

**For more information, visit  
manateehealthcaresystem.com/health-records-online.**

***It's easy to access!***

You can view your select records via our website  
OR download the **HealthLife** app from the App  
Store or Google Play Store.



*Connect  
WITH US!*



Find us on  
Facebook



YouTube



English: [manateememorial.com](http://manateememorial.com) | Español: [manateememorial.com/es](http://manateememorial.com/es)

English: [lakewoodranchmedicalcenter.com](http://lakewoodranchmedicalcenter.com) | Español: [lakewoodranchmedicalcenter.com/es](http://lakewoodranchmedicalcenter.com/es)

## HEALTH NEWS FROM MANATEE HEALTHCARE SYSTEM

**Kevin DiLallo**  
CEO, Manatee  
Healthcare System

**Vernon DeSear**  
Vice President, Manatee  
Healthcare System

**Betty Chambliss**  
Director of Marketing  
and Communications,  
Manatee Memorial Hospital  
Manatee Diagnostic Center

**Andy Guz**  
CEO, Lakewood Ranch  
Medical Center

**Lisa Kirkland**  
Director of Marketing  
Lakewood Ranch  
Medical Center

Information in *Health News* comes from a wide variety of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and not necessarily reflect the views of Manatee Healthcare System, Manatee Memorial Hospital, Lakewood Ranch Medical Center or Universal Health Services, Inc. Physicians mentioned in this publication are independent practitioners who are not employees or agents of Manatee Healthcare System. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. ©2018. All rights reserved. Printed in the U.S.A.