

manatee

HEALTHCARE SYSTEM



Here we GROW!

Big changes for Lakewood Ranch Medical Center

Working together on the expansion project are, from left: Cath Lab Medical Director Vivek Kumar, DO; Chief Nursing Officer Judy Young, RN; Chairman of the Board of Governors Robert Hillstrom, MD; Chief Executive Officer Andy Guz; and Chief of Staff Aaron Sudbury, MD.

She lost weight and gained confidence

Cara Aliotta tells her success story

Non-narcotic solution for post-op pain

Toni Walter's hip replacement surgery



Manatee
Healthcare System

Manatee Memorial Hospital
Lakewood Ranch Medical Center

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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.



We begin 2018 with much excitement about the future of our hospital system as we expand to meet the needs of our growing communities. We broke ground on the new emergency care center and look forward to providing updates.

Patient successes are very important to us, and we feature Cara Aliotta's journey to better health and her experience at Manatee Memorial Hospital. Speaking of successes, we are proud to welcome three new cardiologists to the Manatee Heart and Vascular Center. They look forward to building lasting relationships with our cardiac patients. Read more about them and the services they offer on page 5.

Whether you visit our hospitals as a patient, family member or friend, we want to make sure your experience is second to none. Our staff goes the extra mile every day to provide quality care and to meet your needs. If there is ever anything I can do to make your stay or visit better, please do not hesitate to let me know.

Kevin DiLallo
CEO, Manatee Healthcare System

HAVE A QUESTION FOR KEVIN?

Go to manateememorialhospital.com and click on "contact us" and fill out the form.



Lakewood Ranch Medical Center is kicking off 2018 with the largest expansion project in its history. New operating rooms and an additional catheterization lab will be added, and much more in the coming year. Read about it on page 6.

We feature our Orthopaedic Spine and Joint Center with the story of a patient who has had both hips replaced, one using a new opioid-reduced pain management option. Read how this exciting approach made positive impacts in the outcome of her hip replacement. And on page 9, you'll learn how Lakewood Ranch Medical Center's accreditations reflect the high standards of heart care we provide for our patients.

The growth in our community is a great opportunity for expanding our facility and services, and of course, to meet your healthcare needs. We look forward to what this year has to offer and sharing the benefits of our facility expansion with you. As always, 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 lakewoodranchmedicalcenter.com and click on "contact us" and fill out the form.

A brand new emergency care center *in the making*

The facility is expected to double in size, allowing emergency personnel to accommodate more patients and streamline care.

As the region continues its rapid growth, Manatee Memorial Hospital is keeping up with it and expanding care for the community. Construction is currently underway for the hospital's latest addition – a new emergency care center, expected to be completed in the fall of 2018. The 34,000-square-foot addition will feature 48 treatment spaces organized in four nursing team clinical care areas. Within the treatment areas, there will be 24 universal exam rooms, 8 fast-track rooms and 16 super-track rooms, which are functionally able to flex as needed based on demand. There also will be a dedicated Emergency Medical Services (EMS) covered drive access with three staging and support areas for their vehicles.

The new center will have three behavioral health rooms; two resuscitation rooms; one bariatric room with integral patient lift; one gynecology room; and two negative pressure/contact isolation rooms. Emergency personnel will have convenient access to imaging, surgery, cath labs, as well as patient care areas such as ICU and Medical/ Surgical units. Chief Executive Officer Kevin DiLallo says they set a hospital record last year for the number of patients who came through the ER - 82,000. "We have broken our own record for the last several years, and we expect a 16 percent growth within the next five years. This new addition will help us accommodate the increase of patients and streamline care, all in an effort to improve the patient experience and lower wait times," he says. ■

Visit manateememorial.com for more information on Manatee Memorial Hospital. You can also keep up with what's happening at the hospital by liking us on Facebook, following us on Google+, Instagram, YouTube and Twitter (@ManateeMemorial).



Kevin DiLallo, CEO, Manatee Healthcare System, recently received this year's Rick Fawley Economic Development Award of Distinction from the Bradenton Area EDC. Dr. Carol Probstfeld, Chair of the Bradenton Area EDC, President of State College of Florida, Manatee-Sarasota, and a hospital Board of Governors member, and Mike Bryant, principal/owner of Fawley Bryant Architecture presented the award to Kevin.



Pictured from left to right are Larry Blackburn, Turner Construction Co.; Alan Miller, MD, Chief of Staff; Catherine Cooper, MD, Board of Governors; Gary Tibbetts, representing U.S. Congressman Vern Buchanan; Carol Whitmore, Board of County Commissioners; Kevin DiLallo, CEO; Scott Jarrette, Universal Health Services, Inc.; Wayne Poston, Mayor of Bradenton; David Fouche, J2 Solutions Inc.; Hugh Miller, Chairman, Board of Governors; Dr. Teresa Rawe, Medical Director, Emergency Department; Steve Jonsson, Board of County Commissioners; Jim Boyd, State Representative and Board of Governors; Mark Goodson, Vice Chairman, Board of Governors; Betsy Benac, Chairman, Board of County Commissioners; Priscilla Whisenant Trace, Board of County Commissioners; and Dr. Carol Probstfeld, President, State College of Florida.

“Weight-loss surgery changed my life!”

– Cara Aliotta

For the last 13 years, Cara Aliotta struggled with losing weight, trying different medications, supplements and programs. She would lose a little bit of weight, but then gain it all back.



When her employer’s insurance changed, she noticed bariatric surgery was covered. She started doing research and saw the success others had, and was referred to Bariatric and Robotic Surgeon, Stelios Rekkas, MD, FACS.

“I knew I made the right decision after my first appointment,” says Aliotta. “Dr. Rekkas’ staff helped guide me through their process of tests and appointments with a nutritionist and bariatric coordinator. I also attended the support group before the surgery so I could learn more about the procedure and what I would have to do after the surgery to be successful.”

Aliotta had her sleeve gastrectomy procedure at Manatee Memorial Hospital on October 12, 2016, and went home the next night. Following a post-surgery liquid diet that gradually transitioned to regular food, Aliotta noticed positive changes. “I lost about 18 pounds pretty quickly, but the biggest

change was that I no longer craved bread or sweets. I followed a high protein, low carb diet and stayed away from sugar. My goal was to lose 110 pounds, and I have reached that goal,” she says. “I exercise three to four times a week, and I feel so much better. I no longer have knee or foot pain, and I have so much more energy!”

Dr. Rekkas says weight-loss surgery is a tool, but it’s up to the patient what they do with it. “Cara has done really well and was determined to make this work for her. She followed our guidelines, went to the support groups and worked with our nutritionist and bariatric coordinator. We really focus on educating our patients so they can be successful after surgery and manage their weight for the rest of their life,” he says.

Aliotta says the care she received from Dr. Rekkas, the bariatric coordinators and nurses at the hospital was second to none, and she would recommend them to anyone. “I had a great experience with the whole process. I felt supported the whole time and it was the best decision I ever made!” she says. ■

To learn more about surgical weight-loss options, visit manateememorial.com/wls.

Inset: Cara before her weight-loss surgery, and far left, after losing 110 pounds.

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



SPECIALTY cardiac care is a heartbeat away

Get to know the new cardiologists
at Manatee Heart and Vascular Center



Three new doctors have joined Bradenton Cardiology. From left, Brian W. Holyk, DO; Ganesh Athappan, MD; and David C. Buck, DO.

When the community grows, so do physician practices. Manatee Heart and Vascular Center is now home to three new cardiac specialists from Bradenton Cardiology Center, whose priority is to provide advanced care for your heart. All three physicians look forward to building relationships with the community and to providing quality cardiac care.

Ganesh Athappan, MD

Dr. Athappan is a board-certified interventional cardiologist who specializes in structural heart disease. He treats complex coronary artery disease and also performs procedures involving stenting and angioplasty; Transcatheter Aortic Valve Replacement (TAVR); MitraClip®; Transcatheter Mitral Valve Replacement (TMVR); Watchman™; and CardioMEMS™. Dr. Athappan received his medical degree from Madurai Medical College, Madurai, India. He completed his residency at St. Elizabeth's Medical Center and his fellowship at Case Western Reserve University, MetroHealth Medical Center. Dr. Athappan speaks English, Tamil, and Hindi.

David C. Buck, DO

Dr. Buck is board certified and specializes in cardiovascular disease and imaging studies in the structural heart program. He received his medical degree from Lake Erie College of Osteopathic Medicine, completed his residency in general surgery and internal medicine at Morristown Medical Center and his fellowship at Deborah Heart and Lung Center. He met Brian Holyk, DO, during this fellowship and they trained together for three years. Dr. Buck and his wife have family in the area, so they decided to relocate. He has been an Army Reservist since 2009. He encouraged Dr. Holyk to join him in the practice.

Brian W. Holyk, DO

Dr. Holyk is board certified and specializes in cardiovascular disease and structural heart imaging. He received his medical degree from Philadelphia College of Osteopathic Medicine where he also completed his residency. He completed his fellowship at Deborah Heart and Lung Center, where he met and became friends with Dr. Buck. After hearing great things about Bradenton and wanting to continue working with Dr. Buck, he and his wife moved to the area so he could join the practice. They look forward to starting a family and becoming vested members of the community. ■

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

To make an appointment with one of these cardiologists at the Bradenton or Lakewood Ranch office, call 941.748.2277. For more information on Manatee Heart and Vascular Center, visit manateememorial.com/hvcenter.



A new year, a new expansion for Lakewood Ranch Medical Center

AS THE REGION GROWS, SO DOES THE HOSPITAL. CONSTRUCTION IS BEGINNING ON THE LARGEST EXPANSION PROJECT YET, AS WE LOOK FORWARD TO THE ADDITION OF NEW OPERATING ROOMS, A CATHETERIZATION LAB AND MUCH MORE.



Designs and permits are in place, and the first phase of the infrastructure upgrade to accommodate our current and future growth has begun. Chief Executive Officer Andy Guz says when the hospital was built, there was an entire first floor wing that was left shelled out to allow for future expansion. "That area will become the new home for medical staff, a doctors' lounge, and several administrative departments including quality, risk management, information technology, marketing, physician relations and additional conference rooms. The relocation of those departments creates the needed space for a new pre- and post-surgical area, along with a second heart catheterization lab," he says. "But even more exciting is the addition of two new operating suites, and shelling out two additional operating suites for future growth." In addition, a new MRI and CT scan will be installed in the main hospital.

Guz says they have experienced high levels of growth in the community as well as in the hospital. "Our inpatient levels are consistently increasing, and we are recruiting more specialists and offering more services to meet the needs of the community," he says. "We have patients from Manatee and Sarasota counties, plus the counties that surround them. Also, seasonal residents and visitors can boost hospital volume by approximately 20 percent."

Guz states that the 48-plus square mile Lakewood Ranch community is designated for 30,000 households, and right now, there are just over 12,000 built. "Many residents who used to be seasonal are becoming permanent residents, and we are seeing a lot of young families in this community. And our hospital has the technology, physicians and services to accommodate them for whatever healthcare needs they have." ■

To stay up to date on the construction progress, follow our social media on Facebook, Twitter (@LWRMCCares), Google+ and YouTube.



Pain treatment that is making a BIG difference in joint replacement

Toni Walter had both hips replaced two years apart. With her first surgery, the medication made her nauseated. For her second surgery, she tried a new option. The difference was like night and day.



Walter, 60, a full-time caregiver, had her first hip replacement surgery four years ago at Lakewood Ranch Medical Center by Orthopaedic Surgeon,

David Cashen, MD, Medical Director of the Orthopaedic Spine and Joint Center. While completing her post-surgery recovery, which included three months of physical therapy, Walter's continued with a pain management plan that included taking prescription pain medication, despite some of the adverse effects she experienced from taking the narcotics. Walter says within six hours after surgery, nurses had her standing up, and before she knew it, she was vomiting. "I was not a good candidate for opioids, so Dr. Cashen gave me a substitute for it, which made me a little less nauseous," says Walter. "But I still had to keep crackers and lemon-lime soda by my bed to keep the nausea at bay."

"I knew I would have to have my other hip done because my condition was hereditary, so I was hoping there would be a different pain relief option by that time," says Walter. Luckily, there was.

To learn more about joint replacement at Lakewood Ranch Medical Center, visit lakewoodranchmedicalcenter.com/orthojoint.

About two years later when it was time for Walter's other hip replacement, Dr. Cashen suggested using a new, non-opioid pain management treatment and Walter agreed. She was the first hip replacement patient at Lakewood Ranch Medical Center to receive the new treatment. "The nurses stood me up soon after surgery, and I had no problems with nausea, nor did I have much pain. I didn't even finish my prescription pain medications, and my rehab was only two months. I can't believe what a difference it was with the new pain treatment," she says.

"I had both surgeries with Dr. Cashen at Lakewood Ranch, and I would have them there again. The hospital staff was courteous, caring, professional, and I felt like I was in a resort. Dr. Cashen was amazing and has a great bedside manner," says Walter. "Thanks to him, I was able to get back to my work as a caregiver, and I have no more pain." ■



How does opioid-free pain medication work?

Orthopaedic Surgeon David Cashen, MD, Medical Director of the Orthopaedic Spine and Joint Center, explains the non-narcotic medication is a long-acting local anesthetic that works by numbing pain sensory nerves at the surgical site, much like a dentist numbs a patient's mouth. It's packaged in microscopic bubble-like structures that burst randomly over a three-day period, providing continuous pain relief. By experiencing less pain, patients don't need to take as much narcotic pain medication. "This pain management modality allows me to provide hip and knee replacement surgery with less pain," says Dr. Cashen. "We add spinal anesthesia, peripheral nerve blocks and non-narcotic medications to create a more manageable post-surgical experience. Patients are more active, more comfortable and more likely to return home early with better outcomes."

The path to a healthier You . . .

BEGINS WITH THE FIRST STEP.

When diets, exercise and weight-loss medications don't work, it can be frustrating, but there are alternatives. Manatee Weight Loss Center offers surgical* and nonsurgical options that can help reduce or eliminate obesity-related conditions, which may include:

- Hypertension
- Diabetes
- Heart disease
- Sleep apnea
- Coronary artery disease

Manatee Weight Loss Center offers seminars, support groups, a dedicated staff and quality care to help you on your journey, providing you with the right tools to reach healthy goals throughout the process.

Stelios Rekkas, MD, FACS, is a general surgeon with a focus on minimally invasive surgery and bariatric surgery. He is trained in using the da Vinci® Surgical System, is board certified in general surgery and completed an accredited bariatric surgery fellowship.

The center offers several weight-loss procedures, and your doctor can help you choose which one might be right for you:

- Laparoscopic sleeve gastrectomy
- Laparoscopic gastric bypass
- Gastric band
- Obalon® Balloon system



Stelios Rekkas, MD, FACS
General, Robotic and Weight-Loss Surgeon
Board Certified in General Surgery

 Find us at
facebook.com/MSAWeightLoss



232 Manatee Avenue East
Bradenton, FL 34208
941.896.9507

**For more information, call 941.896.9507
or visit msaweightloss.com**

During a heart attack, MINUTES MATTER

LAKWOOD RANCH MEDICAL CENTER OUTPERFORMS AMERICAN COLLEGE OF CARDIOLOGY TREATMENT GUIDELINES

In the event of a cardiac emergency, it's good to know your community hospital is able to provide prompt, quality care. Lakewood Ranch Medical Center was recently re-accredited by the American College of Cardiology as an accredited Chest Pain Center with percutaneous coronary intervention (PCI). "This means our hospital has met stringent standards of medical expertise and is committed to quality patient care. It's important for the community to know that the medical center staff provides top-level care for a variety of cardiovascular emergencies, including heart attack," says Critical Care Director/Chest Pain Coordinator Lauren Cross, RN, BSN.

"An ST-elevation myocardial infarction (STEMI) heart attack can be deadly, and is the result of a completely blocked coronary artery. The cardiac cath lab team is available to treat this health crisis 24 hours a day, 7 days a week," says Cross. "EMS from Manatee and Sarasota counties call ahead, letting us know they are bringing a STEMI patient in so our team is ready."

Cross says the Lakewood Ranch Medical Center team is proud to consistently outperform the American College of Cardiology guideline for "door-to-balloon time" of 90 minutes. "Door-to-balloon time is the time from when the patient arrives until they are treated in the cath lab," she says. "Treatment times currently average 55 minutes. If you are having a heart attack, this is the place to come," says Cross.

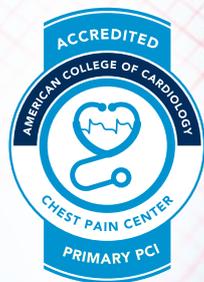
KNOWING THE EARLY WARNING SIGNS OF HEART FAILURE

Teaching the community about early heart attack care is something Cross says the hospital is passionate about. "We are constantly out in the community, educating patients to call 9-1-1 in the event of a possible heart attack. Symptoms can occur for a while before the heart attack actually happens, so we educate them on what to look for," says Cross. "The staff also annually participates in activities to raise funds for the American Heart Association, as an additional way of supporting heart health initiatives in our community." ■

To learn more, visit lakewoodranchmedicalcenter.com/cardiovascular.



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American Heart Association
Hospital Accreditation

EARLY HEART ATTACK CARE

Time is of the essence when a heart attack occurs. And many times, the symptoms are present but go unrecognized.

If you have any of these signs, call 9-1-1 and get to a hospital right away.

- Pressure, squeezing or pain in the chest that lasts for a few minutes, or goes away and returns
- Shortness of breath
- Lightheadedness, or pain in your neck or jaw
- Breaking out in a cold sweat
- Discomfort or pain in the arms or back
- Nausea, vomiting or pain in the stomach

EMS personnel are trained to begin treatment en route to the hospital and will call ahead so hospital staff is ready.



Cardiovascular Services
at Lakewood Ranch Medical Center

What you need to know about *pneumonia*



Kristof Michaels, DO



Payal Jhawar, MD

Pneumonia is an infection in the lungs and there are different types of it. Anyone is susceptible, however, for babies, children and older adults, it can become very serious, even deadly.

Kristof Michaels, DO, and **Payal Jhawar, MD,** share their thoughts

and information on symptoms, causes and appropriate treatment.



Q: What are the different types of pneumonia?

The most common type is community-acquired pneumonia. It is not something you would catch by being in a hospital, and can be caused by bacteria, fungi or viruses. Healthcare-associated pneumonia occurs as a result of living in a nursing home or being hospitalized. This type can be more severe because your immune system may already be compromised and be more resistant to medications.

Q: What are the symptoms of pneumonia?

In bacterial pneumonia, symptoms in healthy people 65 and younger can occur suddenly, often after an upper respiratory infection or cold. The person may have a cough with mucus, a fever, the chills, chest wall pain when breathing in or coughing, weakness and a rapid heartbeat. Viral pneumonia can be more mild, and many people don't even realize they have it because they don't feel sick. But they may have a cough with some mucus, a fever or shortness of breath.

Q: How is pneumonia treated?

The treatment depends on the type of pneumonia you have, your health and your age. Antibiotics are usually prescribed for bacterial pneumonia, and over-the-counter cough medications, acetaminophen and ibuprofen can be taken as needed for relief. For those with compromised immune systems or other health issues, hospitalization may be required to prevent or address complications, such as increased fluid build up in the lungs.

Q: Is there any way to prevent pneumonia?

Yes. If you smoke, stop, since it can increase your risk of getting pneumonia. Limit contact with people who have respiratory tract infections, the flu or severe colds. If you are 65 and older, check with your doctor who may recommend two different pneumococcal vaccines, especially if you have a chronic health condition. Most importantly, wash your hands frequently, as it can help prevent spreading bacteria and viruses. ■

Dr. Michaels is a board-certified family medicine physician. He treats adolescents, adults and older adults at Manatee Primary Care Associates, 5225 Manatee Ave. W, in Bradenton. To make an appointment, call 941.708.8081.

Dr. Jhawar is a board-certified internal medicine physician. She treats adults 18 years and older at Lakewood Ranch Medical Group, 8340 Lakewood Ranch Blvd., Suite 210, in Bradenton. To make an appointment, call 941.782.2800.

Making Strides Against Breast Cancer Walk 2017



Kobee Masiello, Practice Administrator at Manatee Diagnostic Center, chaired this year's Making Strides Against Breast Cancer Survivors Brunch, which honored and recognized survivors. More than 500 attended the brunch.



Manatee Healthcare System's CEOs joined in this year's Real Men Wear Pink for Making Strides Against Breast Cancer. Kevin DiLallo, CEO Manatee Memorial Hospital, received 3rd place and Andy Guz, CEO Lakewood Ranch Medical Center, took 2nd place in the individual campaigns.



Thank you to the MHS staff and their family and friends for raising over \$35,000 for breast cancer. Lakewood Ranch Medical Center, Manatee Memorial Hospital, Manatee Diagnostic Center, Manatee Physician Alliance, Manatee Memorial Foundation, Inc., and our friends from Pittsburgh Pirates/Bradenton Marauders all wore pink in support of this important cause.



This year's American Cancer Society's Making Strides Against Breast Cancer was co-chaired by Carol Whitmore, Manatee County Commissioner and Vernon DeSear, Vice President, Manatee Healthcare System, joined by top sponsor, Randy Benderson, CEO Benderson Development Corporation. More than \$300,000 was raised by the Manatee and Sarasota community.



Congratulations winners and nominees!



LRMC's Daisy Award finalists Margo Williams (far L) and Ryan Coulson (far R) and our Daisy Award recipient Steve Brennan (Center)! Each of these amazing nurses was nominated by a patient or patient's family for extraordinary clinical skill and compassionate patient care. We applaud and appreciate these talented nurses.



MMH's Fourth Quarter DAISY Nursing Award Winners and Nominees (Front row): Stacy Fetzek, Medical/Surgical, Winner; Hillary Sicking, Observation and Tiffany Slack, Medical/Surgical, Winner. (Back row): Carole Davis, Orthopedics; Leslie Balke, Oncology; Sarah Newhall, Cardiac Step Down; Charity Hershberger, Observation, Winner; Staci Glanzman, Emergency Care Center and Reagan Bock, Cardiac Step Down. (Not pictured): Angie Edwards, Cardiac; Cristine Goudreau, Pediatrics and Deborah Paul, Mother/Baby, Winner.



**Manatee
Healthcare System**

Manatee Memorial Hospital
Lakewood Ranch Medical Center

Manatee Memorial Hospital
206 Second Street East
Bradenton, FL 34208

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One Year: Single: \$15.00 Couple \$25.00

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DOB _____

Name (second applicant) _____

DOB _____

Address _____

City/State/Zip _____

Telephone _____

E-mail _____

How did you hear about us? _____



Please make your check payable to
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206 Second Street East
Bradenton, FL 34208



"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. Seminars, classes, support groups, events and discounts are just some of the advantages you receive with your membership.

Manatee Memorial Hospital offers classes on Diabetes, A Matter of Balance, Tai Chi for Arthritis and Fall Prevention, and Weight Loss. Support Groups include Breast Cancer, Diabetes, Healthy Hearts, Stroke, Idiopathic Pulmonary Fibrosis, Parkinson's and Weight-Loss. We also partner with Life Line Screening to provide health screenings to residents throughout the year.

Lakewood Ranch Medical Center offers Healthy Walkers, a free individually paced, mall-walking program that encourages members to live healthy, active lives. You can even earn rewards for the miles you accumulate. Register today at the Mall at UTC Customer Service Counter, or call 941.552.7000. Support Groups include ALS, Bereavement, Breast Cancer and Gluten Free.

What's more ... if you're a patient at either hospital, your Senior Advantage benefits include the possible waiver of the Part A Medicare deductible for members. This is not insurance.

For more information on Senior Advantage, please call 941.745.7548.



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HEALTH NEWS FROM MANATEE HEALTHCARE SYSTEM

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