

HCA West Florida Sarasota

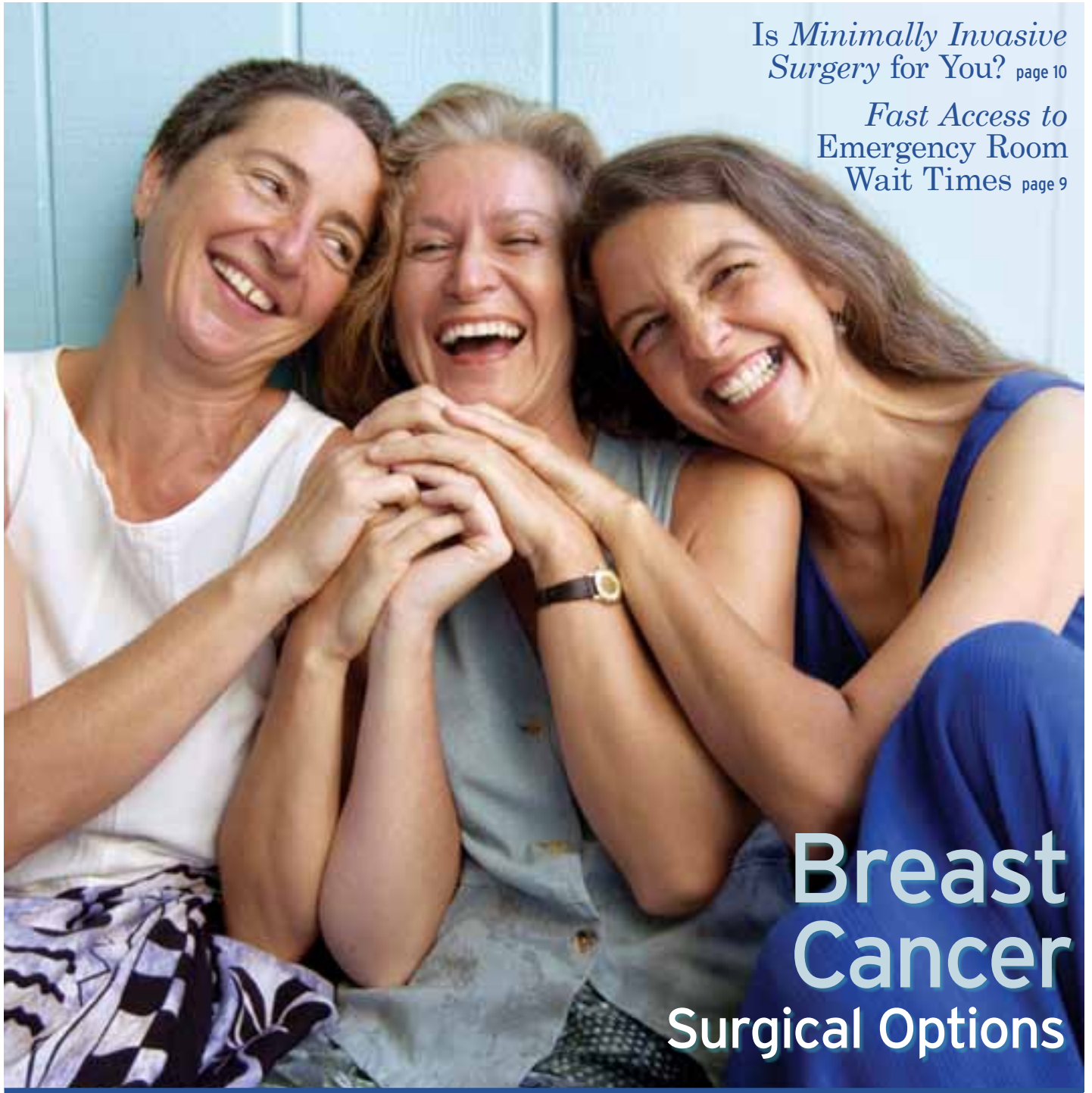
Healthy Living

at a higher standard

Fall 2009

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Surgery for You?* page 10

*Fast Access to
Emergency Room
Wait Times* page 9



Breast Cancer Surgical Options

Blake Medical Center
Brandon Regional Hospital
Central Florida Regional Hospital
Community Hospital
Doctors Hospital of Sarasota

Edward White Hospital
Englewood Community Hospital
Fawcett Memorial Hospital
Largo Medical Center
Northside Hospital

Oak Hill Hospital
Osceola Regional Medical Center
Regional Medical Center Bayonet Point
South Bay Hospital
St. Petersburg General Hospital



An HCA affiliate.



Am I overweight OR OBESE?

CARRYING TOO MANY extra pounds is more than a cosmetic concern. Being overweight or obese can lead to sleep apnea, high blood pressure, and other health problems, and may increase your risk of developing serious diseases.

To determine if you are overweight or obese, calculate your body mass index (BMI), a ratio of weight to height. Multiply your weight times 703 and divide by your height in inches squared—or plug your numbers into the easy online calculator available at www.hcawestflorida.com.

- **NORMAL WEIGHT** BMI is 18.5 to 24.
- **OVERWEIGHT** BMI is 25 to 29.
- **OBESE** BMI is 30 or higher.

If your BMI is above the normal range, Fawcett Memorial Hospital offers help through education, counseling, medical management, and bariatric surgery options.

For more information about weight loss solutions, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.



Take a Hike. *No, Really!*

FOR MOST, VACATION means relaxation. But if too little activity and too much food causes you to bring home the unwelcome souvenir of extra pounds, consider making your next break a “fit trip” instead.

Planning fun, active ways to explore a new location can make staying fit enjoyable for the entire family. The level of physical activity is up to you. Consider the following:

- **HIKE.** A local guidebook will allow you to choose trails by length and level of difficulty.
- **BIKE.** Many vacation hot spots offer bicycles to rent—or bring your own.
- **FRISBEE.** Easier to pack than a ball and glove, these lightweight plastic discs are fun to chase and catch.
- **SURF.** Paddling around on a board in the water is a great way to firm upper arms.
- **YOGA.** Take a class to stretch and tone muscles while releasing stress and enjoying the benefits of deep breathing and meditation.

For more ideas about ways to be active at home or on the road, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.



Dangerous Combinations

IF YOU ARE TAKING prescription medication, ask your physician or pharmacist about interactions that could be harmful.

Always give every physician you see a complete list of your medications to avoid possible interactions. When you receive a new prescription, ask about potential negative effects from over-the-counter drugs, dietary supplements, foods, and herbs. Consider the following examples:

- **GARLIC** can lower blood sugar in people taking diabetes medication and may raise the risk of bleeding for those on anticoagulants.

- **GINSENG** can increase blood pressure and should be avoided by anyone taking a blood-thinning medication.
- **GRAPEFRUIT JUICE** can affect the liver’s ability to process oral contraceptives and allergy medications, as well as control cholesterol.
- **ANTACIDS** greatly diminish the body’s ability to absorb antibiotics, as well as heart, thyroid, or blood pressure medications.

To speak to a registered nurse about possible medication interactions, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

On the Hunt to Raise Awareness

A new program at Blake Medical Center is helping women have fun while learning about the importance of breast cancer prevention.

THE HUNT FOR Pink OctoberSM at Blake Medical Center is a community scavenger hunt that will take place during the first three weeks of October and culminate with the local American Cancer Society's Making Strides Against Breast Cancer (MSABC) event.

"The goal of the Hunt for Pink October is to urge women to perform self-breast exams and get annual mammogram screenings," says Stephanie Petta, marketing director at Blake Medical Center. "Breast cancer is very treatable in its early stages, so the more women we can educate about early detection, the better."

Eyes on the Prize

During the October event, clues will be published in local newspapers that will lead participants to several community businesses in search of three "Pink Medallions." These provide the finders with a chance to win the grand prize—a weekend getaway at a nearby resort.

Three additional Pink Medallions will be awarded to the person who has the 200th mammogram at Blake's Breast Care Center between October 1 and 23, the top MSABC fundraiser, and the top fundraiser for Blake's MSABC team.

If you're not one of these lucky six winners, don't worry. All participants are entered in a drawing for a fabulous second-place prize.

For more information about the Hunt for Pink October, visit www.blakemedicalcenter.com.



The Basics of FOOT CARE

Your feet are vital to your quality of life—you use them for work *and* play. Because you need your feet to get you where you want to go, take time to care for them.

"CARING FOR YOUR feet starts with paying attention to them," says Patrick O'Neill, MD, orthopedic surgeon with fellowship training in foot and ankle surgery on the medical staff of Doctors Hospital of Sarasota. "People who try to work through foot pain or constantly wear uncomfortable shoes should avoid doing so. Ignoring foot pain makes problems worse."

Finding Your Best Fit

Ill-fitting shoes can be the cause of many foot problems. The National Institute on Aging offers the following tips to help guide you when shoe shopping:

- ▶ Avoid shoes with slick soles that could cause you to slip.
- ▶ Buy shoes with soft, bendable soles.
- ▶ Have your feet measured so you'll try on selections in the right size.
- ▶ Limit the number of times you wear high heels.
- ▶ Select shoes that mimic the shape of your foot.

For a physician referral, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.



Ending the Embarrassment

Left untreated, overactive bladder can affect overall health and quality of life. Luckily, many treatment options are available to help patients overcome urinary incontinence.

MORE THAN 33 MILLION Americans experience some form of incontinence, preventing them from controlling the need to urinate. The result is unexpected leaking or the need to use the bathroom frequently.

Cases of urinary incontinence generally fit into one of two categories. Temporary incontinence is often related to medical conditions or use of medications. Non-temporary cases of overactive bladder usually result from weakening of the bladder or pelvic floor muscles.

For most, overactive bladder takes the form of stress incontinence (leaking after abdominal contractions from coughing, laughing, or other causes), urge incontinence (the inability to hold urine or avoid leaking), or overflow incontinence (the need to urinate often), depending on the underlying cause of the condition. Some cases represent more than one type of control issue.

Treating the Causes

Options for patients seeking help for overactive bladder range from physical therapy to surgical procedures, and may include:

- » **Lifestyle changes**—Weight loss, improved nutrition, and avoiding bladder irritants can help decrease the frequency of incontinence incidents or correct the problem altogether.
- » **Physical therapy**—Kegel exercises focus on strengthening the muscles associated with bladder control. A series of strengthening sessions typically lasts ten to twenty minutes, three times a day.
- » **Surgical solutions**—Several procedures, including some minimally invasive options, can be used to help restore control of bladder function.

Changing Lives

For many, the hardest thing about suffering from overactive bladder is feeling too embarrassed to ask about ways to overcome the condition.

“Life does not have to revolve around the location of the nearest restroom,” says Charlene Okomski, DO, OB/GYN on staff at Fawcett Memorial Hospital. “Therapies are available to help resolve the problems caused by urinary incontinence.”

To learn more about treatments for incontinence, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

» The Neurostimulation Solution

Patients seeking surgical help for incontinence at Fawcett Memorial Hospital now have access to one of the most advanced approaches available. The InterStim® neuromodulator procedure

implants a small pacemaker-like device near the bladder with an electrode to stimulate the sacral nerves that control urination. This reversible treatment minimizes incontinence incidents by affecting

the communication between the nerves and the brain.

“The InterStim procedure can be performed on a minimally invasive, outpatient basis,” says Charlene Okomski, DO, OB/GYN on staff

at Fawcett Memorial Hospital.

“Most patients describe neurostimulation as feeling like a pulling or tingling sensation that is not painful. The benefits can be immediate and life-changing.”

Safety Every Step *of the Way*

From hospital quality measures to universal protocols to national safety initiatives, HCA West and Central Florida hospitals take every precaution to ensure patients receive the safest possible surgical care.

AT ADMISSION, PATIENTS receive a bar-coded wristband that identifies them. A unique bar code issued to each patient allows nurses to safeguard the “five rights” of medication administration in preparation for surgery—that the *right* person be given the *right* dosage of the *right* medication

at the *right* time via the *right* route.

HCA West and Central Florida hospitals, medical centers, and highly trained surgical professionals also practice a “time-out” protocol, a pre-surgical practice that the medical team engages in to ensure the patient’s name, medications, procedure,

and surgical site correctly match hospital records.

By partnering with national accreditation and patient safety organizations such as The Joint Commission, HCA West and Central Florida hospitals continue to meet and exceed quality standards that protect patients.

“The **safety of patients**, not only during surgery but in all aspects of care, is a national concern on which HCA West and Central Florida hospitals are always working to improve. We want patients to feel comfortable knowing **we take every precaution** to ensure they receive the highest quality of care possible.”

—LINDA LEMON-STEINER, VICE-PRESIDENT OF QUALITY AND CLINICAL OPERATIONS FOR HCA WEST AND CENTRAL FLORIDA

For a referral to an HCA West or Central Florida physician, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

A proficient move from surgery to recovery is essential for patient safety. That’s why HCA West and Central Florida hospitals practice the “hand-off” policy, which means staff conveys important information, such as amount of blood loss during surgery, to the patient’s recovery team caretakers when the transfer occurs.

“When your physician advises you to abstain from food, drink, or supplements prior to surgery, be assured these requests are made because they could impact the safety of the anesthesia you will be getting. Following instructions can reduce potential anesthesia complications.”

—MELISSA J. FLECK, MD,

ANESTHESIOLOGIST ON STAFF AT

BLAKE MEDICAL CENTER

Anesthesia Demystified

Anesthesia is the administration of drugs to patients to safely provide pain relief and/or sedation during surgery.

PREPARING FOR SURGERY can be less stressful if you understand how anesthesia works. During anesthesia, physicians administer medicines that affect the nervous system, temporarily blocking pain.

- » **GENERAL ANESTHESIA**—the deepest sedation—is used to keep patients still, free of pain, and without memories of the procedure.
- » **REGIONAL ANESTHESIA** is achieved through an injection near a cluster of nerves to numb areas of the body, such as below the waist. Epidurals and spinal blocks are examples of regional anesthesia.
- » **LOCAL ANESTHESIA** is the most specific type, numbing a hand or patch of skin, for example, using ointment, shots, or spray.

Following medical instructions prior to surgery can reduce your risk of anesthesia complications. Some post-surgical side effects that typically resolve quickly may include grogginess, disorientation, chills, nausea, and sore throat.

Without anesthesia, many lifesaving surgical procedures wouldn’t be possible. A qualified physician can determine the appropriate anesthesia for your procedure. For a referral to an HCA West or Central Florida physician, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.



ADVANCES IN BREAST CANCER TREATMENT

offer many women diagnosed with the disease effective surgical options, including procedures that may preserve the breast.

Breast Cancer *Surgical Options*

“In this modern era of breast care, we are not only able to preserve the breast, for most women, but can usually assess their lymph nodes with a tiny incision as well.”

—JOHN P. RIOUX, MD, FACS, GENERAL SURGEON AND CANCER COMMITTEE LIAISON AT FAWCETT MEMORIAL HOSPITAL

“With the latest technology, most women can undergo the first stage of immediate breast reconstruction following a mastectomy and be resting comfortably at home the next day.”

—CHRISTOPHER ADAMSON, MD,
BOARD-CERTIFIED PLASTIC SURGEON, DOCTORS HOSPITAL OF SARASOTA

MORE SURGICAL APPROACHES have been developed especially for women with early stage breast cancer, which includes ductal carcinoma in situ (DCIS) and Stages I, IIA, IIB, and IIIA breast cancer. Breast cancer surgeries fall into two general categories—breast-sparing procedures and mastectomy. Your medical oncologist, surgeon, radiation oncologist, and (if applicable) plastic surgeon will advise you so that you can make an informed choice that will be best for you. Survival rates are similar between the two types of surgery, though some women may choose mastectomy to avoid the radiation therapy that follows breast-sparing surgery.

If you are facing early stage breast cancer, consult with your physician about the following types of breast cancer surgery:

Breast-Sparing Surgery

The idea behind breast-sparing surgery is to remove the malignant tumor and some surrounding normal tissue while keeping the breast intact. Following surgery, most patients undergo several weeks of radiation therapy to reduce the risk of recurrence. Types of breast-sparing surgery include lumpectomy, partial mastectomy, and segmental mastectomy.

To the surprise of many women, up to a third of the breast can be removed during a breast-sparing procedure without any evident deformities. Ultimately, however, the appearance of the breast following surgery depends on the size of the breast relative to the size of the tumor and the surrounding tissues that are removed. Some changes to the breast—such as firmness or a sunburned appearance—may occur as a result of radiation following surgery.

If you have been diagnosed with early stage breast cancer, make sure you are aware of all the treatment options open to you. For a referral to an HCA West or Central Florida physician, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

“The former practice of performing a diagnostic breast biopsy and definitive surgical procedure in the same operation is no longer encouraged. Information from the biopsy about cancer cell type, degree of aggression, and extent of invasion calculates into which surgical procedure is best.”

—PAIGE K. PENNEBACKER, MD, SURGEON
AT BLAKE MEDICAL CENTER

Mastectomy

Mastectomy involves the removal of the breast and nipple. It is sometimes followed by radiation therapy and includes the option of several types of breast reconstruction procedures, which can produce pleasing cosmetic outcomes, either immediately or at a later date.

Mastectomy can take several forms, including:

- » **TOTAL MASTECTOMY**—removal of the breast and possibly some lymph nodes under the arm.
- » **MODIFIED RADICAL MASTECTOMY**—removal of the breast, many lymph nodes, the lining covering the chest muscles, and possibly a small amount of chest muscle.
- » **DOUBLE MASTECTOMY**—removal of both breasts when one breast contains a malignant tumor and the patient is at high risk for developing the disease in the unaffected breast.

Reconstruction Alternatives

In 2007, a survey of nearly 1,200 early stage breast cancer patients revealed an alarming gap in women’s knowledge of breast cancer treatment options: Only 33 percent were aware that breast reconstruction following mastectomy was available.

Breast reconstruction surgery is performed by a plastic surgeon to restore a breast-like shape and nipple for patients who have had a breast removed. In addition, the surgeon can apply a dark circle around the nipple that resembles the areola.

Breast reconstruction surgery consists of either breast implants or tissue flap surgery. If a patient chooses the former, a surgeon will place an implant filled with salt water or silicone gel under her skin or chest muscle to create the appearance of a breast. While the implant will be pleasing from an aesthetic standpoint, she will have little feeling in it, and it may not last for the rest of her life. Women who have implants generally must have them replaced after a certain period of time, and they may cause irritations, such as breast hardness and pain.

Tissue flap surgery is a major procedure in which a surgeon uses muscle, fat, and skin from a different part of a patient’s body to construct a breast-like shape that typically lasts a lifetime. Healing, however, takes longer than with breast implants.

If alternatives to reconstructive surgery are preferred, a woman might consider wearing an external prosthetic—a breast form that fits inside a specialty bra.

Stay Hydrated

to Help Prevent Kidney Stones

Kidney stones are a painful but common medical condition. Decrease your risk of developing them by drinking plenty of fluids.

CLEAR LIQUIDS SUCH as water, lemon-lime soft drinks, and ginger ale should be preferred by those who are susceptible to forming kidney stones. Beverages that contain caffeine—coffee, tea, and some soft drinks—can cause dehydration and contribute to the formation of kidney stones. Lemonade is a good option because it contains citrate, which helps keep stones from forming.

Food for Thought

In addition to staying properly hydrated, diet plays a part in whether or not your body forms kidney stones. While fruits and vegetables are good for you, they can contribute to risk for kidney stones if you are

not properly hydrated. Animal protein can also be a dietary factor for kidney stones, so moderation in consumption of meat is key.

If proper hydration and diet are not enough to keep kidney stones from forming, medical treatment is available. Your physician can offer medications and minimally invasive procedures to help break up the stones and remove them.

For more information on how to prevent kidney stones, see your physician. For a physician referral, call 1-877-4-HCA-DOCS (1-877-422-2362) or log on to www.HCAdocs.org.

“The easiest thing people can do to **avoid kidney stones** is to **drink water** instead of other beverages. Drinking clear liquids can help you stay free of kidney stones.” —THOMAS WILLIAMS, MD, UROLOGIST

AT DOCTORS HOSPITAL OF SARASOTA

HOW TO Keep Clean in the Kitchen



Many of us have picked something from the refrigerator, sniffed it, and asked ourselves, “Is this still good?” It’s rarely advisable to eat food past a “consume by” date. Dozens of food safety practices can help you ensure what you serve your family is healthy.

MANY FOODBORNE ILLNESSES are preventable, and while you may not be able to control what happens in your local restaurants or grocery stores, you can work to improve food safety practices in your kitchen.

One of the most important factors is temperature. Hot foods should be served above 140 degrees Fahrenheit, and cold foods should be stored at below 40 degrees.

The safest way to defrost frozen food is to allow it to thaw slowly in the refrigerator.

Wash, Wash, Wash

Most of us know to thoroughly wash our hands before and after handling food, but following proper procedures for cleaning the kitchen is a little more complex. While preparing food, it’s important to use separate surfaces and cutting boards for meat products and fruits and vegetables. Between uses, cutting boards should be cleaned using hot water or a bleach-water solution. It’s also important to wipe down counters with a paper towel rather than a reusable sponge or dishcloth, which are more likely to contain bacteria.

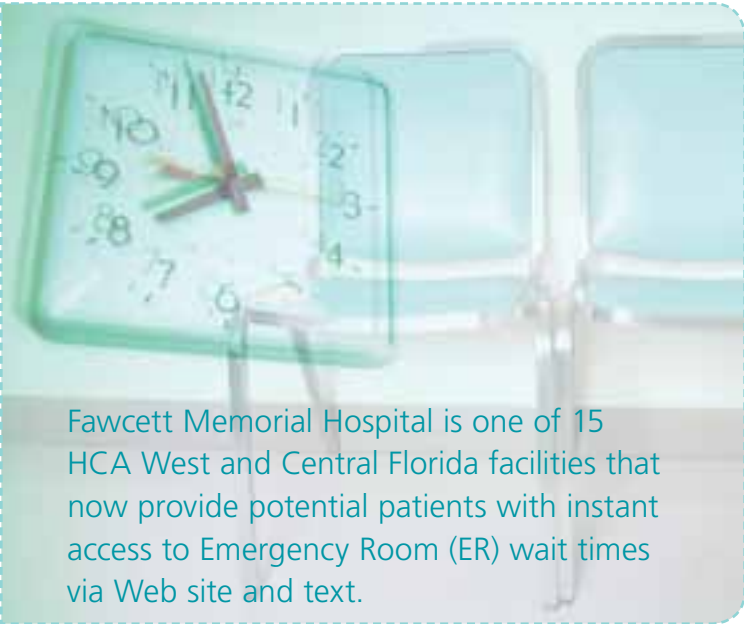
Children’s Plates

Kids should be taught proper hand washing techniques and be discouraged from playing with their food. Any uneaten portions should be discarded after the meal.

For more information about food safety, talk to your physician or nutritionist. For a physician referral, call 1-877-4-HCA-DOCS (1-877-442-2362).

“The best way to wash dishes is to either wash and dry them in an automatic dishwasher or clean them by hand within two hours of using them, and then allow them to air-dry. **Do not let dirty dishes sit** in water for a long period of time as bacteria can develop in that environment.” —MELANIE HALL, RN, BS, CIC, INFECTION CONTROL PRACTITIONER AT FAWCETT MEMORIAL HOSPITAL

Know Before You Go



Fawcett Memorial Hospital is one of 15 HCA West and Central Florida facilities that now provide potential patients with instant access to Emergency Room (ER) wait times via Web site and text.

IF YOU EXPERIENCE an emergency and need to come to the Fawcett Memorial Hospital ER, visit our Web site at www.fawcethospital.com to track ER wait times, which are updated every 30 minutes.

For an even faster wait-time update, use your cell phone to text the message “ER” to 23000. You will receive a response message with the wait times at the nearest HCA facility’s ER, depending on your location information as provided via text.

“In this fast-paced world, patients want quality care quickly,” says Raymond James, DO, emergency medicine specialist at Fawcett Memorial Hospital. “With electronic access to wait times, we are continuing to meet the growing needs of our patients. We work as a team to ensure that our patients are seen in a timely and efficient manner.”

A Closer Look

Fawcett Memorial Hospital is a 20-bed Level 2 Emergency Care Center with the latest technology and a highly experienced staff, including a team of physicians who are all board-certified in emergency medicine.

“Because the last thing a sick or injured patient wants to do is wait for an extended period of time, we strive daily to streamline our care process and keep our community in the know,” Dr. James says.

To learn more about HCA’s ER wait time updates, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

Rest Assured

The Sleep Center at Blake Medical Center has a credentialed staff and an established facility to diagnose and treat your chronic sleep disorder.

THE CENTERS FOR Disease Control and Prevention estimates 40 million Americans suffer from some type of sleep disorder. Diagnosing and treating sleep disorders, such as obstructive sleep apnea, can reduce your risk for health conditions, including cardiovascular disease, diabetes, obesity, and depression.

While You Were Sleeping

The Sleep Center at Blake Medical Center conducts overnight sleep studies—or daytime studies for third-shift workers—to diagnose and treat sleep disorders. Patients sleep in one of four bedrooms with amenities like private baths while blood pressure, brain activity, eye movements, heart rate, and other data are recorded.

American Academy of Sleep Medicine board-certified sleep specialists and registered polysomnographers conduct and analyze each test. A diagnosis of sleep apnea may require additional testing to ensure proper functioning of the most effective treatment: sleeping with a continuous positive airway pressure machine.

“Sleep disorders are grossly underdiagnosed,” says Laura Lenzen, MBA, director of Respiratory Therapy and the Sleep Center at Blake Medical Center. “If you are tired all the time, wake up gasping for breath, snore heavily, or have a family history of sleep disorders, talk to your physician about being tested for a sleep disorder.”

For a physician referral or to learn more about sleep disorders, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.



minimally invasive **SURGERY** *at your service*

Advances in minimally invasive technologies mean that more traditional open surgeries can now be performed more quickly and with more benefits for patients.

MINIMALLY INVASIVE SURGERIES are performed without the need for long, invasive cuts. Instead, these procedures make small surgical incisions to insert thin instruments and viewing equipment inside the body. In some cases, no incision is made during a method of treatment, although the term “minimally invasive” is still used.

“A wide variety of operations are now much easier on the patient, both in terms of the actual surgery and the subsequent recovery time, thanks to the ongoing development of surgical techniques and equipment,” says Adam Lipkin, MD, board-certified general surgeon on the medical staff at Englewood Community Hospital. “Instead of six weeks of recovery time, we are now able to get patients back to their full activities just days after a procedure.”

Benefits of minimally invasive techniques compared with traditional surgeries include less blood loss, a shorter hospital stay, significantly reduced pain, minimal-to-no scarring, and a quicker recovery time.

General Surgery

General surgery provides treatment of most soft tissue diseases and conditions in the digestive system’s stomach, intestine, colon, and esophagus. Because these delicate organs are located deep inside the body, open surgery provided the only option for accessing them for years. Fortunately, medical science has discovered new ways to help.

Most people have experienced heartburn at least once in their lives, but for those who suffer from gastroesophageal reflux disease (GERD) it is a common occurrence and a potentially damaging one. Through EsophyX™ Transoral Incisionless Fundoplication technology, surgeons are able to repair gastrointestinal issues through the mouth rather than through an abdominal incision.

“Currently, this advanced procedure is only offered at a handful of hospitals nationwide,” says Domingo Galliano, MD, board-certified in general surgery, colon and rectal surgery, and surgical critical care on the medical staff of Fawcett Memorial Hospital. “Fortunately, we can bring this advanced option to Sarasota-area residents.”

Other minimally invasive general surgeries performed at HCA West Florida hospitals include:

- ▶ anal incontinence treatment
- ▶ gallbladder removal
- ▶ laparoscopic procedures for colon resections, gastric banding, kidney issues, colon cancer removal, and hernia repair
- ▶ stapled transanal rectal resection (STARR) to treat chronic constipation

Spinal Surgery

With the development of laparoscopic, endoscopic, and percutaneous technology, spinal surgeons can now perform

You Have Options, We Have the Technology.

HCA West Florida hospitals in the Sarasota market offer an array of advanced minimally invasive procedures to fit your medical needs, including:

SURGERY

- ▶ EsophyX™ Transoral Incisionless Fundoplication (TIF) for gastro-esophageal reflux disease (GERD)
- ▶ InterStim® sacral nerve stimulation therapy for overactive bladder

- ▶ gastric banding for weight loss
- ▶ laparoscopic-assisted vaginal hysterectomy
- ▶ laparoscopic cholecystectomy
- ▶ laparoscopic colon resection
- ▶ laparoscopic hernia
- ▶ laparoscopic nephrectomy
- ▶ laparoscopic Nissen fundoplication for chronic heartburn
- ▶ minimally invasive hip
- ▶ minimally invasive knee
- ▶ minimally invasive spine

- ▶ minimally invasive thoracic surgery (MITS) for lung cancer
- ▶ single-incision laparoscopic surgery (SILS)
- ▶ stapled transanal rectal resection (STARR)
- ▶ transanal endoscopic microsurgery (TEM)

RADIOLOGY

- ▶ computed tomography-guided abscess drainages, biopsies, and joint injections

- ▶ joint aspirations
- ▶ mammographic biopsies and needle localization (pre-surgical)
- ▶ myelograms
- ▶ ultrasound-guided biopsies, paracentesis, and thoracentesis

SPECIAL APPLICATIONS

- ▶ epidural steroid injections
- ▶ lumbar punctures
- ▶ peripherally inserted central catheter (PICC) line placement

a variety of spinal fusions minimally invasively through small incisions in the back.

“I think it’s important for people to know about the many minimally invasive options to treat people with back and leg pain,” says Thomas Sweeney, MD, PhD, board-certified orthopedic surgeon and fellowship-trained spinal surgeon on the medical staff of Doctors Hospital of Sarasota.

“These procedures are very simple, not traumatic, and can relieve pain so you can live the life you want to live.”

Additional minimally invasive spinal surgeries performed at HCA West Florida hospitals include:

- disc replacement
- endoscopic discectomy, decompression, and fusion
- kyphoplasty
- microsurgical discectomy for herniated disks
- treatment of spinal stenosis with transtubular decompression with or without fusion and instrumentation

Cardiovascular Surgery

Approximately 2.2 million Americans have a disorder called atrial fibrillation—an abnormal heart rhythm that can cause blood to pool and clot, increasing risk of stroke. Medications and shock therapy are typically used to treat this condition, but if a patient suffers from chronic atrial fibrillation, these methods may not always be enough.

“Atrial fibrillation is the most common form of arrhythmia that cardiologists see in day-to-day practice,” says Jagan Akella, MD, cardiac electrophysiologist on the medical staff of Blake Medical Center. “For those suffering with a chronic condition, ablation therapy is a new, minimally invasive treatment option that can have much more effective and lasting results.”

During ablation therapy, radiofrequency ablation lesions are delivered in a circumferential pattern around the two sets of pulmonary veins to isolate them electrically from the rest of the left atrium. This results in a discontinuation of the abnormal rhythm signal to the heart.

“Typically, a patient will stay overnight in the hospital and go home the next day,” says Dr. Akella. “After about two days of healing, most patients can return to their normal daily activities.”

To learn more about these and other minimally invasive procedures, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.





HCA West and Central Florida Division

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ACCIDENTS HAPPEN FAST. EMERGENCY CARE SHOULD TOO.



Visit our Websites, Billboards or Text Us for Our Current ER Wait Times.

We know how valuable your time is and that's why we've made
Emergency Room **Quality** and **Efficiency** our #1 Priority.

Last year we treated more than 86,400 area residents in our ERs –
consistently beating the national ER Wait Time average! Our ERs are
all accredited Chest Pain Centers, staffed and equipped around the
clock to provide you the highest quality emergency care
when you need it.

Blake Medical Center

www.BlakeMedicalCenter.com

Doctors Hospital of Sarasota

www.DoctorsOfSarasota.com

Englewood Community Hospital

www.EnglewoodCommHospital.com

Fawcett Memorial Hospital

www.FawcettHospital.com

View ER wait times at www.HCAdocs.org,

by texting ER to 23000 or on select billboards.



TOGETHER, PERFORMING AT A HIGHER STANDARDSM