

# HealthyLiving

at a higher standard

Fall 2008



## Your Source for Oncology Services

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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



# Is It *Really* an Emergency?

While minor illnesses are better treated by your personal physician, after office hours, the hospital Emergency Department (ED) may be the only option for care.

HCA Hospitals of West and Central Florida are committed to providing patients quality, compassionate and prompt care in the ED. For life-threatening situations such as a heart attack or stroke, 13 hospitals meet or exceed national treatment guidelines through Joint Commission Primary Stroke Center Accreditation and 12 hospitals, including all nine Heart Centers, have earned Chest Pain Accreditation.

In addition to providing high quality care, these hospitals have successfully reduced wait times through a strong focus on efficiency.

According to the American College of Emergency Physicians, you may have a true medical emergency if you experience any of the following symptoms:

- ▶ changes in vision
- ▶ coughing or vomiting blood
- ▶ difficulty breathing
- ▶ fainting or sudden dizziness or weakness
- ▶ mental confusion
- ▶ sudden difficulty speaking
- ▶ sudden or severe pain
- ▶ suicidal feelings
- ▶ uncontrollable bleeding
- ▶ unusual abdominal pain



To schedule an appointment with a physician, call (877) 4-HCA-DOCS (1-877-442-2362) or visit [www.HCAdocs.org](http://www.HCAdocs.org).

## Searching for Dr. Right



**Call (877) 4-HCA-DOCS (1-877-442-2362) for a free referral to an HCA West or Central Florida physician, or visit [www.HCAdocs.org](http://www.HCAdocs.org). All HCA West and Central Florida hospitals feature physician directories on their Web sites that are searchable by specialty or physician name.**

Choosing a primary care physician can be a complicated process. The American Academy of Family Physicians offers some tips to help make your decision a little easier.

ASK YOUR FAMILY and friends, but be open minded about their opinions. A physician that isn't a good fit for your neighbor might be perfect for you.

**Call the office.** Once you have narrowed down your options, call the physician's office to ask some specifics, including the type of insurance they accept, office hours, and whether walk-in or same-day appointments are available.

**Meet the doctor.** After finding a physician who meets your needs, schedule an appointment to talk with him or her. During

the appointment, gauge if you are comfortable with the physician, if you have enough time to ask questions, and whether he or she answers your inquiries in a way that you understand.

"No matter the specialty you seek or what your health concerns may be, choose a physician you can talk to," says Marti Van Veen, vice president of Consult-A-Nurse®/Healthcare Referral. "Open communication with your doctor is essential to your well-being."

# Committed to Better Breast Health

If you are a woman, you have a one in eight chance of being affected by breast cancer during your lifetime, according to the National Cancer Institute. But you can fight against breast cancer odds through regular screenings and by taking steps to reduce risk factors.

HOSPITALS AND BREAST care facilities in HCA's West and Central Florida Division are committed to providing the latest in technology and services to help guard against, find, and defeat breast cancer. The most important step women can take for breast health is to know their own bodies, according to Gail Wright, MD, oncologist at Community Hospital – The Future Medical Center of Trinity, Oak Hill Hospital, and Regional Medical Center Bayonet Point.

“Many women don't do breast self exams because they don't know what to look for or are afraid to find abnormalities,” says Dr. Wright. “Regular breast self exams are key for early detection and should be done monthly. Patients can detect a change during their monthly self exam earlier than with annual clinical exams alone.”

## Early Detection Essential

In addition to breast self exams, the American Cancer Society recommends that women in their 20s and 30s receive clinical breast exams at least every three years, while women in their 40s should have their breasts examined by a medical

provider annually. After age 40, women should also receive a mammogram each year.

Women should consult with their doctors to learn their risk for breast cancer based on personal and family health histories. Those at higher risk may need to start breast imaging screenings before age 40, and their physicians may recommend breast magnetic resonance imaging (MRI) as a screening tool.

“One important concept in breast care is early diagnosis,” says Ronald Yarrington, MD, breast surgeon at Oak Hill Hospital and Regional Medical Center Bayonet Point. “It is key for women to perform monthly self exams and have annual clinical exams. Annual mammograms are also recommended for those 40 or older, or earlier if your physician recommends it.”

**Call (877) 4-HCA-DOCS (1-877-442-2362) for a free physician referral for a breast exam or to ask about breast care services in your area. Visit [www.HCAdocs.org](http://www.HCAdocs.org) for more information about breast health. To schedule a mammogram, call (727) 845-9133.**

## GOING DIGITAL

To provide patients with the latest in screening technology, 11 HCA West and Central Florida facilities will offer digital mammography by the end of 2008. This technology allows for more detailed images of breast mammogram studies and is especially helpful for women with dense or fibrous breasts.

You can find digital mammography at the following facilities:

- ▶ Blake Medical Center
- ▶ Community Hospital – The Future Medical Center of Trinity
- ▶ Doctors Hospital of Sarasota
- ▶ Fawcett Memorial Hospital
- ▶ Florida Breast Institute at Largo Medical Center
- ▶ Heathrow Imaging in Lake Mary
- ▶ Oak Hill Hospital
- ▶ Breast Care Center of Osceola Regional Medical Center
- ▶ Parsons Imaging at Brandon Regional Hospital
- ▶ South Bay Hospital
- ▶ St. Petersburg General Hospital

## By the Numbers

According to the American Cancer Society,

more than **182,000**

American women will be diagnosed with breast cancer

in 2008. Of these women,

some **40,000**

will lose their lives to

the disease. But

the disease is

beatable.

When

detected

early, the

five-year survival rate for

women whose breast cancer is detected

at an early stage is **98 PERCENT.**

# da Vinci Leads Surgical Renaissance

"I want to give my patients the best technology and the most minimally invasive procedure available. We are able to help our patients get back to their lives much more quickly with da Vinci surgery than with other procedures."—*Parveen Vahora, MD, a board-certified gynecologist at Community Hospital – The Future Medical Center of Trinity.*

"The da Vinci robot helps me see much more easily than we could in conventional laparoscopic surgery and helps to make more precise surgery and better suturing so that patients have quicker return to continence and better preservation of erectile function after prostatectomy. It is fast becoming the standard of care for performing prostatectomies."—*David DiPiazza, MD, board-certified urologist at Community Hospital – The Future Medical Center of Trinity.*

"With the da Vinci, there are six incisions each less than an inch long, compared to a long, 12-inch incision. That cuts the risk of complications tremendously. There is less risk of infection and hernias, a lot less pain, and shorter hospital stays and recovery times when compared with conventional surgery. Most importantly, we can reduce these complications without compromising our ability to perform an equivalent and often superior result in terms of the cancer surgery itself."—*Robyn Sayer, MD, gynecological oncologist at Community Hospital – The Future Medical Center of Trinity.*



THE DA VINCI Surgical System employs robotic and video technology to help

physicians perform minimally invasive surgical procedures with amazing precision. Surgeons use robotic arms to move da Vinci's surgical tools, creating a series of small incisions that heal more quickly and provide patients with shorter recovery times.

"I want to give my patients the best technology and the most minimally invasive procedure available," says Parveen Vahora, MD, a board-certified gynecologist at Community Hospital – The Future Medical Center of Trinity, who uses da Vinci to perform laparoscopic hysterectomies and care for women with severe endometriosis, pelvic pain, and abnormal uterine bleeding. "We are able to help our patients back to their lives much more quickly with da Vinci surgery than with other procedures."

The da Vinci system is especially helpful to urologists, oncologists, and gynecologists who perform procedures that previously required longer recovery times, such as prostate surgeries, hysterectomies, myomectomies, and extensive gynecological surgery, including those for gynecological cancer.

## Better Results for Prostate Patients

David DiPiazza, MD, a board-certified urologist at Community Hospital – The Future Medical Center of Trinity, uses da Vinci to perform prostate and kidney surgery.

When you are ill, you want the fastest medical care to get you back on your feet quickly. The da Vinci® Surgical System at Community Hospital – The Future Medical Center of Trinity can help do just that.

"The da Vinci robot helps me see much more easily than we could in conventional laparoscopic surgery and helps to make more precise surgery and better suturing so that patients have quicker return to continence and better preservation of erectile function after prostatectomy." Dr. DiPiazza says. "It is fast becoming the standard of care for performing prostatectomies."

## Ideally Suited for Many Patients

Surgery via da Vinci is also becoming more standard for patients who at one time were not good candidates for endometrial cancer surgery because of underlying health conditions, such as obesity, high blood pressure, and diabetes, that can sometimes lead to higher infection rates.

"With the da Vinci, there are six incisions each less than an inch long, compared to a long, 12-inch incision," says Robyn Sayer, MD, a gynecological oncologist at Community Hospital – The Future Medical Center of Trinity, who uses the surgical system to remove uterine, cervical, and ovarian cancers. "That cuts the risk of complications tremendously. There is less risk of infection and hernias, a lot less pain, and shorter hospital stays and recovery times when compared with conventional surgery. Most importantly, we can reduce these complications without compromising our ability to perform an equivalent and often superior result in terms of the cancer surgery itself."

*For more information about the da Vinci Surgical System or for a physician directory, visit [www.communityhospitalnpr.com](http://www.communityhospitalnpr.com). For a physician referral, call (877) 4-HCA-DOCS (1-877-442-2362).*

# Quality Cardiac Care When It Counts

When Bruce Smiley needed excellent cardiac care, his dog, Jake, and HCA West Florida's Chest Pain Network came to the rescue.

BRUCE SMILEY DID not know what hit him. The 66-year-old Spring Hill resident was mowing his lawn on a Sunday afternoon in September 2007 when he realized he was thirsty. As he headed toward his house to get a drink, he suddenly fell.

## Jake to the Rescue

Jake ran to the front door and began scratching wildly, and when Beverly saw what was going on, she immediately called 911. The ambulance arrived at the Smileys' home within minutes and rushed Bruce to the chest pain center at Oak Hill Hospital, where an angiogram showed a nearly 75 percent blockage in his coronary artery. Bruce needed triple bypass surgery. Michael Wahl, MD, cardiothoracic surgeon at Oak Hill Hospital and Regional Medical Center Bayonet Point, performed the operation a few days later, and by the

following Sunday, Bruce was home. "Everything was done in such a calm manner that I felt completely comfortable and never had any fear," says Bruce. "Dr. Wahl and the medical staff were all so positive and caring that I knew I was in the best hands possible."

## Quality Care Close to Home

At HCA West Florida Division hospitals, we are proud to offer patients the highest quality cardiac care close to home. Twelve HCA West Florida Division hospitals, including Oak Hill Hospital and Regional Medical Center Bayonet Point, have earned accreditation by the Society of Chest Pain Centers. The facilities offer a full service of integrated cardiac and emergency services, which are critical to reducing the time to treatment during the early stages of a heart attack when treatments are most

effective. In addition, our Chest Pain Centers offer educational programs to the community to provide information on the signs of a heart attack and what to do when a heart attack occurs.

"We are here to help patients in their time of need," says Alan B. Sherman, DO, emergency medicine physician at Oak Hill Hospital. "At an accredited chest pain center, you are guaranteed to get the best care for cardiac injury that is available anywhere, and our hospitals are proud to provide this care to patients close to home."

*For more information about cardiac care at Oak Hill Hospital, visit [www.oakhillhospital.com](http://www.oakhillhospital.com). For more information about cardiac care at Regional Medical Center Bayonet Point, visit [www.rmchealth.com](http://www.rmchealth.com).*



## Signs of a Heart Attack

Do you know how to tell if you are having a heart attack? You might be having a heart attack if you experience:

- **DISCOMFORT** in the center of the chest, including uncomfortable pressure, squeezing, fullness, or pain
  - **DISCOMFORT IN OTHER AREAS OF THE UPPER BODY** including in one or both arms, the back, neck, jaw, or stomach
- **SHORTNESS OF BREATH** with or without chest discomfort
- **OTHER SIGNS** such as breaking out in a cold sweat, nausea, or lightheadedness



# Quality Cancer Care

Cancer is a scary word, and the **American Cancer Society** estimates that **nearly 1.5 million Americans** will receive a cancer diagnosis before the end of 2008. Advanced technology and treatment options at HCA West and Central Florida hospitals offer oncology patients **comfort with advanced care and hope for better outcomes.**

COMPASSIONATE TEAMS of board-certified physicians, nurses, technicians, and support personnel provide a full spectrum of oncology care, from diagnosis to treatment, for cancer patients throughout West and Central Florida. Oncology units and diagnostic treatment centers within the HCA West Florida Division promote total patient recovery through an integrative approach to cancer care.

## Your Source for Oncology Services

Oncology care at HCA hospitals in West and Central Florida begins with diagnostics. From full-service laboratories to imaging and biopsies, HCA West and Central Florida facilities are outfitted with the advanced equipment and expertise to help physicians identify cancer.

Once diagnosed, cancer patients can find treatment options at HCA West and Central Florida facilities

that include traditional and new chemotherapy and radiation treatments and surgical procedures, as well as resources for patient education and navigation and support groups.

In cancer management, the goal is to remove or kill the cancerous cells, preferably before they have an opportunity to spread. Surgical procedures often provide the most expedient way to accomplish this.

## CyberKnife

Another high tech tool in the fight against cancer being utilized at HCA West and Central Florida Division is CyberKnife®. This equipment enables physicians to treat tumors considered inoperable due to location or proximity to vital body structures.

Through precise radiation beams guided by an image guidance system, CyberKnife targets tumors. It can compensate for even the slightest

human movements, allowing radiation to be delivered to the patient without the use of an invasive body frame. In addition, CyberKnife's precision means patients need no anesthesia, experience no pain or blood loss, and can typically resume normal activities immediately after treatment.

## When You Need Cancer Care

HCA West and Central Florida Division facilities offer patients battling cancer and their families a source of strength, care, support, and hope through compassionate personalized care and a commitment to providing the most effective and advanced treatments and technology.

*For more information about cancer services at HCA West and Central Florida facilities, visit [www.HCAdocs.org](http://www.HCAdocs.org) or call (877) 4-HCA-DOCS (1-877-442-2362).*

## DA VINCI SURGICAL SYSTEM

Some oncology surgeries are performed with the da Vinci® Surgical System. The da Vinci places a surgeon's hands at the controls of a state-of-the-art robotic system, enabling surgeons to carry out even the most complex and delicate procedures through very small incisions with great precision.

The robotic surgical system gives surgeons an extra set of eyes and an extra set of hands in the operating room. Benefits for the patient may include less blood loss and scarring, and shorter recovery times with a faster return to normal daily activities.

# Laparoscopic Surgery » Advanced Procedures and Results

Your mom is scheduled to have a surgical procedure at an HCA West Florida Division hospital. Instead of facing several days in the hospital and several weeks of recovery and post-surgical pain, she, like many patients, may be a candidate for a laparoscopic procedure that offers faster recovery times and proven results.

“THERE are many common surgical procedures that can be done using a minimally invasive technique. Most surgeons can perform these laparoscopic procedures and patients request them because the benefits are so great,” says Lisa Richardson, RN, MHA, CNOR, administrative director, Surgical Services at Community Hospital–The Future Medical Center of Trinity.

## Your Guide to Laparoscopy

Most minimally invasive procedures are performed while the patient is under general anesthesia. The surgeon then creates a small keyhole incision through which a miniature camera or scope is inserted. These specialized instruments give surgeons an accurate view inside the patient’s body. Several other small incisions are made so doctors can insert small tools to perform the operation.

Beyond the benefits of a faster recovery and shorter hospital stay, research has proven that minimally invasive procedures also offer a reduced infection rate and can lessen the need for post-surgical pain medicine.

A few of the most common laparoscopic procedures include:

- appendectomy
- biopsy
- colectomy
- gallbladder removal
- hernia repair
- hysterectomy
- urinary incontinence procedures

While laparoscopic procedures can offer qualifying patients wonderful benefits, it is important to realize that laparoscopic surgery is not the solution for every patient.

“We want our patients and community members to understand that there is a vast array of surgical procedures to correct common health problems,” says Tammy Calligaro, director of Surgical Services at Regional Medical Center Bayonet Point. “Anyone who needs advanced surgical care can find healing options at our facilities.”

***For a referral to an HCA West or Central Florida physician, call (877) 4-HCA-DOCS (1-877-442-2362) or visit our online physician directory at [www.HCAdocs.org](http://www.HCAdocs.org).***



## A Better Quality of Life

Hemorrhoids and varicose veins are both painful conditions that impact millions of Americans every year. New procedures are giving patients the ability to find relief from symptoms.

- More than half of Americans will have hemorrhoids by age 50, according to the National Institutes of Health. Now hemorrhoids can be eased through procedure for prolapse and hemorrhoids (PPH), a minimally invasive surgery that uses a circular stapling device to lift the problem tissue. Patients typically see results within a few weeks.
- VNUS® Closure® is a minimally invasive treatment for varicose veins. This outpatient procedure is an alternative to traditional vein stripping procedures. Generally, patients are up and walking the same day.

*For more information or for a referral to a physician who performs these procedures, call (877) 4-HCA-DOCS (1-877-442-2362).*



# HCA West Florida Division

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OakHillHospital.com

**Regional Medical Center Bayonet Point**  
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RMHealth.com

**Community Hospital**  
5637 Marine Parkway  
New Port Richey  
CommunityHospitalNPR.com

- Joint Commission Accredited Primary Stroke Center
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- Comprehensive Heart Care
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\*By The Society of Chest Pain Centers
- Patient Safety and Quality Initiatives
- Spine and Joint Care Centers
- Cancer Care certified by the Commission on Cancer
- Advanced Minimally Invasive Procedures
- Women's Services



**Community Hospital**  
*The Future Medical Center of Trinity*  
**Oak Hill Hospital**  
**Regional Medical Center Bayonet Point**

TOGETHER, PERFORMING AT A HIGHER STANDARD<sup>SM</sup>

For more information about our services,  
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