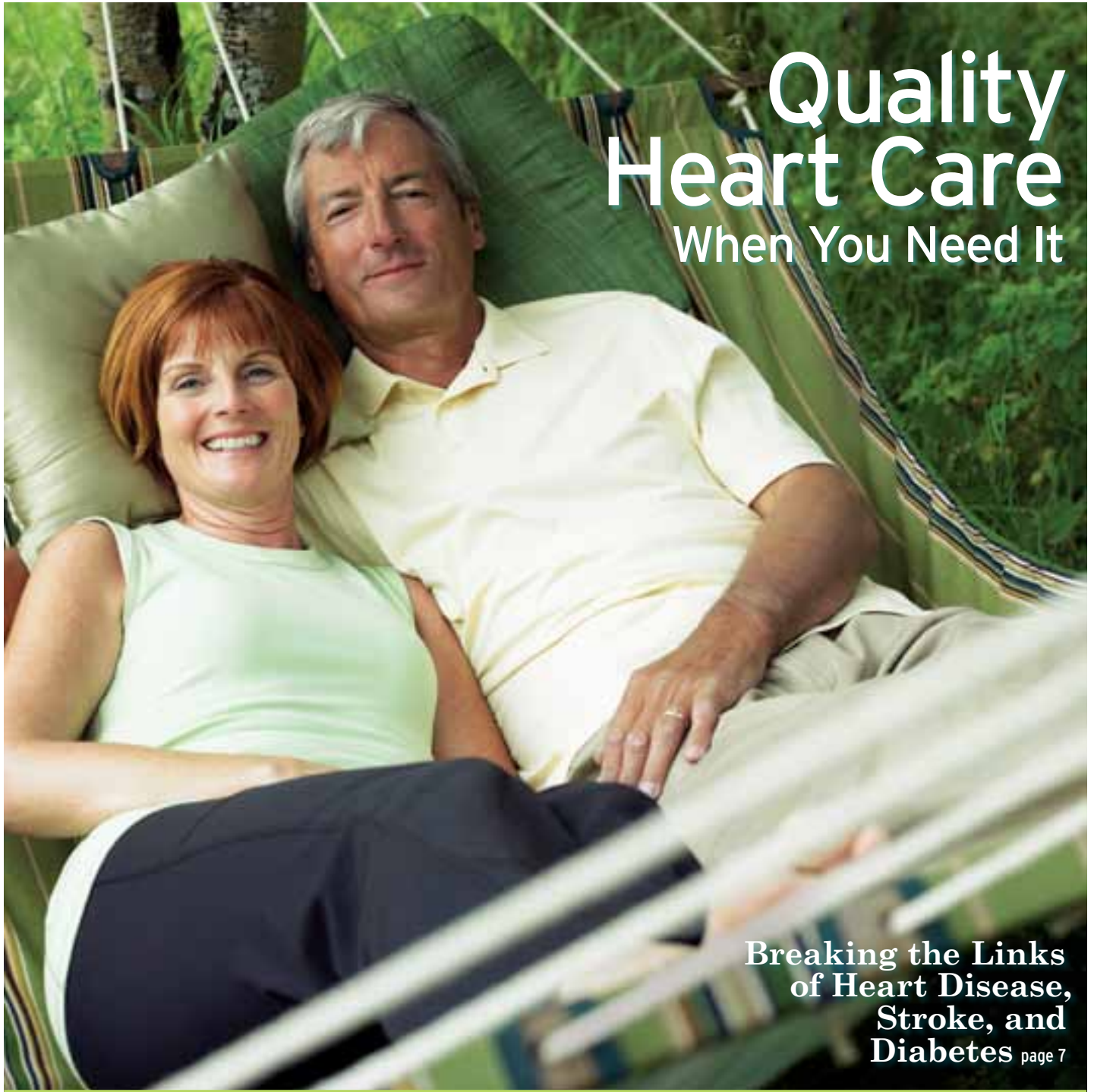


HCA West Florida Pasco/Hernando

Healthy Living

at a higher standard

Spring 2009



Quality Heart Care When You Need It

Breaking the Links
of Heart Disease,
Stroke, and
Diabetes page 7

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Central Florida Regional Hospital
Community Hospital
Doctors Hospital of Sarasota

Edward White Hospital
Englewood Community Hospital
Fawcett Memorial Hospital
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Northside Hospital

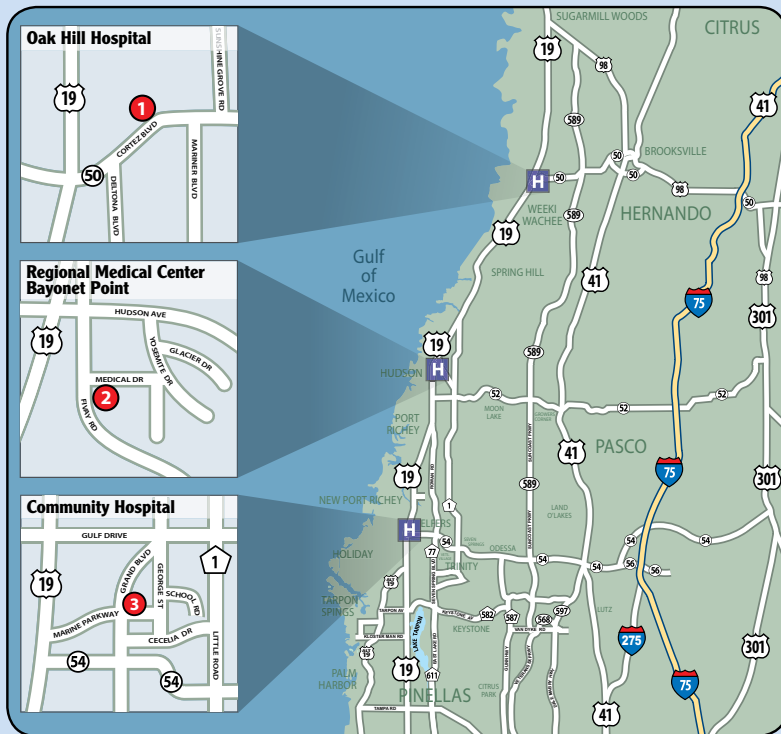
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higher standards. better care. faster care.

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- Women's Services



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Community Hospital
The Future Medical Center of Trinity
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TOGETHER, PERFORMING AT A HIGHER STANDARDSM

For more information about our services,
to find a physician or for a free physician directory, call

1-877-4-HCA-DOCS
(1-877-442-2362 toll free)

Recognizing **STROKE**

Recognizing the signs of stroke is the first step to getting lifesaving treatment.

STROKE IS THE third-leading cause of death in America and the number-one cause of adult disability. Nearly 80 percent of strokes are preventable by reducing risk factors, such as smoking, hypertension, and physical inactivity. But if stroke does attack, it is imperative to know what it looks like. With timely stroke treatment, the likelihood of survival increases, and victims stand a better chance of limiting debilitating aftereffects.

“Roughly 2 million brain cells die per minute during stroke,” says Rita Sivil, DO, ER medical director at Regional Medical Center Bayonet Point. “Such a devastating toll can result in permanent brain damage, mental and physical disability, or even death. Knowing stroke symptoms and getting immediate medical attention can save a life.”

Signs of Stroke

If you or a loved one suddenly demonstrates these symptoms, it is crucial to call 911 for immediate care:

- ▶ confusion or trouble speaking and understanding
- ▶ difficulty seeing out of one or both eyes
- ▶ numbness or weakness in the face, arm, or leg—especially if confined to one side of the body
- ▶ trouble walking, loss of balance or coordination, or dizziness
- ▶ unexplained severe headache

For a free “Warning Signs of a Stroke” magnet, call (877) 4-HCA-DOCS (1-877-442-2362).

Your *Primary* Destinations for Stroke Treatment

Community Hospital, Oak Hill Hospital, and Regional Medical Center Bayonet Point have all been certified as Primary Stroke Centers by The Joint Commission, meaning advanced, lifesaving stroke care is now closer than ever.

AT A PRIMARY Stroke Center, a highly skilled medical team is prepared to swiftly assess symptoms and administer treatment. Achieving this designation requires exceeding national standards for the treatment of stroke patients and demonstrating high-quality patient outcomes for several years.

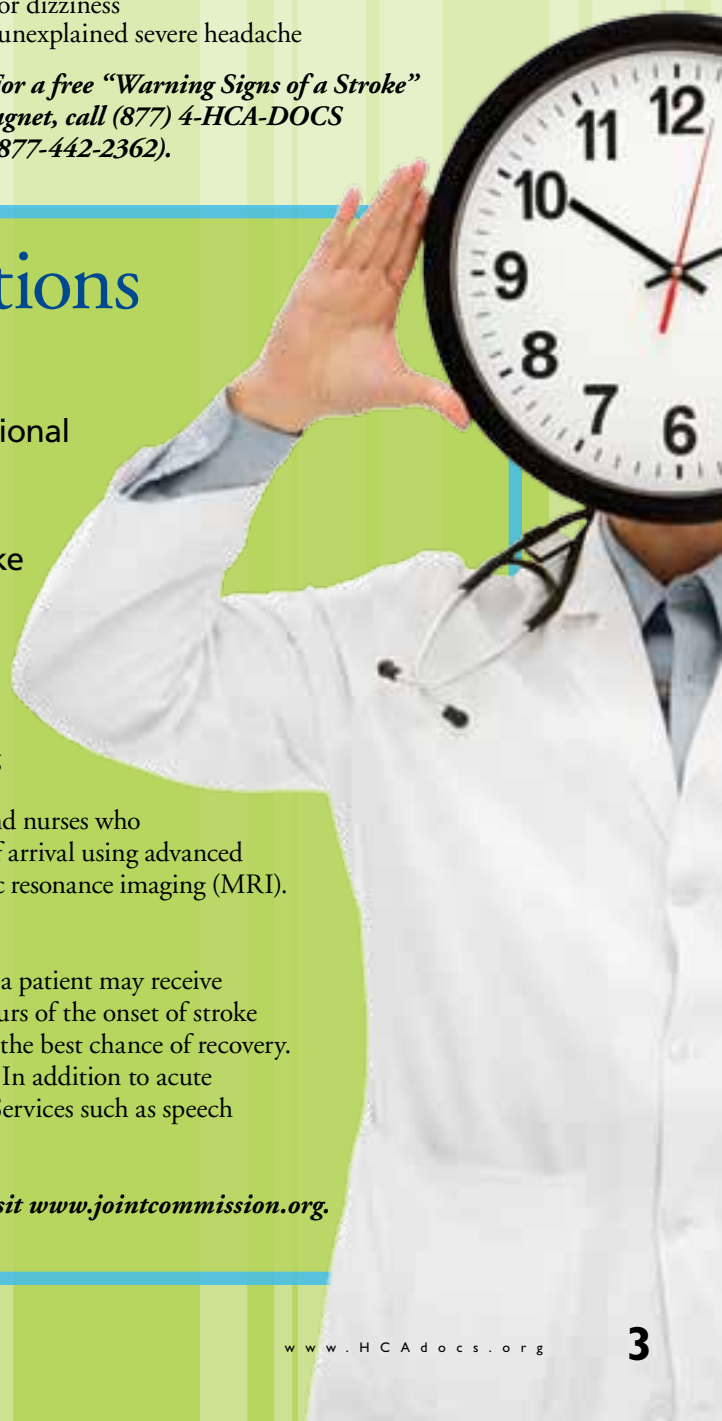
Each facility possesses a Stroke Team comprised of clinicians and nurses who are available around the clock to assess patients within minutes of arrival using advanced technology such as computed tomography (CT) scans or magnetic resonance imaging (MRI).

At Our Best When Every Second Counts

If a blockage is found to be restricting blood flow to the brain, a patient may receive clot-busting drugs, which must be administered within three hours of the onset of stroke symptoms to prevent significant brain damage and give patients the best chance of recovery.

Primary Stroke Centers offer comprehensive programs of care. In addition to acute response, the Centers assist patients on the journey to recovery. Services such as speech and physical therapy promote a faster return to normal life.

To learn more about Primary Stroke Center certification, visit www.jointcommission.org.



Heartfelt Support + Education

One of every three American adults will develop some form of cardiovascular disease in his or her lifetime, potentially leading to a heart attack, stroke, or death.

The Importance of Screening

Because cardiovascular disease can develop gradually with subtle symptoms, regular screening is vital for detection and treatment. To keep your heart healthy, talk to your physician about the following:

BLOOD PRESSURE should be checked at each regular healthcare visit beginning at age 20 or once every two years if your blood pressure is under 120/80 mm HG.

CHOLESTEROL screenings should be conducted every five years beginning at age 20.

BLOOD GLUCOSE should be tested every three years starting at age 45.

These guidelines are recommended for those at average risk. If you have a family history of heart disease or other risk factors, speak with your physician about when you should begin screenings.

IN THE FACE of these odds, maintaining a healthy lifestyle is more important than ever to fight heart disease. Education, guidance, and the support of dedicated medical professionals are all required to lower the risk of heart disease.

Take advantage of the many local opportunities available to obtain vital screenings and attend educational courses that can help you lead a heart-healthy life.

Here to Help

Many area facilities provide educational classes and free screenings designed to provide the nutritional and clinical knowledge you need to lower your risk of developing heart disease, as well as support groups for those diagnosed with cardiovascular disease.

Community Hospital in New Port Richey offers blood pressure screenings every Thursday at the facility. The hospital also offers a Carbohydrate Counting Class to help patients with diabetes who are at higher risk for heart disease make healthier diet choices.

Dietary Approaches to Stop Hypertension (DASH) and Cholesterol Count classes are also offered to educate those at risk for cardiovascular disease about cholesterol and high blood pressure and ways to take control of the conditions.

All classes and screenings take place at Community Hospital. For more information, visit www.communityhospitalnpr.com.

Oak Hill Hospital offers a Healthy Hearts Support Group that is open to anyone looking for information and education on cardiovascular disease and heart health. The meetings are held on the second Monday of every other month from 4 p.m. to 5:30 p.m. at the Enrichment Center at Oak Hill Hospital (behind the hospital). The remaining meetings for 2009 are June 8, August 10, October 12, and December 14.

Register by calling (352) 597-6333 in Hernando County and (352) 628-6060 in Citrus County.

Regional Medical Center Bayonet Point holds many cardiac support groups in a state-of-the-art conference facility. Classes offered by the facility include the "Heart 2 Heart" support group dedicated to promoting healthy lifestyles in a group atmosphere, an Internal Cardiac Defibrillator support group, and a Cardiac and Pulmonary Rehabilitation program designed to help heart and lung patients stay active and healthy.

For dates and times of these classes, please visit www.rmchealth.com.



Measurements That Matter



WHEN IT COMES to heart health, here are two terms to know: waist-to-hip ratio and body mass index (BMI). If both measurements fall within the healthy range, you could be at less risk for developing heart disease.

To determine your waist-to-hip ratio, divide the circumference of your waist by that of your hips. A woman's waist-to-hip ratio should be no more than 0.8, while a man's should be 0.95 or less.

BMI helps determine your body fat by using an equation in which weight times 703 is divided by height in inches squared. BMI numbers below 18.5 are considered underweight, 18.5 to 24 are normal, 25 to 29 are overweight, while 30 and higher indicate obesity.

Call (877) 4-HCA-DOCS (1-877-442-2362) for a free referral to a Community Hospital, Oak Hill Hospital, or Regional Medical Center Bayonet Point physician or visit www.HCAdocs.org.

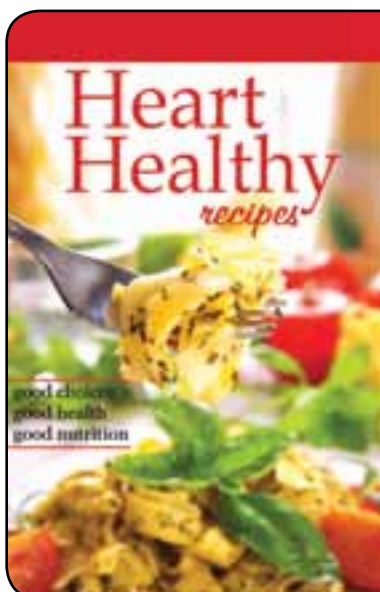
Boost Your Health WITH A *Spicier Diet*

LOOKING FOR AN excuse to jazz up your meals? Try adding some spice. New studies suggest that including spices like oregano and cinnamon to everyday dishes could lead to better health.

Many herbs and spices rival fruits and vegetables in the amount of antioxidants they contain, and herbs and spices are also rich in phytonutrients, natural plant components that may hold numerous health benefits.

Take a look at how two common spices stack up against vegetables in regards to the amount of antioxidants:

- » **GINGER**—One teaspoon of ground ginger contains as many antioxidants as a cup of spinach.
- » **THYME**—One teaspoon contains roughly the same amount of antioxidants as a carrot.



Take Cooking to Heart

Have your mealtimes grown a little too predictable and a little less than healthy?

Our recipe guide, *Heart Healthy Recipes*, is now available to help you rescue your diet and improve your health. Chock-full of flavorful, nutritional meals, this cookbook will have your mouth watering and your heart pumping for joy.

For a free copy of our Heart Healthy Recipes cookbook, call 1-877-4-HCA-DOCS (1-877-442-2362).

HER Heart HIS Heart

Cardiovascular disease was once considered chiefly a men's health concern. Today, this condition is **the leading cause of death among American men and women.**



IN FACT, cardiovascular disease affects approximately 37.9 million men and 42.7 million women in the United States, according to the American Heart Association. These staggering numbers only reveal part of the issue—the disease can manifest differently in women than in men. No matter your gender, you can take steps to protect your heart and vascular health by learning a few basics.

Know and Lower the Risks

Risk factors for heart disease that apply to both sexes include tobacco usage, lack of exercise, uncontrolled diabetes, poor diet, elevated blood pressure and cholesterol, and family history of heart disease.

Additional risk factors more prevalent among women include:

- » **DEPRESSION**—Women are twice as likely as men to develop depression, which increases cardiovascular disease risk.
- » **STRESS**—Women are more susceptible to stress. Excessive amounts of stress may raise blood pressure and can lead to unhealthy habits such as overeating, skipping daily exercise, and smoking.

Fortunately, estrogen may offer women some protection from cardiovascular disease through their childbearing years. After menopause, however, the incidence rate of the disease increases for women, and those rates increase sooner in smokers.

While you cannot change your family medical history, you can manage most

other risk factors through lifestyle changes or medication. Talk to your physician about how to lower your risk of developing cardiovascular disease.

See the Signs

Signs of cardiovascular disease for both sexes range from rapid or irregular heartbeat to chest discomfort to fatigue and dizziness to difficulty breathing. Swelling of feet and ankles can also be a symptom.

Cardiovascular disease can culminate into sudden cardiac arrest or a heart attack, both of which constitute emergency situations that require immediate medical attention. Protect yourself by knowing these symptoms of heart attack:

- chest pain, fullness or uncomfortable pressure in the center of the chest for more than a few minutes or that is intermittent
- shortness of breath that may or may not be accompanied by chest pain
- unwell feeling, including cold sweats, nausea, or light-headedness
- upper body pain in one or both arms, the back, neck, jaw, or stomach

Additionally, women also sometimes report symptoms of fatigue, indigestion not relieved by antacids, and anxiety.

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

“Heart disease causes one of four deaths among women in the United States each year, and risk increases with age. Both men and women have heart attacks, but more women die from them. All women should take steps to protect their hearts by maintaining a healthy weight, getting plenty of exercise, finding healthy ways to cope with stress, limiting alcohol, not smoking, and getting regular checkups.”—Mowaffak Atfeh, MD, board-certified cardiology and internal medicine physician at Oak Hill Hospital and Regional Medical Center Bayonet Point

“Our goal is to treat each patient in a way that offers optimal results. Knowing the differences in symptoms for men and women and realizing that plaque can form differently in women than in men only furthers that cause. The more we can learn about gender differences in cardiovascular health, the better outcomes we will have for patients.”—Christos J. Pitarys II, MD, FACC, interventional cardiologist, board certified in internal medicine and cardiovascular disease on staff at Community Hospital and Regional Medical Center Bayonet Point

Triple Threat

People with diabetes are twice as likely to have heart disease or a stroke than those who do not have the disease.



ALTHOUGH FAMILY HISTORY of heart disease and stroke cannot be changed, individuals have the power to control their risk for these conditions by controlling cholesterol and glucose levels, and blood pressure.

Whether you have diabetes or not, here are some tips to prevent or delay heart disease or stroke:

- » **EAT A HEART-HEALTHY DIET.** This should include getting 14 grams of fiber for every 1,000 calories consumed; cutting down on saturated fat found in meat, butter, and shortening; aiming for less than 300 milligrams of cholesterol in your diet each day; and limiting trans fat such as that found in commercially prepared baked goods, microwave popcorn, and margarine.
- » **EXERCISE REGULARLY.** Complete at least 30 minutes of physical activity most days of the

week. Choose weight-bearing exercises, such as walking, jogging, or dancing, to help keep muscles toned.

- » **MAINTAIN A HEALTHY BODY WEIGHT.** Increase activity and reduce calorie intake to reach the ideal weight for your age and height. Healthy weight loss is one to two pounds per week. Once you have reached your goal, adjust calories burned and consumed to maintain it for life.
- » **IF YOU SMOKE, QUIT.** Smoking contributes to atherosclerosis, a buildup of fatty substances in the arteries.
- » **ASK YOUR PHYSICIAN IF TAKING ASPIRIN DAILY IS RIGHT FOR YOU.** Many studies have found that taking a daily low dose of aspirin can reduce the risk of heart attack and ischemic stroke.

“Heart disease and ischemic strokes are caused by narrowing of blood vessels through the deposit of fatty materials, also known as plaque, onto the arterial walls. Having high blood glucose levels increases the amount of deposits over time, putting people with diabetes more at risk. Smoking also increases plaque levels.”—Michael Wahl, MD, cardiothoracic surgeon at Oak Hill Hospital, Regional Medical Center Bayonet Point, and Community Hospital

Keep Up the “Good” Cholesterol

The British Whitehall II study, published in the American Heart Association’s journal, *Arteriosclerosis, Thrombosis, and Vascular Biology*, connects lower levels of “good” cholesterol—high-density lipoproteins (HDL)—to a higher risk for memory loss. The results do not conclude that low HDL is the cause of memory problems, but they do suggest that HDL levels could be biomarkers for the condition.

For more information about breaking the links between diabetes, heart disease, and stroke, call (877) 4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

You've tried the latest crash diets and bought the new abdominal machine, but nothing seems to work. Drastic changes to your daily routine are not necessarily the keys to better health—there are small things you can do every day that will lead to a healthier you.

the path to improved health

FOLLOW THESE TIPS for a healthy, more energetic life:

- » **START WALKING.** Whether you go for a stroll around the block during your lunch break or get some friends together and walk in a group in the evening, walking is great for your health. To track your distance, wear a pedometer and aim for 10,000 steps daily.
- » **BROWN BAG IT.** Save cost and calories by bringing your lunch to work or cooking a healthy meal at home. If you dine out, choose lower calorie options and use condiments sparingly.
- » **DRINK PLENTY OF H₂O.** Drinking too little water can leave you tired and lethargic, and severe dehydration can put your health at risk. Drink water each day to help protect your health.
- » **GET YOUR ZZZS.** Getting eight hours of sleep or more each night will help keep you alert and improve your well-being.

Call 1-877-4-HCA-DOCS (1-877-442-2362) for a free referral to a Community Hospital, Oak Hill Hospital, or Regional Medical Center Bayonet Point physician or visit www.HCAdocs.org.

"Try to make healthy choices every day. By taking small steps to modify your diet and exercise routine, you will become healthier and have an improved sense of well-being. It may be difficult at first, but the long-term results are well worth it."—Ricardo Ubillus, MD, cardiologist on staff at Community Hospital and Regional Medical Center Bayonet Point

As Easy as A-E-D

According to the American Heart Association (AHA), cardiopulmonary resuscitation (CPR) coupled with use of an automated external defibrillator (AED) increases survival rates of those suffering cardiac arrest—sudden cessation of heartbeat—to as high as 74 percent.

AN AED IS a device that analyzes the heart's rhythm for any abnormalities and directs the rescuer to deliver an electrical shock to the victim, which helps the victim's heart reestablish normal rhythm.

An AED is easy to use and, with proper training, anyone can learn how to safely utilize an AED in order to help save a life. The AHA recommends people in the community receive AED training so more lives may be saved in cases of sudden cardiac arrest.

Visit www.americanheart.org and search for "Find an Emergency Cardiovascular Care Class" to locate CPR and AED classes in your area.

Call (877) 4-HCA-DOCS (1-877-442-2362) for a free referral to a Community Hospital, Oak Hill Hospital, or Regional Medical Center Bayonet Point physician or visit www.HCAdocs.org.

"Oak Hill Hospital provides cardiopulmonary resuscitation [CPR] and automated external defibrillator [AED] classes for those who wish to be trained to save lives. Call the Enrichment Center on the campus of Oak Hill Hospital at (352) 597-6331 to register."
—Asif Masood, MD, family medicine physician on staff at Oak Hill Hospital

Nourish *Your* Heart

Support your cardiovascular health by making smart dietary choices.

“MODERATE EXERCISE AND wise nutritional choices can lower your risk of developing cardiovascular disease,” says David Moreno, MD, internal medicine physician at Oak Hill Hospital. “The foods you eat affect your cholesterol, blood sugar, and blood pressure levels.”

EAT A BALANCED DIET—Include healthful fats, lean protein, vitamins, nutrients, and antioxidants for the nutrition you need. Avoid trans fat, limit saturated fat, and emphasize unsaturated fats to protect against heart disease. Protein sources that are lower in calories and saturated fat include black beans, lentils, nuts, lean cuts of beef, poultry, and fish.

Maximize vital nutrients and limit calories by choosing low- or no-fat dairy products, greens, fruits, vegetables, and foods containing fiber. Also, be aware that whole grains, legumes, and vegetables digest more slowly, which can help balance your blood sugar levels and lower your risk for Type 2 diabetes.

SHAKE YOUR SALT HABIT—Too much salt in your diet can raise your blood pressure levels. Enhance the taste of food using herbs and spices instead. Also, avoid processed foods, which tend to contain high, often-hidden sodium content.

TRADE HIGHER-CALORIE SWEETS FOR “HEART-Y” TREATS—Replace snack items and convenience foods with options that can help lower cholesterol levels:

INSTEAD OF...	TRY...
cheese	avocados packed with nutrients and healthy monounsaturated fat
milk chocolate	dark chocolate, shown to improve blood pressure
beer, spirits, or white wine	red wine in moderation, which has been linked with reduced heart disease risk



7 Ways to Stock Up Your Heart-Healthy Fridge

A PERIODIC INVENTORY of your refrigerator can be an easy reminder of whether or not you are on the right track to healthy eating.

Follow these tips to ensure your fridge—and your family—are heart healthy.

Hide temptations. Put the unhealthy desserts and other tempting foods out of sight to reduce impulsive unhealthy snacking. Put fruits and vegetables front and center so they are visible and less likely to spoil before you discover them.

Trade in high-fat foods. A simple way to make a dramatic change in your eating habits is simply to replace high-fat foods with low-fat versions, such as non-fat milk instead of whole milk and lean chicken and fish instead of red meats.

Make it a game. Get the kids involved and help them learn about heart-healthy eating by finding fun ways to choose and organize foods. For example, help them label foods on the shopping list with color-coded stickers for healthy foods, unhealthy foods, and those in between.

Add some zing. Have indulgent toppings or dips available to make healthy foods more exciting. A few nuts in your low-fat yogurt or a touch of chocolate syrup in your nonfat milk will encourage you to make healthier choices.

Plan ahead. Put leftovers away as individual meals that are ready to heat and eat. That way, you control portion sizes and save time in the

morning when you are rushing to get out the door or in the evenings when you feel too tired to prepare a whole meal.

Store foods ready to use. You can save a lot of time by simply washing and chopping vegetables as soon as you bring them home from the store. Preparing a complete and balanced meal will be a lot less daunting if you have most of the prep work done ahead of time.

Freeze fruit treats. Sometimes a simple idea like frozen fruit is all the encouragement children need to eat better. The novelty of frozen bananas, grapes, and orange slices may even be more enticing than a popsicle, especially as the weather gets warmer.

Matters of the Heart

Chest pain is one of the most common reasons people visit their local emergency department (ED) and may indicate a serious cardiovascular problem that requires a fast response.

IMMEDIATE TREATMENT OF acute cardiac or cardiovascular conditions can help reduce damage to the heart and brain, which is why the medical staffs at Community Hospital, Oak Hill Hospital, and Regional Medical Center Bayonet Point strive to provide high-quality care in the most efficient manner possible when patients experience sudden symptoms.

The stories of three local Pasco/Hernando patients exemplify the importance of acting quickly when possible cardiovascular problems appear.

Lifesaving Teamwork

"I am in trouble—call 911." With these chilling words, Mary Dunker woke her husband, Ted, in the middle of the night. By the time emergency medical services (EMS) arrived at their home, Mary suspected she was experiencing a heart attack. As the EMS team rushed her into the ambulance, Mary told the driver to take her to Oak Hill Hospital.

"The moment I arrived at Oak Hill, eight members of the medical team surrounded me," says Mary. "They immediately did exactly what they were trained to do. They were perfectly synchronized, and everything ran smoothly. I felt I was receiving the very best care from a competent

and caring team of professionals."

The Heart Institute at Oak Hill Hospital is the only Accredited Chest Pain Center with Percutaneous Coronary Intervention in the local area. The institute's mission is to focus on reducing mortality rates in high-risk patients while assessing and responding to all patients with chest pain or other symptoms of heart problems in a timely and professional manner.

"I was so impressed with the entire experience at Oak Hill Hospital," says Mary. "Ted and I will forever be grateful for how quickly and efficiently everything was done to save my life."

Mending a Broken Heart

At 66 years of age, Magnolia Taktekos had never been seriously ill in her life and had not visited a hospital in the six years since she moved to Florida. Then, last March, something unexpected happened.

At first, Magnolia thought she was just not feeling well. She told her husband, John, she might have a bit of indigestion and needed to lie down. However, when John checked on her later and found she was worse, he took her to the Emergency Department at Community Hospital.

"When we arrived, the receptionist wanted some information, but I told her

we did not have time," says Magnolia.

"They immediately took me back, checked my blood pressure, and started doing blood work. I knew I needed to see someone right away."

A moment later, she was unconscious and her heart had stopped. The emergency team sprang into action, using a defibrillator to bring her back.

"What are you all doing here?" I asked them when I woke up," Magnolia says. "The nurses told me they thought I had suffered a heart attack."

After her condition was monitored for a couple of days, Magnolia was transferred to Regional Medical Center Bayonet Point and underwent surgery to implant a stent and defibrillator. Magnolia says she felt complete confidence in the medical staff.

"Everyone was wonderful," says Magnolia. "I was very comfortable, and I felt I was in good hands."

One week later, Magnolia was released from Regional Medical Center Bayonet Point and returned home.

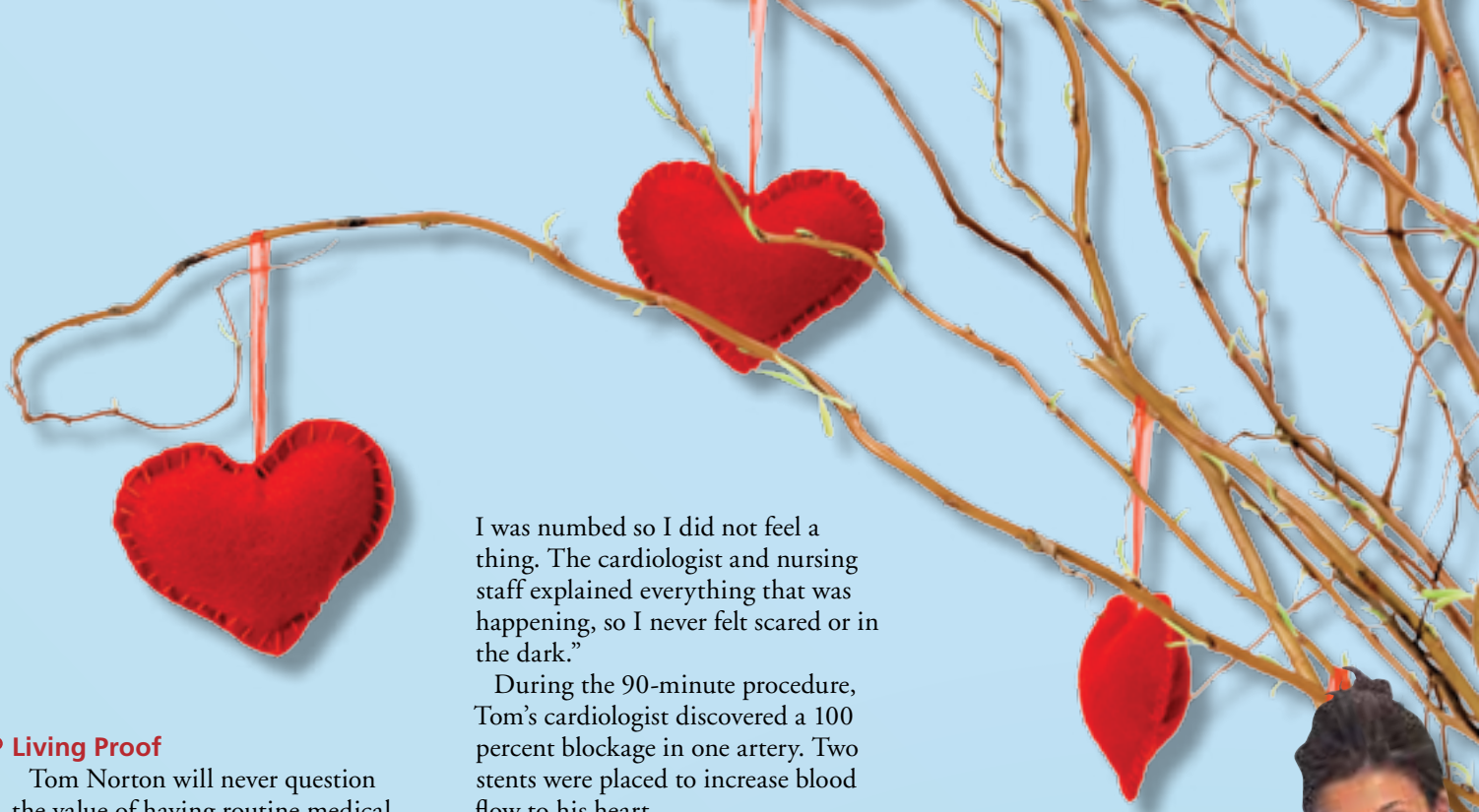
"Recovery was quick—I am lucky," Magnolia says. "I came in with a broken heart, and the wonderful staff fixed it. I would recommend both Community Hospital and Regional Medical Center Bayonet Point to anyone."



When Mary Dunker suspected she was having a heart attack, she told emergency responders to take her to Oak Hill Hospital.



Magnolia Taktekos recovered quickly after surgery to implant a stent and defibrillator at Regional Medical Center Bayonet Point.



Living Proof

Tom Norton will never question the value of having routine medical examinations. Asking about changes in his symptoms saved his life.

For approximately two years to treat his angina (chest pain), Tom Norton had been using nitroglycerin spray to relax blood vessels to the heart and increase the supply of blood and oxygen. During a regular appointment, however, Tom’s cardiologist ran a routine test and did not like the results. Concerned that Tom might have a more serious condition affecting his heart, he arranged for an outpatient angioplasty at Regional Medical Center Bayonet Point.

“The medical staff at Regional Medical Center Bayonet Point was extremely cordial, and I found their professionalism calming,” says Tom. “I was awake during the procedure, but

I was numbed so I did not feel a thing. The cardiologist and nursing staff explained everything that was happening, so I never felt scared or in the dark.”

During the 90-minute procedure, Tom’s cardiologist discovered a 100 percent blockage in one artery. Two stents were placed to increase blood flow to his heart.

In recovery, Tom needed to remain immobile for four to six hours to help reduce the risk of bleeding. His nurses stayed close to assist him and answered questions throughout the post-operative waiting period.

“They placed pillows around me to make it harder for me to shift position,” Tom says. “This helped make me more comfortable.”

Today, Tom is back to his normal activities. He has been off his nitroglycerin spray since his stents were put in—and has not experienced any chest pain since the procedure.

“I would recommend Regional Medical Center Bayonet Point to anyone,” says Tom. “Everyone I encountered was attentive and informative. They took very good care of me.”

Tom Norton appreciated the attentive care he received when he had outpatient angioplasty at Regional Medical Center Bayonet Point.



Where to Find Help

Community Hospital
5637 Marine Parkway
New Port Richey, FL 34652
(727) 848-1733
For more information about cardiac care at Community Hospital, visit www.communityhospitalnpr.com.

Oak Hill Hospital
11375 Cortez Boulevard
Brooksville, FL 34613
(352) 596-6632
For more information about cardiac care at Oak Hill Hospital, visit www.oakhillhospital.com.

Regional Medical Center Bayonet Point
14000 Fivay Road
Hudson, FL 34667
(727) 819-2929
For more information about cardiac care at Regional Medical Center Bayonet Point, visit www.rmchealth.com.





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Robert Conroy, Jr., CEO
 6500 38th Ave. North
 St. Petersburg, FL 33710
 (727) 384-1414
www.stpetegeneral.com

