

discover

Alliance Health

Healthy Heart for Sale

“Knowing his family’s medical history made a big difference in Mr. Sale’s reaction during a heart attack.”

John Sale of Leesburg thought he had beaten the odds. After all, he had done everything right by eating a heart healthy diet, staying fit with exercise, and keeping informed about heart disease, which ran in his family. “My father died at age 50 from his fifth heart attack and his brother died at 44 from his first,” said John. “Those events put me on alert by the time I was in my early 30s.”

John thought a lot about his heart health when he reached his 50s and 60s. He had a fulfilling career and managed stress with an active lifestyle that included golf, tennis and racquetball. He and his wife, Carol, moved to Royal Highlands five years ago. “When I turned 70, I figured I’d made it past the age when men in my family had heart attacks,” he said with a chuckle. On a Saturday morning in September, however, his heredity caught up with him. At age 71, he had his first heart attack. It began with nausea and quickly progressed to pressure in his sternum.

“I jokingly told my wife it was her breakfast,” he said. “But I knew rather quickly it was much more. I believe that knowing my family history and being informed helped me recognize what was happening and react quickly.” John’s knowledge about his hereditary risks had prompted the couple years earlier to search for a community where they knew they would get excellent medical care as they aged. “Before we moved here, we investigated hospitals in several communities,” he said. “We picked Leesburg because of the hospital’s reputation.”

Leesburg Regional Medical Center lived up to the Sales’ expectations throughout his “heart event” as he describes it. “The doctors and nurses were informative and gave me a complete analysis of everything that was happening,” he remembered.

As a recognized Center of Excellence for over 20 years, the Heart Institute at Leesburg Regional is on the leading edge of new coronary procedures and technologies. “From diagnostic services and interventional cardiology to open heart procedures and minimally invasive valve surgery, we are the most comprehensive cardiovascular institute in the region and one of the largest in Florida,” said Peter Calcaterra, Director of Cardiovascular Services.

After completing the Hospital’s Cardiac Rehab program, John returned to work and to the golf course. He is extremely grateful for the care he received and the support his wife experienced during the ordeal. “My advice is to know your family’s medical history. If you have a risk, research all you can and think about where the road is taking you,” he said.

Learn more! To get more information on our board certified cardiologists, please call (352) 323-1000 or visit www.AllianceHeart.org.

“Having undergone open heart surgery, Leesburg resident John Sale is back in the swing of things at the Royal Highlands golf course.”

**LEESBURG
REGIONAL**
MEDICAL CENTER
Central Florida Health Alliance

Meet Don Henderson, President and CEO



Dear Community Members and Friends,

The past several weeks have been a whirlwind of activity as I started my new job as President and CEO of the Central Florida Health Alliance (CFHA), the parent organization for both Leesburg Regional and The Villages Regional Hospitals. I am extremely grateful for the welcome received from the community, the Board of Directors, and especially the team members who work in our organization.

CFHA has a well-earned reputation for providing health care equal to or better than many hospitals and health care systems nationwide. I am pleased to report that just a few weeks ago, we were recognized among the top 20 percent of best performing health systems overall in the country by Thomson Reuters, an organization that ranks hospitals and health systems nationally. This award is nice, but it is what you and your family say as our patients and visitors which carries an even greater impact. Elsewhere in this issue, you can read about a heart patient, Mr. John Sale, who moved to Leesburg because of the health system's excellent reputation. He wanted to know that he would have access to first-class health care as he neared retirement.

I have often said through the years that Job One is to care for the team members who care for our patients. I am glad to report to you that recently The Orlando Sentinel recognized us as a regional Top 100 Company for Working Families for the 12th consecutive year. Nationally, we also were recognized as number 17 in the country on AARP's list for Best Employers for Workers Over 50.

I trust that we can continue to assist our team members by providing a supportive and friendly work environment.

I would also like to report that Leesburg Regional is the first hospital in Central Florida to perform a heart valve replacement procedure known as Trans-catheter Aortic Valve Implantations, or TAVI. The remarkable thing about this procedure is that malfunctioning heart valves for some patients can be replaced through a minimally invasive catheter, instead of the usual open-heart surgery. We are justifiably proud of this advancement in medical care.

Next year marks Leesburg Regional Medical Center's 50th anniversary as a service provider in this community, as well as The Villages Regional Hospital's 10th anniversary. Thank you for your support of our organization, and I look forward to many exciting challenges over the months ahead.

Sincerely,
Don Henderson, President and CEO

A handwritten signature in dark ink that reads "Donald D. Henderson". The signature is written in a cursive, professional style.

Behind the Scenes of the LRMC Lab

As the hub for all Alliance Labs, the laboratory at Leesburg Regional Medical Center is a busy place 24 hours a day, seven days a week. The lab's technicians, pathologists, and staff have kept up with an increasing demand for services despite having to work around renovations that began last October.

"The staff has persevered throughout the renovation and many of them even had to temporarily relocate several times during the last six months," said Rob Berkoff, lab director for Leesburg Regional. "Some of our long-time employees have been waiting for years to see this happen, and everyone is very excited about the improvements."

Patients may not notice the physical renovations when they have blood drawn or specimens taken because the lab's work is mostly behind-the-scenes.

One of the most important changes is a centralized specimen processing department in the center of the lab. "In the past, we were overrun by the amounts of specimens coming in for processing from our outreach labs," Berkoff said. "Not only did we need more space, we needed a better designed space."

Additional work stations allow the techs to capture more information about the specimens. Berkoff said information gathering is a critical element in preventing errors and providing the best possible service. He also described the "just-in-time" inventory which gives lab techs everything they need right at their fingertips. "In the past, they had to go search for something," he explained. "At the new work stations, they can be much more efficient."

Patients coming to the hospital for pre-surgery lab work now can have those procedures done almost as soon as they register near the admitting area on the first floor. "They don't have to traipse through the hospital to the lab," said Berkoff. "It's like one-stop shopping; they simply go to the admissions area on the first floor, register, and go to a nearby room for lab work."

The final phase of the lab renovation -- a new microbiology area -- will be completed in mid-April. The total cost of the renovation was just over \$1 million. "Our processes and services have really been enhanced by this much-needed renovation," said Berkoff.

To learn more about the lab services at Leesburg Regional and other locations, visit alliancelabs.org.

The Rehab Ranch

A little competition never hurts and a lot of camaraderie always helps, especially when it comes to rehabilitation after joint replacement. Since last June, hundreds of hip and knee replacement patients have walked down the hall of Leesburg Regional's Joint Center only hours after their surgeries to join group therapy sessions.

The room known as "The Rehab Ranch" looks more like an activity room for a community center than a rehab room in a hospital. It's all part of the plan to get patients back to their normal routines and into their own homes as quickly as possible.

"Patients first have a one-on-one evaluation with a therapist shortly after surgery," said Cindy King, orthopedic nurse specialist. "They can start therapy that day if they are medically stable."

Two weeks before surgery, patients attend a pre-op class so they understand what is expected at The Rehab Ranch. At that point, however, many are in disbelief that they'll be up and around so quickly.

King emphasizes that joint replacement patients are the healthiest population in the hospital and getting out of bed and moving keeps them that way. With advances in joint replacement surgeries and changes in pain management therapies, patients are able to tolerate rehab sooner than in years past.



"Our best marketing tool is a patient or family member who had surgery and therapy under the old routine," said King, "and now they see the new methods."

Those new methods include having a family member serve as a coach during the twice-daily group sessions, which include 35 to 45 minutes of special exercises. By involving family members, more patients have been able to go home from the hospital rather than into short-term rehab facilities. King said 67 percent of patients now go directly home, whereas in the past only about 50 percent were able to do so.

Group therapy has many advantages, especially when it comes to letting patients know they are not alone in what they are feeling or experiencing after surgery. "They are not sitting in their rooms feeling sorry for themselves," said physical therapist Ingrid DeWyspelaere. "And when they see other patients doing well, they also tend to push themselves a little harder."

Patients encourage each other, and many develop friendships that continue after they leave the hospital. More than 400 former patients who had surgery between October and February recently returned for a reunion lunch and several hundred more have been invited to attend the luncheon this spring.

For more information about The Joint Center at Leesburg Regional, call (352) 323.2229 or visit www.LeesburgRegional.org.

Stroke Program Receives Top Honor



The American Heart Association and American Stroke Association recently presented Leesburg Regional Medical Center with the Get With The Guidelines® - Gold Plus Achievement Award for excellence in stroke care. This award recognizes the Hospital's commitment and success in implementing excellent care for stroke patients according to evidence-based guidelines.

"With a stroke, time lost is brain lost, and the Get With The Guidelines® - Gold Plus Achievement Award demonstrates Leesburg Regional's dedication to providing aggressive, proven stroke care," says Don Henderson, President & CEO of the Alliance. "We will continue with our focus on providing care that has been shown in the scientific literature to quickly and efficiently treat stroke patients with evidence-based protocols."

According to the American Heart Association/American Stroke Association, stroke is one of the leading causes of death and serious, long-term disability in the U.S. On average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.



Where to Find Us

Leesburg Regional Medical Center
600 E. Dixie Avenue, Leesburg, FL 34748
(352) 323-5762

Looking for a Physician?

Finding the right doctor or specialist has never been easier. Visit www.LeesburgRegional.org and select "Find a Physician." Here, you can browse our online database and search more than 350 highly trained, board-certified physicians by name, location or specialized care service. You can even print the most up-to-date physician listings and order your FREE copy of the 2012 Physician Directory.
For more information, please call (352) 323-1000.

Heart Institute Educates Central Florida Nurses

The 8th Annual Heart-to-Heart Cardiovascular Symposium was held in February at the beautiful Mission Inn Resort. More than 300 nurses and cardiovascular professionals came from all over Central Florida to discuss best practice in clinical treatment and to learn the most up-to-date information on heart disease from local physicians as well as nationally-recognized experts.



The two-day conference included nearly two dozen speakers discussing a range of topics

related to heart care. "We included some of the best speakers in the nation," says Dr. Srinivas Attanti, an interventional cardiologist at the Heart Institute of Leesburg Regional Medical Center. "The event is part of Leesburg Regional's increased commitment to tackling the treatment of heart disease, including efforts to improve the diagnosis of symptoms as early as possible."

In its 8th year, the symposium combined lectures, breakout sessions and question-and-answer opportunities focusing on the latest preventative and diagnostic approaches to cardiovascular disease. Expert faculty provided a comprehensive review of best practices in cardiology today.

To learn more about the Heart Institute at Leesburg Regional, visit www.LeesburgRegional.org.



CENTRAL FLORIDA HEALTH ALLIANCE

Leesburg Regional Medical Center
The Villages Health System

600 E. Dixie Avenue
Leesburg, FL 34748

Healing Wounds – One Step at a Time

While underlying causes of chronic wounds vary from patient to patient, they tend to occur in patients with poor blood circulation, diabetes, or for other reasons related to a patient's condition. A simple foot blister, for example, may result in a chronic open sore, serious infection, gangrene, and may even require amputation.

"Most people with diabetes know the importance of checking blood sugar levels, while the importance of daily foot exams is underemphasized," says Audrey Folmer, Program Director of the Wound Healing & Hyperbaric Center at Leesburg Regional. "The Centers for Disease Control and Prevention has found that comprehensive foot care programs can reduce diabetes-related amputation rates by 45 to 85 percent."

The Wound Healing & Hyperbaric Center at Leesburg Regional specializes in getting to the underlying causes that prevent healing. The nine physicians and specially trained staff who administer wound care at the Center have a 96 percent success rate among patients.

Did you know that April is Foot Health Awareness Month? Since chronic foot wounds are particularly common, especially among patients with diabetes, the following steps can be taken to prevent them:

- Don't go barefoot, either indoors or outside.
- Use moisturizer for excessively dry feet after bathing.
- Wear comfortable shoes that fit well. Avoid open-toed shoes, heels and sandals.
- Always wear socks or stockings made from cotton or cotton blends.
- Don't remove corns or calluses yourself without first consulting your physician.
- If a non-healing foot sore occurs, consult your physician.

For more information about diabetes management and the prevention and treatment of chronic wounds, contact the Wound Healing & Hyperbaric Center at Leesburg Regional. Call to (352) 323-3232 or log on to www.CFHAlliance.org/wound.

