

HealthTalk

SUMMER 2009



GROUNDBREAKING CELEBRATION

Facility expansion continues

MAKING STRIDES AGAINST BREAST CANCER

Celebrate survivorship and join the fight

REST EASY

Our Sleep Program can help

GET ON THE ROAD TO RECOVERY

Outpatient Services at Sebastian River Medical Center

■ Our state-of-the-art expansion

GROUNDBREAKING MARKS START OF SECOND AND THIRD PHASES

On July 8, 2009, the second and third phases of Sebastian River Medical Center's hospital expansion began with a groundbreaking ceremony for the new three-story tower which will rise directly behind the hospital. The rendering below offers a glimpse of what the new facility will look like.

The 55,000-square-foot building will connect to our existing hospital, offering patients, visitors and medical staff the ability to move freely between departments. Patient occupancy is expected in January 2011.

The tower will feature a 16-bed intensive care unit on the first floor, with

a total of 42 luxurious private rooms on the second and third floors. The expansion will increase Sebastian River Medical Center's capacity from the current 129 beds to 166, including 56 private patient rooms. "These private rooms will be beautifully appointed in similar fashion to the 14 new private patient rooms already completed in our current facility," says Emily Holliman, Sebastian River Medical Center CEO.



You'll find regular updates on the progress of the hospital expansion in HealthTalk and online at www.sebastianrivermedical.com.



Pictured (left to right): Gary Newsome, President & Chief Executive Officer, Health Management Associates; Deborah Mayfield, State Rep.; Rene VanDeVoorde, Chairman, SRMC, Board of Trustees; CEO, SRMC; Dr. Michael Venazio, Chief of Staff, SRMC; John McEachern, CFO, SRMC; Senior Vice President Division 5 CEO, Health Management Associates; Mark Spafford, Senior Vice President Division 5 CFO, Health Management Associates; and Ron Gicca, COO, SRMC.



continues



The outstanding amenities include private bathrooms with showers, flat-screen televisions, restful interior décor and plenty of storage. Deluxe suites also offer comfortable overnight sleeping accommodations for a friend or family member. Best of all, these new rooms and suites are offered at no additional cost, although they are subject to availability.

Setting the standard for patient care is not just a slogan at Sebastian River Medical Center. It's our ongoing commitment, of which this expansion project is a part.



Beth Mitchell, Executive Director, Sebastian River Area Chamber of Commerce and SRMC Board member, and Rene VanDeVoorde, Chairman, SRMC Board of Trustees.



Nancy Madsen, Area Executive Director, American Cancer Society, with her grandchildren.



Management Associates: Emily Holliman, MC; Josh Putter, Vice President OPS SRMC.



Pictured on cover: Sebastian River Medical Center CEO Emily Holliman (left) and State Representative Deborah Mayfield.

■ Introducing our Surgical Weight Loss Support Group

STAY FOCUSED BEFORE AND AFTER WEIGHT LOSS SURGERY



Lynn Williams, Psy. D., MSN,
Clinical Health Psychologist

What: Free Surgical Weight Loss Support Group

When: Fourth Tuesday of the month

Where: Sebastian River Medical Center, Dining Room 1

Time: 6 pm

Since the start of Sebastian River Medical Center's Comprehensive Weight Management Program five months ago, more than 100 patients who are candidates for surgery have been seen. Now, we're offering our new Surgical Weight Loss Support Group to those contemplating surgical weight loss and to those who have already undergone surgery.

"Support groups provide an opportunity for people experiencing a similar situation to relate to each other in an honest way, and share fears and goals that they might not be comfortable expressing to family members or their doctor."

— Dr. Patrick Domkowski, SRMC Medical Director of Bariatric Surgery

Held every fourth Tuesday of the month at 6 pm, the meetings are led by Lynn Williams, Psy. D., MSN, a clinical health psychologist who specializes in obesity and is herself a successful LapBand® patient. (Dr. Williams also focuses on pain management and addiction, and works with heart, stroke and cancer patients to help them manage stress, grief and anxiety issues.) The group is open to prospective and current patients of Patrick Domkowski, MD, SRMC Medical Director of Bariatric Surgery, as well as those who have had LapBand® and lap sleeve procedures elsewhere.

"Attending a support group brings a lot of benefits," says Dr. Williams. "Those who attend such groups have much better weight loss than those who don't."

Dr. Domkowski, who has been involved in bariatric (weight loss) surgery for more than 10 years, agrees. "Support groups provide an opportunity for people experiencing a similar situation to relate to each other in an honest way," he says. "They can share fears and goals that they might not be comfortable expressing to family members or their doctor."

■ Join our new Caring Hearts Club!

FREE CHF EDUCATIONAL SUPPORT GROUP

Congestive Heart Failure (CHF) is the most costly diagnosis in hospitals today and the leading cause of hospitalization of people age 65 and older. As many as 5 million Americans have been diagnosed with the disease, and more than 500,000 new cases are reported every year.

Sebastian River Medical Center's new Caring Hearts Club aims to provide the tips and tools you need to manage CHF every day. These free educational sessions are open to anyone, including those diagnosed with CHF and family members. Our group meets on the fourth Wednesday of every month at 3 pm. Each meeting lasts about one hour and includes healthy refreshments.

Our first meeting in May attracted 17 attendees who took part in an interactive question-and-answer session with our guest speaker. Our August meeting included a cooking demonstration, and future sessions will feature a cardiologist, who will talk about medication issues, and a pulmonary specialist.

"We are hoping to build momentum as the meetings progress, and we can schedule guest speakers on topics of interest suggested by those who come," says Margot Kornicks, Sebastian River Home Health Director. "We aim to give people information to help them with their diagnosis of CHF. For example, a lot of frozen foods contain hidden sodium, and the cooking demonstration will help people prepare simple, healthy meals."

With CHF, it's easy to fall into a situation where you have to go back into the hospital, she explains. Small problems, such as a little increased weight, eating too much salt or forgetting to take your medication, can quickly exacerbate your condition. When you follow a routine, it really does make a difference.



What: CHF Educational Support Group

When: Fourth Wednesday of every month.

Where: Sebastian River Medical Center, Dining Room 1

Time: 3 pm

■ Thoracic Oncology Program patient praises physicians

Mary Winfield admits it was a shock when she learned she had lung cancer. The Barefoot Bay resident hadn't smoked in over 35 years and thought it was just an infection when she began feeling excruciating pain.

Now, almost exactly a year after being treated by the Thoracic Oncology Team at Sebastian River Medical Center, Ms. Winfield says she feels great, and everyone says she looks good as she approaches her 80th birthday.

"I have nothing but praise for the Sebastian River Medical Center Thoracic Oncology Team."

– Mary Winfield

Our Thoracic Oncology Program gives patients the benefits of collaboration between different medical specialties and the latest medical options to create the best possible treatment plan. Ms. Winfield's case was handled by several SRMC physicians, including Peter Seirafi, MD, Surgical Director; Michael Layton, MD, Medical Director; Nicola Ally, MD, radiation oncologist; and Noor Merchant, MD, medical oncologist.

"My doctors are very caring and wonderful physicians," Ms. Winfield says. "Dr. Seirafi explained everything prior to the surgery, so I knew what to expect. My anesthesiologist, Achilles Stachtariis, MD, told me about the medicines they would be using during the surgery, so I felt comfortable going into the procedure."

For more information about the Thoracic Oncology Program at Sebastian River Medical Center, please call (772) 388-4388.



Mary Winfield feels great, thanks to the Thoracic Oncology Team at Sebastian River Medical Center.

ARE YOU GETTING ENOUGH SLEEP?

The most common sleep disorders

- **Sleep apnea:** A potentially serious disorder which causes you to stop breathing repeatedly, often hundreds of times each night while you sleep.
- **Insomnia:** A persistent inability to fall asleep or stay asleep.
- **Narcolepsy:** A lifelong disorder characterized by uncontrollable sleep attacks during the day.
- **Gastro-esophageal reflux:** A disorder caused by acid "backing up" into the esophagus during sleep.
- **Nocturnal myoclonus:** Uncontrollable leg or arm jerks during sleep.
- **Restless legs syndrome:** Uncomfortable feelings in the legs at night.

■ Rest assured ...

OUR SLEEP DISORDERS PROGRAM CAN HELP

Sebastian River Medical Center's Sleep Disorders Program can help those who long for a good night's sleep. Our comfortable sleep center is staffed with full-time, in-house registered polysomnographic technologists who are dual-accredited respiratory therapists. Since opening in September 2000, our Sleep Disorders Center has completed more than 1,900 studies. Common symptoms that could indicate a sleep disorder include:

- Snoring
- Morning headaches
- Waking up gasping for breath
- Having difficulty falling asleep
- "Sleep attacks" during the day

After a doctor's referral, the first night of a sleep study is used to diagnose the problem. If the patient requires additional testing, the study can take two nights. "The most common sleep disorder we see at SRMC is obstructive sleep apnea," says Director of the Sleep Disorders Center, Peggy Craft, RRT, RPSGT. To correct this problem, a patient will be put on a CPAP machine to use at home when they sleep.

"For patients with insomnia, we have a free support group that meets monthly, October through May," she says. "Meetings feature a variety of guest speakers to help people obtain the ability to go to sleep and stay asleep through the night."

"I love seeing a patient, who has suffered from a lack of sleep for several years, come to our center and watch their transformation," says Lauren Butler, RRT, RPSGT. "When a patient sleeps well, they feel good when they awaken and have energy to enjoy life again."

Lauren Butler, respiratory therapist





TREATMENTS MAY INCLUDE:

- Comprehensive therapy
- Counseling
- Diabetic care
- Edema Management
- Home health care
- Hyperbaric oxygen therapy
- Infection control
- Nutritional screening
- Occupational or physical therapy
- Patient education
- Podiatry consultations
- Skin care and skin grafting
- Vascular consultations
- Wound assessment
- X-rays and bone scans

■ We can help heal chronic wounds

Customized treatment brings results, restores hope

Coping with a wound that just won't heal can bring a host of physical and emotional issues, but there's no need to suffer in silence. The Center for Wound Care & Hyperbaric Medicine, a dedicated outpatient program at Sebastian River Medical Center, provides specialized care using a variety of treatment methods.

Our comprehensive approach employs the expertise of health care professionals with specialized training in wound care, including surgeons, medical physicians, podiatrists, nurses and support staff. You can be referred by your doctor, or you can refer yourself for the treatment of a wound that has not started to heal within two weeks or has not completely healed after six weeks.

“Our hope is that you may return to your active lifestyle and make your formerly chronic wounds a thing of the past.”

– Timothy Adkins, MD
Medical Director

“At Sebastian River Medical Center, our goal is to heal your wounds and to provide a friendly environment, with respect for your time and personal needs,” said Medical Director Timothy Adkins, MD. “Our hope is that you may return to your active lifestyle and make your formerly chronic wounds a thing of the past.”

The Center for Wound Care & Hyperbaric Medicine is open Monday-Friday, from 8 am to 4 pm. Free transportation assistance is available through Sebastian River Medical Center's Care-A-Van or Indian River County's Community Coach.

There is hope for those with chronic wounds. If you or a loved one has a wound that has not started to heal within two weeks or has not completely healed after six weeks, call us at (772) 581-2070.

■ Get the care you need . . . right at home!

THE BENEFITS OF SEBASTIAN RIVER HOME HEALTH

There's no place like home, especially after surgery or when you have a chronic disease. Then, the comfort of being among family and friends and sleeping in your own bed bring positive benefits. You can also enjoy the peace of mind that comes from our award-winning home health team to help get you back to independent living.

Sebastian River Home Health serves south Brevard and Indian River counties and is owned and operated by Sebastian River Medical Center. “We opened in 2002 and serve close to 1,200 patients a year,” says Margot Kornicks, Sebastian River Home Health Director. “We operate two different teams of specialty staff, one for acute care to assist post-operative patients, and one for chronic care to help those with chronic diseases, such as pulmonary disease, diabetes, cancer, congestive heart failure and hypertension.

“The goal of the chronic care team is to teach people with chronic

diseases how to care for themselves on a day-to-day basis, so they can have more good days than bad days,” she explains. This includes instruction on taking medications correctly, as well as diet and exercise, so they won't end up back in the hospital. Home Health acute care provides services, such as physical therapy after hip and knee replacements.

Our award-winning home health team can help get you back to independent living.

This cost-effective alternative to a convalescent center gives patients greater independence, yet provides continuity for their healthcare. Under the direction of the patient's physician and our nursing staff, Home Health services are customized to individual needs.

For the past three years, we've been recognized as a Top Elite Home Health Agency for quality health outcomes. If you think you can benefit from care in the comfort of your own home, be sure to ask about Sebastian River Home Health.



For more information about Sebastian River Home Health, call (772) 663-9481 (Barefoot Bay) or (772) 581-3181 (Sebastian).

■ News and Notes



Where are the lazy days of summer? You won't find them at Sebastian River Medical Center, where we continue to grow and thrive.

In this issue of *HealthTalk*, you can read about the latest developments in our facility expansion program. On Wednesday, July 8, 2009, we broke ground on our three-story tower, which will feature truly impressive private patient rooms and a newly designed 16-bed Intensive Care Unit.

Our commitment to our patients continues long after they leave the hospital. To this end, we've recently started two new support groups. The Surgical Weight Loss Support Group and the Caring Hearts Club offer the opportunity for patients to meet and share experiences with others, as well as gain helpful hints and advice.

The Surgical Weight Loss Support Group is designed for those who have undergone weight loss surgery or are considering a LapBand® or lap sleeve procedure, while Caring Hearts caters to people with Congestive Heart Failure and their family members. You can read more details about these free group meetings in this newsletter.

It is my pleasure to announce a joint venture agreement between Sebastian River Medical Center and Solantic, a leading provider of walk-in urgent care, located in Vero Beach. This partnership will allow our respective organizations to work hand in hand to align our resources, as well as educate the populace regarding the availability and appropriateness of this convenient, low-cost alternative for select medical problems. It's an all-around win for the patients we serve.

Finally, please mark your calendars for this year's Making Strides Against Breast Cancer Indian River County event. For the second year in a row, Sebastian River Medical Center will serve as host sponsor. This non-competitive walk is so much more than just a fundraiser to help fight the disease. It provides people of all ages with a chance to honor breast cancer survivors and remember loved ones we have lost in our local community and beyond. Please join us at the hospital at 8:30 am on Saturday, October 17, 2009, for the Making Strides event. We look forward to seeing you there!

Emily Holliman | CEO

■ Calendar

Support Groups

September 22 - 6 pm
Surgical Weight Loss
Dr. Lynn Williams

October 5 - 6 pm
Heart Disease and You

October 6 - 7 pm
Man to Man Prostate Cancer

October 9 - 3:30 pm
Better Breather's

October 13 - 4 pm
Diabetes

October 27 - 3:30 pm
Insomnia

October 27 - 6 pm
Surgical Weight Loss
Dr. Lynn Williams

November 24 - 6 pm
Surgical Weight Loss
Dr. Lynn Williams

■ Fit for Life



Patrick Domkowski, MD

October 6
November 3
December 1
6:30 pm
Surgical Weight Loss Seminar

Patrick Domkowski, MD
Board Certified,
General Surgery



Katusca Chavez, MD

September 16 - 6 pm
"An Ounce of Prevention is Worth A Pound of Cure"
Health screenings are important to your good health — know your numbers!

Katusca Chavez, MD
Board Certified,
Internal Medicine



Peter Seirafi, MD

September 23 - 6 pm
"Solitary Pulmonary Nodule: What to do?"
Options for abnormal chest x-ray findings.

Peter Seirafi, MD
Board Certified,
Thoracic Surgery



Kirk Maes, MD

September 24 - 6 pm
Advances in Knee & Hip Replacement Surgery & Recovery

Learn how you can return to your active lifestyle!
Kirk Maes, MD
Board Certified,
Orthopaedic Surgery



Piyush Joshi, MD

October 8 - 6 pm
Bladder Control Problems in Both Men & Women
Don't let an over-active bladder control your life!

Piyush Joshi, MD
Board Certified,
Urology

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SRMC PHYSICIAN DIRECTORY

Get your free copy of the 2009 SRMC Physician's Directory by calling Daisy Knowles at (772) 581-2066.



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www.sebastianrivermedical.com

OR CURRENT RESIDENT



■ The road to complete recovery

After a hospital stay, some people require extensive outpatient therapy to get their lives back on track, but there's no one-size-fits-all solution. That's why Sebastian River Medical Center offers individualized rehabilitation programs and the most progressive treatments available.

Our staff of licensed therapists believes the best results come from a quality-not-quantity approach. Sebastian River Medical Center Rehabilitation Services offers diverse programs ranging from orthopedic and neurological rehab to hand therapy and spine management.

Patients who need less-extensive therapy can benefit from programs designed to complement the referring physician's treatment plan. These programs may include pre-op evaluations, education programs, home-exercise instruction and injury-prevention education.

For more than 20 years, Sebastian River Medical Center Rehabilitation Services has forged strong physician-patient relationships by providing the highest quality care in state-of-the-art facilities. Sebastian River Medical Center Rehabilitation Services participates in most managed care plans, and provides direct filing of primary and secondary insurance. To learn more about how we can help you meet your specific recovery needs, please call (772) 664-8379.

TREATMENT PROGRAMS:

- Adaptive equipment
- Arthritis program
- Balance and body mechanics
- Custom splinting
- Education and injury prevention
- Hand therapy
- Occupational therapy
- Orthopedic and neurological rehab
- Post surgical rehab
- Speech therapy
- Spine management
- Stabilization training
- Vestibular rehab (dizziness)
- Work reconditioning

■ Making Strides Against Breast Cancer

Great strides have been made against breast cancer, but more needs to be done to beat this disease. For the second consecutive year, Sebastian River Medical Center is proud to act as host sponsor for the 2009 Indian River County Making Strides Against Breast Cancer walk on Saturday, October 17. Registration begins at 7:15 am, and the walk starts at 8:30 am.

Making Strides is the American Cancer Society's premier breast cancer event, combining a celebration of survivorship with an occasion to

express hope and a shared goal of ending the disease. Teams of two walkers or more, as well as individuals, can take part, and people of all ages are welcome. Nationwide, last year's event attracted nearly 600,000 walkers, including more than 60,000 in Florida, and more than \$60 million was raised.



The event offers a few hours of exercise, a lot of inspiration and a feeling of camaraderie, while honoring those who have been affected by breast cancer. There is no registration fee and no fundraising minimum.

For more information and to register online, visit www.cancer.org/stride-online, and click on the map of Florida. Then, scroll down the list and click on the Indian River County event.

"...everyone needs to be part of the fight against breast cancer. It's not just a women's issue."

– Nancy Madsen, American Cancer Society Area Executive Director for the Treasure Coast

