

HEALTH NEWS *from*

WINTER 2019

manatee

HEALTHCARE SYSTEM

Taking technology HIGHER

Lakewood Ranch Medical Center
CEO Andy Guz tells how new
tech is elevating care



Saved by advanced stroke care
A patient shares her story

Ask the Doctor
Need-to-know blood pressure info



Manatee Healthcare System

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

manateehealthcaresystem.com

Thank you for your service to the community!

We would like to recognize our 2019 Board of Governors for their commitment and dedication this past year. Hospitals provide a vital community service, and these boards play an important role in their successes.

Manatee Memorial Hospital

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FROM THE CEOs

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Manatee Memorial Hospital, Lakewood Ranch Medical Center and Manatee Diagnostic 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.



This past year has brought continued growth and innovation to the Manatee Healthcare System. The new Biplane Interventional Radiology Suite at Manatee Memorial Hospital – the first in the county – is making it possible for doctors to provide advanced stroke treatment that is saving lives when minutes matter. Other specialized services are also making a difference for patients every day – from minimally invasive weight-loss surgery to CT heart score tests that can help identify coronary artery disease earlier, before potentially serious problems occur.

As we reflect on the successes of 2019 and look forward to a new year, this can be a celebratory time, but it can also be a difficult time if you or a loved one is struggling with a medical issue. Please know that we are here to support you and your family with quality, compassionate care at the holidays and every day. On behalf of all our staff, we thank you for choosing Manatee Healthcare System and wish you a safe, happy and healthy New Year!

Kevin DiLallo
CEO, Manatee Healthcare System

HAVE A QUESTION FOR KEVIN?
Go to manateememorial.com and click on the "Contact Us" tab. Then click on "Ask the CEO" and fill out the form.



We have much to be thankful for as we celebrate the holidays at Lakewood Ranch Medical Center. An important highlight of the past year was the completion of a major expansion project – including a significant investment in technology to grow and enhance the services we offer.

The impact of our new equipment can be felt throughout the hospital. Our new Cardiac Catheterization Lab and Electrophysiology Suite have enabled us to provide even more specialty heart care, and we're pleased to now offer robotic surgery among our expanding services. Other new technologies include faster, more patient-friendly imaging equipment for diagnostic tests and procedures, as well as new Indigo-Clean™ operating room lighting that can help reduce the risk of infection.

Of course, none of the services we provide would be possible without our caring staff, who strive every day to ensure the best possible patient experience. We'll continue to work hard to earn your trust and bring innovations to our community.

Andy Guz
CEO, Lakewood Ranch Medical Center

HAVE A QUESTION FOR ANDY?
Go to lwrmc.com and click on the "Contact Us" tab. Then click on "Ask the CEO" and fill out the form.



Grand opening and ribbon cutting

Guests from throughout the community gathered in July at Lakewood Ranch Medical Center to celebrate the completion of the hospital's \$28 million expansion project.

The event brought together hospital leaders, community members and all three local business networking organizations – including the Manatee Chamber of Commerce, Greater Sarasota Chamber of Commerce and Lakewood Ranch Business Alliance – for a ribbon cutting ceremony and tours of the newly expanded hospital. “We are very grateful for the support of the community as we celebrate this important achievement,” said Lakewood Ranch Medical Center CEO Andy Guz. “This expansion increases our capacity to serve our growing population and enables us to provide even more services and clinical expertise right here, close to home.”

The 14-month-long expansion project included adding two new operating rooms, an advanced MRI system and suite, a new CT scanner, an additional heart catheterization lab and a new location for the Breast Health Center in Medical Office Building 1, next to the hospital. Also, the shell for two additional operating rooms has been built, so the infrastructure is already in place when the hospital needs to expand again.

“Technology is an important component of the expansion and is equipping doctors with the tools they need to provide a higher level of care,” Guz said. During the grand opening celebration, guests were given a close-up look at the hospital's new da Vinci® Surgical System, which has enabled the hospital to start a new robotic program. Surgeons at Lakewood Ranch Medical Center will use the da Vinci system to perform minimally invasive procedures in general surgery, gynecology and urology.

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.

Other equipment and technology upgrades include a new 3D mammography system for advanced breast cancer screening, and new CT and MRI equipment that will support better, faster, more patient-friendly imaging. The addition of a second cath lab has enabled the hospital to start a new service line in Electrophysiology to provide specialized care for heart rhythm issues such as atrial fibrillation (AFib), bradycardia and tachycardia.

Looking ahead, Guz said the hospital is poised for more expansion to meet the community's evolving needs. “As we grow, we want to maintain the same high-quality care that we have consistently provided,” he said. “It's important for our patients to know that we will continue to put their needs at the center of everything we do.” ■

To learn more about the services at Lakewood Ranch Medical Center, visit lwrmc.com. If you need help finding a doctor, visit our free physician referral service at lwrmc.com/find.

Happy 15th Anniversary!

On September 1, 2019, Lakewood Ranch Medical Center celebrated 15 years of providing healthcare services to Manatee and Sarasota counties. In total, the hospital has cared for more than 1 million patients, conducted more than 650,000 imaging tests and delivered more than 10,000 babies!

"GETTING AHEAD OF THE GAME"

The Chambliss brothers tell how a simple heart score test has changed their lives.

PAUL CHAMBLISS:

"My wife suggested I have a CT heart score test at Manatee Diagnostic Center when I turned 60 since my dad passed away at 62 from heart issues," says Paul Chambliss. "It only cost \$50, and I didn't need a prescription. It doesn't take but a few minutes. You just lay in the machine, it does its thing and you're good to go." Paul's numbers, which provided a glimpse into his heart health (see box below), came back "pretty high," he says. The results were sent to his cardiologist. From there, he had a stress test and a cardiac catheterization at Manatee Memorial Hospital, and he had two stents placed to treat blockages in his arteries. "After I had the stents, I've had so much more energy," he says. "I told my brother, 'This is in our family. Don't wait, have the test. It's better to do it when you don't have a problem, and that way you're getting ahead of the game.'"

JOHN CHAMBLISS:

"I didn't think that getting tested prior to exhibiting any symptoms was an option for me," says John Chambliss. After finding out from his brother about the CT heart score test, he reached out to Manatee Diagnostic Center. "They're very flexible and easy, and the results are posted to a web portal. You can log in after you take the test and access the results by yourself." As it turned out, he also had two blockages in the same place as his brother, and he had two stents placed by the same cardiologist. He exercises regularly but knows that doesn't provide any guarantees. "Exercise doesn't change genetics," he says. Since he and his brother had the test, they've told multiple friends about it. "We feel really good that our experience has helped a lot of people." ■

To learn more about the CT heart score test, available at the Riverside location, visit manateediagnostic.com/score. Manatee Diagnostic Center offers four locations for screening and diagnostic tests, including Riverside, Pointe West, Parrish and Arcadia. To schedule an appointment, call 941.747.3034.



manateediagnostic.com



Paul and John Chambliss (pictured here L-R) wanted to be proactive about their heart health.

WHAT IS A CT HEART SCORE?

A computed tomography (CT) heart score is a noninvasive test that uses a CT scanner to take rapid cross-sectional images of your heart. Those images can show calcium buildup in your arteries, which is a potential sign of coronary artery disease. Results of your test must be sent to your physician or cardiologist. If you're a male age 35-70 or a female age 40-70 with the risk factors below, talk with your doctor about whether this test may be right for you.

- **Diabetes • Overweight**
- **Family history of heart disease**
- **High blood pressure**
- **High cholesterol • Smoking**

The Manatee Memorial STRUCTURAL HEART PROGRAM:

OFFERING LIFE-CHANGING TREATMENT ALTERNATIVES



Structural Heart Team Cardiologists and Cardiothoracic Surgeons. Back L-R: Brian Holyk, DO; S. Jay Mathews, MD, Co-Medical Director of TAVR Surgery; Eugene M. Parent, MD, Medical Director, Echocardiography; Gino J. Sedillo, MD, Co-Medical Director of MitraClip and TAVR Surgery. Front L-R: James Nguyen, MD, Chest Pain Medical Director, and Alessandro Golino, MD, Co-Medical Director of MitraClip Surgery. Not pictured: Joseph Alesnik, MD; John Brock, MD; David Buck, DO; Daniel E. Friedman, MD, Medical Director of Watchman; Joseph Pace, MD; and Enrique Rivera, MD.

Heart issues can affect people of all different ages and levels of health. For individuals who are at higher risk, the Structural Heart Program at Manatee Memorial Hospital offers less-invasive treatment alternatives to open surgical procedures. Benefits for patients can include shorter hospital stays, quicker recoveries and a better quality of life.

In order to determine who may be a candidate for this specialized program, a team of highly skilled heart specialists works together to provide a full evaluation of each patient and decide the best course of treatment. Procedures offered for individuals who meet specific criteria include:

- **MitraClip® Transcatheter Mitral Valve Repair**, which is an alternative to open-heart surgery for treating mitral regurgitation. This condition occurs when the heart's mitral valve does not close completely, which allows blood to flow backwards and can reduce the heart's ability to pump blood to the rest of the body.
- **Watchman™ Left Atrial Appendage Closure (LAAC) Implant**, which can help patients with atrial fibrillation who are at increased risk of stroke. This implant is designed to block an area of the heart where clots often form in patients with AFib.
- **Transcatheter Aortic Valve Replacement (TAVR)**, which can treat patients with severe symptoms of aortic stenosis, such as exertional angina and fatigue. Aortic stenosis occurs when there is a narrowing of the heart's aortic valve, which makes the heart work harder and can lead to weakening of the heart.



"Our surgeons have worked very hard to bring these technologies to our area," says **Erin Crowell, MSN**, Advanced Registered Nurse Practitioner for the Structural Heart Center and Valve Institute. "We have a strong surgical program that enables us to have the Structural Heart Program. They go hand in hand."

The volume of cases performed through the program speaks to the high level of care, she says (see sidebar). "For patients, it's reassuring knowing they don't have to travel long distances to get world-class treatment and technology." ■

To learn more about advanced heart care at Manatee Memorial Hospital, visit manateememorial.com/heartcare.

STRENGTH IN NUMBERS

An important difference in going to Manatee Memorial Hospital is the experience of the team and the many successful cases they have performed. "Manatee Memorial Hospital is number one in volume for 2019 in MitraClip in the state of Florida," says Crowell. Since the hospital's Structural Heart Program began in 2014 with the MitraClip procedure, doctors have performed approximately:

280+ MITRACLIP
370+ WATCHMAN
250+ TAVR
PROCEDURES

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.

Their new life after weight-loss surgery



After nearly 10 years of struggling with their weight, Lesley and Crystal Aulds are excited to have their health on track.

“We tried dieting, we tried everything, but we could never get down to a healthy weight,” explains Lesley. “I had high cholesterol, high blood pressure, type 2 diabetes and pretty much was heading on a bad route health-wise.” Crystal meanwhile was coping with Crohn’s disease and fibromyalgia.

Considering weight-loss surgery was a big decision, but they were both concerned about how their weight might impact their long-term health. Together, they made an appointment with Stelios Rekkas, MD, FACS, FASMBS, Medical Director of Manatee Memorial Hospital’s Surgical Weight Loss Program, to discuss their options. Lesley is a biomedical equipment technician at Manatee Memorial Hospital, and Crystal works in nursing case management at Lakewood Ranch Medical Center, so they were familiar with the program. “You can tell that Dr. Rekkas and his staff really care about what they’re doing,” Lesley says.

Lesley and Crystal both chose to have a gastric sleeve procedure, which removes about 80 percent of the stomach, restricting the amount of food that can be eaten. To prepare, they worked with the program’s dietitian, who helped them get started on the lifelong commitment they were making.

Adjusting to their new post-surgery lifestyle has required hard work and also brought great rewards. Together, they’ve lost about 210 pounds, and Lesley’s diabetes is now 100 percent under control. “Walking is super-important,” he says of their exercise regimen. They eat regular meals, but their portions are smaller and healthier.

As the parents of a 7-year-old son and two older boys – ages 18 and 24 – they’re thrilled to be feeling better and more active.

Lesley is teaching their youngest to play soccer, and even simple things, like getting out of the pool, are easier. “It made us closer,” he says of experiencing this with his wife. Together, they look forward to living longer to see a lot of grandkids and

“just having a better life.”



Weight-loss treatments offered:

Robotic Sleeve Gastrectomy (“Gastric Sleeve”): Reduces the size of the stomach so you feel full with less while absorbing full nutrients.

Lap-Band® System: Adjustable band to decrease the amount of food that can be consumed.

Robotic Gastric Bypass: A small pouch from the top part of the stomach is attached to the small intestine to restrict the amount of food you can eat.

Non-surgical Obalon® Balloon System: Swallowable lightweight balloons to help you feel full and eat less.



The Aulds before and after surgery, with Dr. Stelios Rekkas and Physician Assistant Julie Chorley, PA-C.

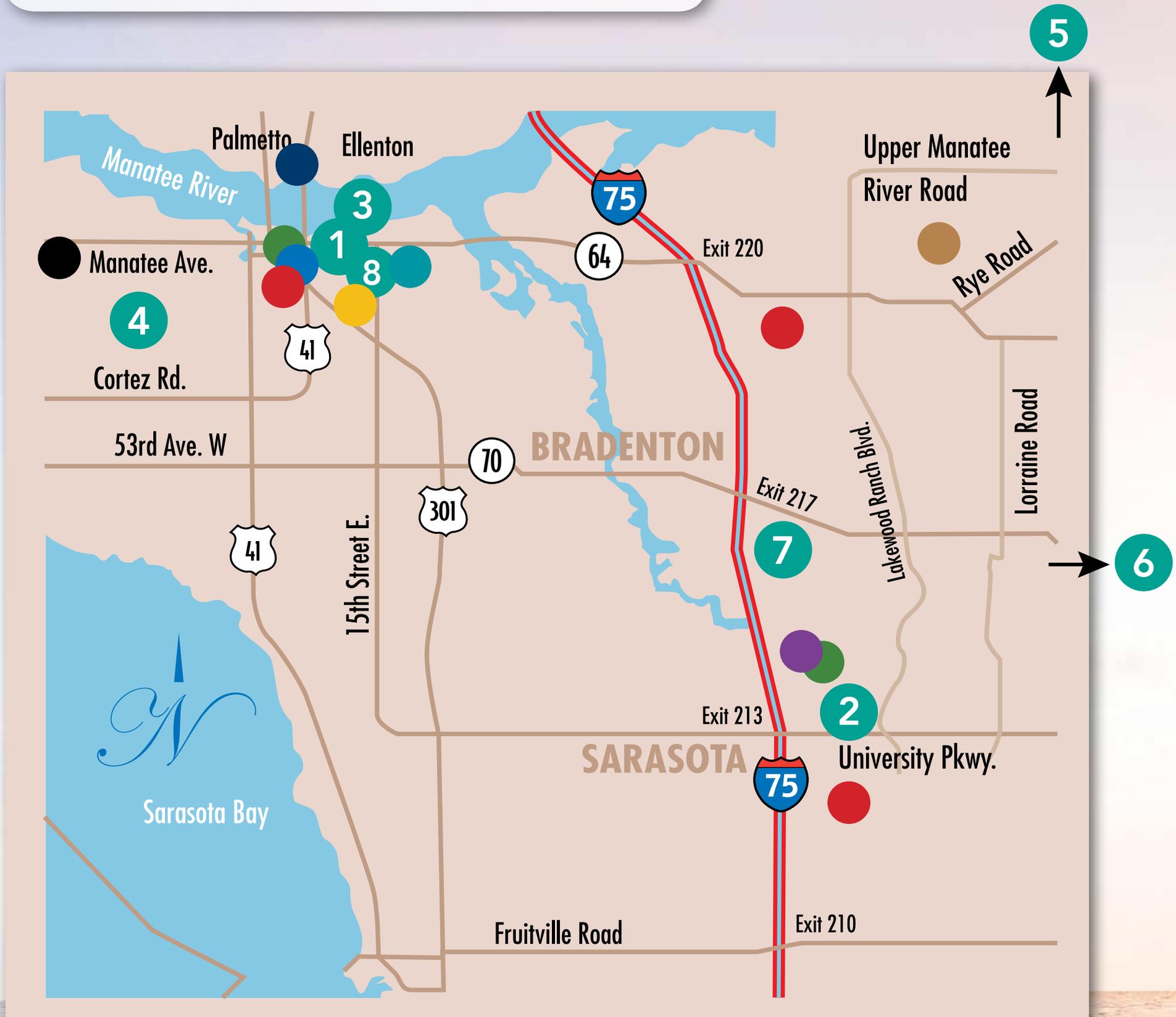
To learn more, visit
manateememorial.com/weight.



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- 3 Manatee Diagnostic Center Main Office**
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 941.747.3034 | manateediagnostic.com
- 4 Manatee Diagnostic Center Pointe West**
 2301 60th St. Court W #C | Bradenton, FL 34209
 941.747.3034 | manateediagnostic.com
- 5 Manatee Diagnostic Center Parrish**
 11255 U.S. 301 N. #105 | Parrish, FL 34219
 941.747.3034 | manateediagnostic.com
- 6 Manatee Diagnostic Center Arcadia**
 833 North Robert Avenue | Arcadia, FL 34266
 863.491.9970 | manateediagnostic.com
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 a Service of Manatee Memorial Hospital**
 8770 E State Rd 70 | Bradenton, FL 34202
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- Bradenton Neurology**
 200 3rd Avenue West, Suite 110 | Bradenton, FL 34205 | 941.746.3115
- Manatee Surgical Alliance**
 232 Manatee Avenue East | Bradenton, FL 34208 | 941.254.4957
- Manatee Weight Loss Center**
 232 Manatee Avenue East | Bradenton, FL 34208 | 941.896.9507
- North River Family Health Center**
 606 4th Avenue West | Palmetto, FL 34221 | 941.722.7785
- Manatee Primary Care Associates**
 5225 Manatee Avenue West | Bradenton, FL 34209 | 941.708.8081
- Doctors of Manatee**
 1720 Manatee Avenue East | Bradenton, FL 34208 | 941.216.2878
- Lakewood Ranch Medical Group**
 8340 Lakewood Ranch Boulevard, Suite 210 | Bradenton, FL 34202
 941.782.2800
- Lakewood Ranch Primary Care - Rye Road**
 1854 Rye Road East | Bradenton, FL 34212 | 941.216.3939
- Urgent Care Centers**
 4647 Manatee Avenue West | Bradenton, FL 34209 | 941.745.5999
 9908 State Road 64 East | Bradenton, FL 34212 | 941.747.8600
 6272 Lake Osprey Drive | Sarasota, FL 34240 | 941.907.2800

When every minute mattered ...

Specialized stroke treatment and technology at Manatee Memorial Hospital provided the care that Jane Caruso needed.

An advanced mechanical thrombectomy procedure in the hospital's new Biplane Interventional Radiology Suite – the first in the county – helped her make a complete recovery. Her husband's quick response when he noticed the stroke warning signs put the lifesaving care into action. ►



After her recovery, Jane Caruso (center) had a special reunion with Interventional Radiology Specialist Matthew Stemer, MD, who performed her thrombectomy procedure, and Manatee Healthcare System Stroke Coordinator Christine Gonzalez, RN, CNRN.

Her stroke symptoms occurred suddenly and unexpectedly, Caruso says. "I had been bending down playing with the dog, and when I came up, the room started to spin. I tried to tell my husband, and everything came out garbled. He knew right away that I was having a stroke."

Caruso's husband immediately called 911. She remembers telling the EMTs when they arrived that she wanted to go to Manatee Memorial Hospital. She didn't know at the time that Manatee Memorial had recently opened an interventional suite with the technology needed to handle just the emergency she was facing.

Her stroke was being caused by a blockage of one of the main arteries in her brain, which was confirmed by a CT scan. To treat her condition, she was deemed a candidate for a mechanical thrombectomy to remove the blockage that was restricting blood flow to her brain.

With this procedure, a catheter is inserted into an artery in the groin and guided to the blocked artery. A special device then removes the clot. The advanced imaging equipment now available at Manatee Memorial Hospital provides the highly detailed views and access needed for doctors to provide this advanced care.



"Being able to perform this procedure here, rather than transferring patients to a different facility, saves precious time when every minute counts," says Neurologist/Chief of Staff and Medical Director of the Stroke and Cerebrovascular Center **Ralph Gonzalez, MD**, who oversaw Caruso's care. "This treatment increases the likelihood of a stroke victim regaining independence and mobility by a significant amount."

Looking back, Caruso says she remembers everything about her procedure. "They keep you awake, they want to see how you respond. During the procedure, I had a nurse stroking my hand and she was so sweet ... Just her touching me was a real reassurance. Everybody was so wonderful."

"They all rallied around me, and once the procedure was over, I went up to ICU. They were wonderful up there, too. I stayed there for 24 hours and then I went to the stroke unit and they were just as good. At that point all my testing came up normal. I was up and walking and eating."

Since returning home, she's been in touch with her cardiologist to monitor her health and make sure everything is okay. A retired teacher and busy grandmother, she is doing well and is happy to be back spending time with her family and grandchildren. "I think about it and how it could have been," she says. "I'm very fortunate." ■

To learn more about stroke services, visit manateememorial.com/strokecare.

Manatee Memorial Hospital earlier this year received the American Heart Association/American Stroke Association's Get With The Guidelines® Gold Plus Quality Achievement Award for the 11th year and the Target: StrokeSM Elite Honor Roll Award for the third year. These awards recognize the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.



Recognizing the symptoms can save your life.

BE FAST

by the American Stroke Association® offers an easy way to remember the most common signs of stroke.



BALANCE

Does the person have a sudden loss of balance or coordination?



EYESIGHT

Has the person lost vision in one or both eyes or have they had sudden double vision?



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 their speech slurred or strange?



TIME

If you observe any of these signs, call 9-1-1 immediately.



What to expect at

The Lakewood Ranch Women's Center provides a family-centered approach to care with a personalized birthing experience.

Planning for your baby starts well-ahead of your delivery and includes a one-on-one visit with our birth designer to help you create your own birth plan. Throughout your entire hospital stay – from labor and delivery to postpartum care – you will be in the same private suite, and the hospital will make every effort to keep you with the same nurses (as schedules allow). Other special features and services include:

- A neonatologist available 24 hours a day, and a Level 1 nursery in the event your baby needs specialized care.
- Obstetric nurses who are highly skilled in labor support and family-centered nursing.
- A personalized rooming-in experience for you and your baby, with sleeping arrangements available for your partner or support person.
- Breastfeeding support from nurses and lactation specialists during and after your hospital stay.
- A "celebration meal" for you and your partner (with your choice of items from a special menu), and daily tea and pastries at 2 p.m., followed by quiet time from 2 to 4 p.m.
- Infused water (cucumber, lemon, mint) for you and your loved ones to enjoy in your suite.
- Multiple free* childbirth and parenting classes. To learn more, visit lwrmc.com/classinfo.

*Core Prenatal Classes are free for patients who are delivering at Lakewood Ranch Medical Center. You may still incur a fee for the Ancillary Classes per the discretion of the instructor.



Lakewood Ranch
Medical Center

Women's Center

To register for a "Preview Night" where you can learn more about our services and tour the Labor and Delivery area, visit lwrmc.com/preview.

We're making our Women's Center even better for you! Stay tuned for more details to be announced!

Lakewood Ranch Medical Center



Meet our birth designer

“My role is to help educate expectant mothers and their support team on the tools they will need to stay safe and healthy during their prenatal, delivery

and postpartum periods. Everyone – doctors, staff and patients – is involved with the birth plan constructed for each individual.”

–Chrissy Coney, RN, BSN, CLC

Topics Coney discusses with expectant moms range from whether they'd like aromatherapy or music in their room, to different birthing positions and pain management alternatives. For example, women don't have to decide between just going natural or having an epidural. The hospital also offers other choices, such as limited-mobility epidurals, which allow for more movement, and nitrous oxide, a gas inhaled for relaxation during labor which is very safe for both the mom and baby, Coney explains. Learning about the different options and challenges that can arise helps expectant moms feel empowered and prepared in case they need to adjust their plan during labor and delivery, she says.

Lakewood Ranch Medical Center was first in the community to offer a birth designer program. “It's been wonderful,” says Coney. “So far, every person I've met with has just been so excited about the program.”



Introducing our newest OB/GYN

“For me, being an OB/GYN has always been about the relationship with my patients.

It's really important,

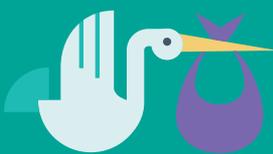
especially for women to have someone you can talk to and confide in.”

– Felicia A. Wagman, MD

Dr. Wagman recently moved to Lakewood Ranch after practicing for 16 years in Dallas. She is the first OB/GYN to join Lakewood Ranch Medical Group and provides care for women throughout all stages of life, including pregnancy and childbirth.

As a mom herself of a 5-year-old, she has personal insight into the joy and challenges of parenthood and the different health issues that women face.

“I think the birth experience at Lakewood Ranch Medical Center is special because it gives women the opportunity to be more involved in the decision-making,” she says. “This helps create an amazing birth experience and beautiful memories.”



Save the date! Lakewood Ranch Medical Center and Sarasota Moms Blog are co-hosting the Ultimate Baby Shower on Saturday, February 1, 2020, from 10 a.m. to 4 p.m. at the Mall at University Town Center. For tickets and more information, visit lwrmc.com/shower.

Aiming **LOWER**: Why managing blood pressure is vital to good health



Sara Wemlinger, DO



Kelly Duggin, MD

High blood pressure isn't something you can see or probably even feel, but it can have a significant impact on your health. You may have heard that blood pressure guidelines have changed in recent years, and this has impacted whose blood pressure is considered healthy. Here to discuss these changes and helpful health tips are family medicine doctors **Sara Wemlinger, DO**, and **Kelly Duggin, MD**.

Q. What do blood pressure readings mean?

Your blood pressure measures the force of blood pushing against the walls of your blood vessels. The top number of your reading ("systolic") is the pressure in the arteries when the heart muscle contracts. The bottom number ("diastolic") is the pressure between heartbeats. Blood pressure goes up when your heart has to work harder than normal to move blood through the arteries and veins.

Q. How have the guidelines changed?

Updates to blood pressure guidelines in 2017 lowered the numbers for the diagnosis of high blood pressure to readings of 130/80 mm Hg or higher. That means more people are now classified as having high blood pressure, or hypertension. Having this condition puts people at greater risk of having a possible stroke or heart attack and other potentially serious health issues.

Q. Will I feel different if my blood pressure is high?

There are not usually obvious symptoms of high blood pressure. That's why it's important to attend your regular doctor visits and know your numbers. According to the American Heart Association®, nearly half of American adults have high blood pressure, and many people don't know they have it.

Q. What steps can I take to get healthier?

Watching your weight and losing extra pounds can be good for your blood pressure and your overall health. Try to reduce your sodium intake and avoid processed foods. Instead, opt for choices like whole grains, fruits and vegetables. Getting regular exercise* and decreasing your stress can also help, as can limiting your alcohol consumption. Try to find activities you enjoy and take time to relax. ■

NEW AHA BLOOD PRESSURE GUIDELINES

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (UPPER #)		DIASTOLIC mm Hg (LOWER #)	
		and		
Normal	less than 120	and	less than 80	
Elevated	120 – 129	and	less than 80	
High Blood Pressure (Hypertension) Stage 1	130 – 139	or	80 – 89	
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher	
Hypertensive Crisis (consult your doctor immediately)	Higher than 180	and/or	Higher than 120	

American Heart Association®

SARA WEMLINGER, DO, is a family medicine doctor and has a Certification of Added Qualification (CAQ) in Sports Medicine at North River Family Health Center in Palmetto. For an appointment call **941.722.7785**.

KELLY DUGGIN, MD, is a family medicine doctor at Lakewood Ranch Medical Group in Bradenton. For an appointment call **941.782.2800**.

*Before starting a new exercise program, consult a doctor.

AWARDS AND *recognitions*



For the 11th year, Manatee Memorial Hospital's Stroke Committee was presented with the Get With The Guidelines® Gold Plus Quality Achievement Award, and for the third year, they received the Target: StrokeSM Elite Honor Roll Award, both from the American Heart Association®/American Stroke Association®. These awards recognize the hospital for its outstanding commitment to quality stroke care.



Manatee Memorial Hospital's Chest Pain Committee received the 2019 Mission Lifeline® Gold Quality Award for the fifth year from the American Heart Association. The group was presented with the award for their continued quality improvement measures for the treatment of patients who suffer severe heart attacks.



Lakewood Ranch Medical Center is proud to announce that the hospital launched its Electrophysiology (EP) service line! The EP service line will offer patients new options for diagnosis and treatment of heart rhythm disorders, including 3D mapping and radiofrequency ablations. Congratulations to Dr. Brian Betensky and his team, and special thanks for all they do for the hospital and patients!



Earlier this year, Lakewood Ranch Medical Center was honored to receive the Get With The Guidelines® Target: Stroke Honor Roll Elite Gold Plus Quality Achievement Award from the American Heart Association and American Stroke Association. This award recognizes the hospital's commitment to following the latest research-based standards for treating stroke patients.



Sara Wemlinger, DO, and Blair Blunden, PA-C (back row, fourth and second from right), got together earlier this year with the Palmetto High School girls basketball team to focus on good health. During their visit, the providers from North River Family Health Center administered free sports physicals, and they also took time to educate the girls on injury prevention, mental health and other topics affecting athletes today.



Manatee Diagnostic Center kicked off Breast Cancer Awareness Month in October with some help from Maverick and LuLu from 92.1 CTQ. Listeners were reminded about the importance of breast self-exams and having their yearly mammogram. Pictured with Maverick and LuLu are Trudy McDaniel, Practice Administrator; Rebecca Huff, Director of Clinical Operations; Bret Henricks, MD, Radiologist; and Mary Anne Edwards, RT, Breast Navigator.



Manatee Healthcare System

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