

manatee

HEALTHCARE SYSTEM



The Lung Institute at Manatee Memorial Hospital offers *minimally invasive procedure*

Birgit Garlasco, shown with Ronald Smith, MD, and Kelsie Fryrear, RN, BSN, is grateful for the care she received.

THE HOSPITAL-BASED ER
When minutes matter

UPDATES ON TAVR AND WATCHMAN™
Minimally invasive procedures give patients a second chance



Manatee
Healthcare System

Manatee Memorial Hospital
Lakewood Ranch Medical Center

Manatee Healthcare System

Salutes the Medical Staff Leadership at our hospitals

Commitment, dedication, quality care...

Manatee Healthcare System thanks the physicians at Manatee Memorial Hospital and Lakewood Ranch Medical Center for all you do, every day.

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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



As we continue to offer advanced, minimally invasive services, our patients reap the rewards. We recently opened the Structural Heart Clinic at Manatee Memorial Hospital, a specialty facility that treats aortic stenosis and bleeding risks associated with atrial fibrillation. On page 6, we share two success stories from patients - one who had the TAVR procedure and one who had the WATCHMAN® implant. We are also proud that Manatee Memorial Hospital received the American Heart Association's Mission: Lifeline Gold Achievement Award.

On page 7, a lung cancer patient talks about the care she received through The Lung Institute. You'll also read about awards and recognitions the Manatee Healthcare System received for our services, including recognition for nursing, stroke and wound care.

Our goal is to exceed your expectations, whether you are a patient, family member or friend. We pride ourselves on taking patient-centered care to the next level. I welcome your feedback on how we can continue to do that.

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."



When you need emergency care, it's comforting to know that our hospital-based ER is here for you. And in certain situations, if a higher level of care is needed, Lakewood Ranch can provide that care. We talk about that and all the other positive attributes on page 4.

Our Orthopaedic Spine and Joint Center is also featured in this issue, with a great patient testimonial on page 5. You'll read how one local resident was able to return to one of his favorite hobbies following hip replacement surgery, thanks to the talented orthopaedic team.

We continue to focus on providing the highest level of medical care possible to our communities in Manatee and Sarasota counties. Enjoy the rest of your summer, and please let me know how we can be of service to you and your loved ones.

Andy Guz
CEO, Lakewood Ranch Medical Center

HAVE A QUESTION FOR ANDY?

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

Emergency care you can trust from the only hospital-based ER in Lakewood Ranch

In medical emergencies, minutes matter. And going to an ER that's part of an acute care hospital has many advantages, especially when a higher level of care is needed.



Chief Nursing Officer Judy Young, RN, says it's important to get the right level of care as quickly as possible in an emergency. "When patients come to the ER at Lakewood Ranch Medical Center, we have the capability to assess them, determine the right treatment and provide that care right away. If the patient is suffering from a heart attack, stroke or other major health crisis, time is of the essence."

In 2016, Judy says 31,884 patients came through the ER. "Our Emergency Services team has an outstanding performance record for their ability to promptly diagnose, and if needed, admit patients to the hospital so that the next level of care can be provided," she says.

"The best experience at Lakewood Ranch"

Ben Bettencourt certainly appreciated the care he received at Lakewood Ranch Medical Center. He went to a local urgent care for what he thought was a possible respiratory infection. But when the nurse checked his vital signs, she told him he would need to go to the ER by ambulance – his heart was only beating 20-30 beats per minute. When the

ambulance driver asked Ben if he had a hospital preference, he said he was new to the area and didn't have a doctor yet. The driver took Ben to the closest ER, Lakewood Ranch Medical Center.

"It was the best thing I ever did! The doctors quickly examined me and determined I needed a pacemaker. I was there for four days, and they treated me like a king," says Ben. "The quality of care was top notch, and you could tell they loved what they were doing."

Ben, a former construction worker, says he has been to the hospital plenty of times for injuries, but never had an experience like his stay at Lakewood Ranch Medical Center. "The people I met there, even the people who clean the rooms, they were fantastic. I tell everyone I had such a wonderful experience, and if I ever need to go to a hospital again, it will be Lakewood Ranch Medical Center," says Ben.

Judy says that many patients want to receive care in their own community without having to travel for specialty care. "They feel comforted knowing if they need to go to the ER and need additional care, we are right here," she says. ■

If you are experiencing an emergency and need urgent medical care, dial 9-1-1 immediately. For more information about emergency services, visit www.lakewoodranchmedicalcenter.com/emergency.

Ben Bettencourt says he was taken to the right hospital at the right time.

Kicking bad hips *to the curb*

Hip replacement surgery restores quality of life for local resident



When Ron Massaro, 50, had to give up martial arts, his favorite hobby, due to pain in his left hip, he knew it was time to stop putting off the inevitable – another hip replacement. But he was confident in his orthopaedic surgeon, **Daniel Lamar, MD**, who had replaced Ron’s right hip four years before.

Dr. Lamar says replacing hips at Ron’s age is not the norm, but his hip degeneration was due to genetics. When people are active, repetitive motion can lead to inflammatory arthritis and osteoarthritis. “If your joints are not resilient, it starts a downward spiral and the cartilage breaks down,” says Dr. Lamar. “We knew what the problem was, so he decided to get the left hip done to get back to his active lifestyle.”

Ron says Dr. Lamar did a fantastic job on his right hip, so he knew he was in good hands. “We knew the left hip would eventually need to be replaced, but we were trying to buy as much time as possible,” says Ron. “But I am so thrilled to be back doing everything I was before, including the kicking and basic moves of martial arts.” He says his experience at Lakewood Ranch Medical Center was amazing, and he received the best care. “The nurses and Dr. Lamar did a wonderful job, and I couldn’t be happier.”

In the hospital for only three days after his hip replacement, Ron says they got him back on his feet right after the surgery. “We had a group therapy session, and it was like a friendly competition, each of us encouraging the other to go a little further,” says Ron, who is thrilled to be back to doing Wing Chun, a form of Kung Fu. “I now do mixed martial arts three to four days a week, for about two hours each session. The kicks are all below the waist, which is perfect! Many people think you have to give up activities after hip replacement, but I am proof you can resume an active lifestyle. That, coupled with an amazing doctor and excellent hospital care, you can’t lose!” ■



Ron Massaro is excited to be doing martial arts after his hip replacement.

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.**


**The Orthopaedic
Spine and
Joint Center at
Lakewood Ranch
Medical Center**

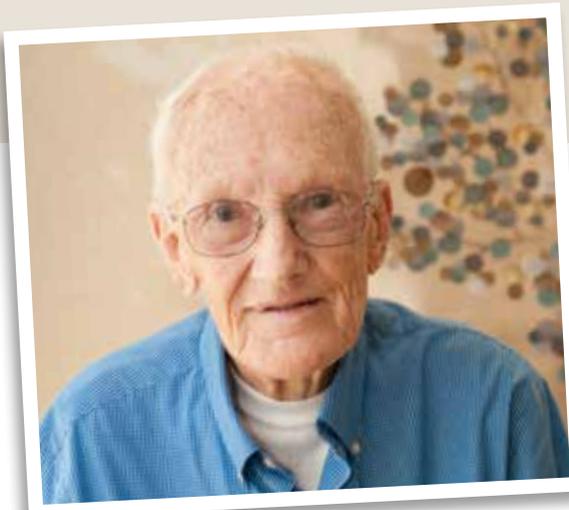
The Orthopaedic Spine and Joint Center at Lakewood Ranch Medical Center can help you return to an active life. For more information, visit www.lakewoodranchmedicalcenter.com/orthopaedic.

Taking cardiac care to the next level

At Manatee Memorial Hospital, doctors continue to have success with the Left Atrial Appendage Closure (WATCHMAN™) and Transcatheter Aortic Valve Replacement (TAVR).



From left, Amanda Harrington, RN, BSN, Structural Heart Navigator, with Buren Eagle, and his wife, Emily.



Lawrence Powers is off blood thinners and feeling great after receiving the WATCHMAN implant.

No more blood thinners

Lawrence Powers, 94, had been on blood thinners due to atrial fibrillation. He was very active, but because of his age, he was at risk for falling, his cardiologist recommended that he get off blood thinners and thought the WATCHMAN would improve his situation.

Srinivas Iyengar, MD, FACC, Structural Heart Director at Manatee Memorial Hospital, says Lawrence did very well following the WATCHMAN insertion and was able to stop blood thinners 45 days after the procedure. "Minimizing the risks of stroke and falling is important. That's why WATCHMAN is such a great option. So far, 99 percent of our patients have been

able to come off their blood thinners, which is fantastic," says Dr. Iyengar. "I feel great! I had a great experience with a top-notch team of doctors in a top-notch hospital. I am so blessed," says Lawrence.

TAVR was his only hope

Buren Eagle, 90, had been experiencing fatigue and shortness of breath, and was referred to see Dr. Iyengar. Upon evaluation, Dr. Iyengar found that Buren's heart valve was leaking and he had a heart murmur, as well as a build up of hard calcium.

"Normally, patients with Buren's symptoms would have open-heart surgery, but if the person is not a candidate, then TAVR is an option," says Dr. Iyengar. "The whole procedure takes about 30 minutes, is minimally invasive and patients usually go home after two days."

Buren says the care he received at the hospital was excellent. He was impressed with his whole experience. "I noticed improvement the next day – my shortness of breath disappeared," says Buren. "I feel great, and I can do more now than I could before, and I don't get tired like I used to. I have nothing but praise for Dr. Iyengar and the medical staff!" ■

For more information on the WATCHMAN or TAVR, please contact Amanda Harrington, RN, BSN, Structural Heart Navigator at 941.708.8064 or Amanda.Harrington@mmhhs.com, or visit our website at www.manateememorial.com/heart.

The Structural Heart Clinic at Manatee Memorial Hospital

Located across from the main hospital, this specialty clinic gives patients access to a team of heart specialists who work together to fully evaluate each patient and determine the best therapy. The clinical staff at this new office focus on treating aortic stenosis, stroke and bleeding risks associated with atrial fibrillation.

For more information, to send referrals, or for questions, contact the clinic coordinator at 941.708.8064 or fax 941.567.3300.

CONGRATULATIONS TO MANATEE MEMORIAL HOSPITAL'S MULTI-DISCIPLINARY CARDIAC EMERGENCY TEAM, who was honored with the American Heart Association's Mission: Lifeline Gold Achievement Award.

A team effort at The Lung Institute *helps patient navigate to good outcomes*

Birgit Garlasco was at a follow-up visit with her primary care physician, Christine Mehriary, MD, when she learned that her white blood cell count was low – again. She was also having bouts of excessive sweating, so her doctor ordered a CT scan of the chest. The results indicated an abnormal nodule in Birgit’s right lung, which prompted Dr. Mehriary to order a PET scan, confirming the 1.5 centimeter mass.

Dr. Mehriary referred Birgit for an evaluation by Pulmonologist John Peters, DO, who is associated with The Lung Institute at Manatee Memorial Hospital. Lung Nurse Navigator, Kelsie Fryrear, RN, BSN, accompanied Birgit to her appointment. “Birgit had the option of a biopsy or doing a follow-up in three months, and she chose to have the biopsy,” says Kelsie. “At that time, the results did not indicate a malignancy, so Birgit was scheduled for a follow-up CT scan.”

After the next appointment, the nodule was still there, and Birgit decided to have it removed. Thoracic Surgeon Ronald Smith, MD, did the procedure. “We performed a uniportal video-assisted right upper lobectomy, which is a minimally invasive procedure that requires a two-inch incision. During the surgery, a pathologist analyzed

the tumor and diagnosed it immediately as non-small cell lung cancer (adenocarcinoma). Knowing the type of cancer also enabled doctors to determine the proper type of chemotherapy for Birgit,” says Dr. Smith.

“I am so grateful to my doctors, including Dr. Mehriary. If it was not for her tenacity and proactive testing, this may have gone undiagnosed,” says Birgit. She also states that going through the process would not have been possible without Kelsie by her side. “Kelsie needs to be commended. My whole experience, including my stay at Manatee Memorial Hospital, was so well organized and I could not have done it without her help. She was always there for me and helped ease my anxiety. She truly is a blessed angel,” says Birgit. ■

A nurse navigator to guide you through

A nurse navigator is on call at The Lung Institute to offer personalized assistance. For more information or to make an appointment, call Lung Nurse Navigator Kelsie Fryrear, RN, BSN, at 941.745.6930.

 **The Lung Institute**
at Manatee Memorial Hospital



Birgit Garlasco is grateful for the care from her doctors, nurses and medical staff. “They were the best!”

Should You Have a Screening for Lung Cancer?

Most lung cancers are found incidentally and are often difficult to treat. Low-dose CT lung screenings are now available and covered by Medicare. The following criteria should be met to qualify for the screening:

- Smokers who are 55-77 years old, who have smoked a pack or more of cigarettes a day for at least 30 years and who are still smoking or who have quit less than 15 years ago
- Currently have no symptoms, such as fever, chest pain, new shortness of breath, new or changing cough, coughing up blood or unexplained significant weight loss
- No personal history of lung cancer within the past five years

A doctor’s prescription is required. If you have no insurance, the self-pay cost is \$99. For more information, call 941.745.6930 or visit www.manateememorial.com/lung.



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Sports Physicals a Good Pregame Move!

The earlier the better in preseason, so unforeseen issues can be treated . . .

Summer might be a break from hectic schedules for parents driving kids to after-school soccer practice or track meets, but getting a jump on those sports physicals (a.k.a. PPEs) is a good idea before the fall rush.

What are PPEs? PPEs, or preparticipation physical examinations, are similar to routine physicals in which a medical history and a physical examination are conducted, with the physician taking vital signs and checking vision. The ultimate goal is ensuring the health of young athletes and their safe participation in sports.

Getting an exam before the fall season allows parents ample time to follow up on any health issues, so that come game time the kids are ready to go.

Urgent Care Walk-In Clinics are a great place to get PPEs. Open 7 days a week with four locations in Bradenton, Lakewood Ranch, Sarasota, and Sarasota West, appointments are not necessary and most insurance plans are accepted.

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9908 S.R. 64 East
941.747.8600

Sarasota

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941.554.4301



www.bradentonurgentcare.com

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Member of Manatee Physician Alliance

Recognizing the signs of *heat-related illness*



Christina Mehriary, MD



Sheryl Okuhara, DO

Heat and humidity can leave young children, the elderly and those with certain medical conditions vulnerable to heat stroke, dehydration and heat exhaustion.

Christina Mehriary, MD, and Sheryl Okuhara, DO, share information on what

to look for and how to respond quickly when these conditions arise.

Q: What is heat exhaustion and what are the symptoms?

Heat exhaustion happens when the body can't cool itself down. It can also be a precursor to heat stroke if not addressed promptly. Symptoms can include weakness, heavy sweating, nausea or vomiting, weak pulse, pale, clammy skin and possible fainting. Heat exhaustion can be caused by dehydration, wearing heavy clothing in warm weather or by consuming alcohol. To relieve symptoms, act quickly and get to a cool area, drink plenty of water or electrolyte-enhanced fluids and contact your doctor.

Q: What are the symptoms of possible heat stroke?

Heat stroke is considered a medical emergency, and the first signs can include hot, dry skin and a body temperature of 104 degrees or higher. The person may also have rapid breathing, a fast heartbeat and be confused. You should call 9-1-1 and quickly get to a shady spot or air-conditioning and cool the person off by spraying water, covering them with damp cloths or by fanning them. If the person is conscious, offer cool water to help with hydration.

Q: How can I tell if someone is dehydrated?

Senior citizens and children under four are most prone to dehydration from the heat. As people age, they don't retain as much water, and certain medications may also interfere with thirst. Young children may not be aware they are thirsty, or just be so active they don't realize they are dehydrated. Symptoms can include decreased urination, dizziness, cracked lips or complaints of dry mouth. Offer water or an electrolyte drink and seek medical attention if symptoms don't improve.

Q: What precautions are best to prevent heat-related conditions?

Stay indoors during the hottest part of the day, usually 10 a.m. to 4 p.m. Plan to do outdoor activities before 10 a.m. or later in the evening and take frequent breaks. If you do go out, dress in loose-fitting, lightweight, light-colored clothing that covers your legs and arms. Shade your face and head with a wide-brimmed hat and wear sunscreen, and don't forget to drink water or electrolyte-enhanced beverages at regular intervals to stay hydrated. ■

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. Okuhara is a board-certified internal medicine physician. She treats adults 18 years and older at Lakewood Ranch Primary Care Rye Road. To make an appointment, call 941.216.3939.



AWARDS AND *recognitions*



The Center for Wound Healing and Hyperbaric Medicine at Lakewood Ranch Medical Center proudly accepts a national Center of Distinction Award recognizing the Center for outstanding clinical outcomes for over 12 consecutive months.



Manatee Memorial Hospital's Wound Care and Hyperbaric Treatment Program received the seventh consecutive Center of Distinction Award and the sixth consecutive Robert A. Warriner III Center of Excellence Award from Healogics®.



For the ninth year, Manatee Memorial Hospital has received the Stroke Gold Plus Performance Achievement Award from the American Heart Association/American Stroke Association's Get With The Guidelines® Program, in addition to receiving the association's Stroke Gold Performance Award every year since 2006.



Lakewood Ranch Medical Center's Stroke Steering Committee proudly accepted the Get with the Guidelines® Stroke Silver Plus Quality Achievement Award with Target: Stroke Honor Roll Elite Plus from the American Heart Association/American Stroke Association. The hospital was recognized for their commitment to quality stroke care.



Lakewood Ranch Medical Center celebrates the introduction of the DAISY Award program for extraordinary nurses at our hospital, proudly announcing Bonnie Livermore, RN, as the hospital's first Daisy Award recipient! Front Row, L to R: Vanessa Spingola, RN; Judy Young, CNO; Bonnie Livermore, RN; Christine Bolkema, RN; and Jamie Johnson, RN. Back Row, from L: Andy Guz, CEO and Chris Loftus, COO.



Congratulations to Manatee Memorial Hospital's Second Quarter DAISY Nursing Award Winners! Since 2015, registered nurses have been chosen because of their outstanding care to our patients and for their consistent demonstration of service excellence. Pictured L to R: Candace Smith, CNO; Angie Dauphinee, RN, Cardiac Step Down; Brian Miller, RN, Orthopedics; Shannon Faulkner, RN, Stroke; Mark Goodson, Chairman of the Manatee Memorial Foundation, Inc.; and Kevin DiLallo, CEO. Not pictured: Kelsie McLean, RN, ICU.



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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,
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HEALTH NEWS FROM MANATEE HEALTHCARE SYSTEM

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Healthcare System

Lisa Kirkland
Director of Marketing
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Andy Guz
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Betty Chambliss
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