Women seek heart help

Two years ago Judy Greene exercised five times a week in water aerobics classes. She considered herself very active. But when Ms. Greene learned her husband had terminal cancer, she put her own health on hold to care for him. That’s when the 67-year-old began gaining weight, and blood pressure medication replaced her regular exercise routine.

Ms. Greene, whose mother had suffered a heart attack, knew the importance of exercise in maintaining a healthy heart, and looked for some incentive to resume her exercise regimen. The motivation she needed came in the fall edition of Resource, where she read about South Miami Heart Center’s new Women’s Heart Program. For $60, women meet one-on-one for 50 minutes with a cardiovascular nurse and receive screenings for cholesterol, blood pressure and body mass index; a cardiac risk profile; and a physician referral, if needed. Women may also sign up for a 30-minute, stress-reducing massage for an additional $40.

“I carried that article with me to my second home in Georgia, so that I would remember it again and invited us to check on her progress. “Stay tuned,” she said.

As for Ms. Greene, she’s been inspired to start paying attention to her own health now, when accessibility to medical professionals is easier.

“We want to... help women see the importance of taking care of themselves.”
—Pat Levin, R.N.
Women and lung cancer: Fighting the odds

Christine Jerez and Beverly Cohen are two women with one thing in common – lung cancer.

Ms. Jerez, 47, is among the 20 percent of women with lung cancer who have never smoked. “It never dawned on me that I could have lung cancer,” the longtime Baptist Hospital nurse said. She was diagnosed two years ago, after a nagging cough wouldn’t go away.

Ms. Cohen, 76, smoked until she was diagnosed with lung cancer four years ago. “I quit cold turkey right then,” she said.

Lung cancer is the deadliest cancer, killing more women than breast, ovarian and uterine cancers combined. Women are nearly three times as likely as men to develop lung cancer, but doctors don’t know why. About 41 percent of lung cancer occurs in women under age 50.

Smoking causes most lung cancer, according to the American Lung Association. Five years after quitting, the risk of dying is cut in half. While the odds of getting lung cancer are reduced, the risk is not entirely eliminated, even many years after not smoking.

Doctors believe that surviving lung cancer depends on finding it early, but “the diagnosis usually comes late,” said cancer specialist Paul Kaywin, M.D.

That may change, thanks to CT scans that detect tiny tumors. (See related story below.)

Strides also are being made in treatment with minimally invasive surgery to remove tumors, highly targeted radiation therapy, chemotherapy and new biological therapies such as Tarceva and Avastin, which attack cancer at the molecular level.

“These treatments are helping keep people’s disease under control for longer periods,” Dr. Kaywin said. “There’s definite improvement in the outlook for lung cancer, though it’s still a dangerous cancer. But the take-home message has to be in super-bold print: Don’t smoke.”

For information about research trials, treatment options and stop-smoking classes, call the Cancer Resource Service at Baptist-South Miami Regional Cancer Program, 786-596-2430, or e-mail cancerinfo@baptisthealth.net.

— Anne Streeter and Phyllis Teitelbaum

CT SCAN MAY SAVE LIVES

A simple, painless imaging test called a spiral CT may help people with lung cancer live longer, according to a study in the New England Journal of Medicine.

“The spiral CT scan finds small tumors that routine X-rays miss,” said Jack Ziffer, M.D., Ph.D., chief of radiology at Baptist Hospital. Small cancers can usually be surgically removed, requiring no further treatment.

In the 12-year study, 31,000 people were screened for lung cancer using spiral CT. A statistical model projected that 88 percent of those treated for early-stage lung cancer would survive at least 10 years. This contrasts with the current survival rate of only 15 percent of lung cancer patients living past five years.

“This study is exciting and promising, but more studies are needed to see if CT scans really do save lives,” said Baptist Hospital radiation oncologist Andre Abitbol, M.D.

Dr. Ziffer advises longtime smokers, former smokers, those exposed to years of second-hand smoke and people with a persistent cough or shortness of breath to talk to their doctors about having a CT scan. A doctor’s prescription is required, and insurance may not cover the $390 cost for tests done at a Baptist Health center. To schedule a CT scan, call 786-573-6000.

To learn more about CT scans and lung cancer, come to a free program on Thursday, May 31, 7-8 p.m., at South Miami Hospital. Pulmonologist Allan Feingold, M.D., will speak. There will be free screenings from 8 to 9 p.m. for breathing function. Call 786-596-3812 for reservations and information.
Each year, the Gallup Organization asks Americans which occupations they trust. For the eighth consecutive year, nurses are at the top of the list. Eighty-four percent of Americans describe nurses’ ethics as “very high” or “high.”

Baptist Health salutes the nursing profession. We don’t need a poll to tell us that nurses are incredible people. We see it every day, all across the organization. But it’s good to know that you feel the same way we do.
He new Homestead Hospital offers nothing but 21st century technology and care. “It’s a prototype for the future,” said Homestead Hospital CEO Bill Duquette. The $135 million project also has helped spark a renaissance in Homestead and Florida City. The hospital sits amid exploding new home construction, on 60 acres where generations of farmers once grew potatoes.

“Building a new hospital lets us advance our not-for-profit mission of making quality healthcare available to all,” said the Rev. William Chambers III, chairman of the Homestead Hospital Board of Directors. “Physicians, employees and the community had input on the design, resulting in an environment that promotes a holistic approach to treating the entire person — physical, mental, emotional and spiritual.”

The new hospital brings leading medical care to a fast-growing but traditionally rural and underserved population. As part of its faith-based charitable tradition, Baptist Health gives free care at its hospitals to uninsured people with low income. The decision to build the new hospital was rooted in community need and Baptist Health’s commitment to the area, according to Brian Keeley, CEO of Baptist Health, Homestead Hospital’s parent.

“A for-profit company would never have built a new hospital for Homestead,” Mr. Keeley said. He added that the new hospital is projected to lose up to $35 million a year for the next five years. “We direct assets from our profitable hospitals to support our hospitals that lose money.”

Homestead Hospital: ‘A prototype for the future’

When the new Homestead Hospital opens this spring, patients and visitors may feel more like they’re entering an upscale hotel than a healthcare facility. Gone will be the institutional look of hospitals past. Instead, Baptist Health has strived to create a comfortable, healing environment inside and out. Soft, natural lighting. Soothing colors. Plenty of open spaces and lush landscaping.
Homestead Mayor Roscoe Warren calls the new hospital “the most significant economic investment made in our community in 15 years. We are fortunate to have one of the most sophisticated healthcare facilities in the country right in our backyard.”

Every inch of the 388,000-square-foot hospital is designed with the patient’s well-being in mind. Every patient will have a private room with a bathroom and enough space to accommodate caregivers, friends and family. Every physician will submit medical orders electronically, eliminating the need to decipher handwriting and helping to reduce medical errors. Every piece of equipment will use the latest technology, and every X-ray, mammogram and imaging test will be stored electronically, meaning no more bulky films. Physicians can view test results online from any computer, enabling quicker diagnoses and care.

The hospital design makes patient safety and efficient care the priorities. Nurses’ stations are decentralized to smaller “care team” work areas closer to patients’ bedsides. Thanks to the hospital’s wireless network, nurses will have access to patients’ medical charts in a mobile computer workstation on wheels. Bar-coded medications will be matched to bar-coded wristbands, improving medication safety.

The high-tech, user-friendly features have raised the interest of the medical community. “The number of physicians on our medical staff has steadily increased to nearly 300 over the last couple of years in anticipation of the new hospital,” said Steven Fletcher, M.D., chief of the Homestead Hospital medical staff. “Physicians will enjoy practicing in a beautiful new building, and patients will have access to more specialists.”

Sixteen critical care patient rooms are outfitted with eCU LifeGuard – advanced technology that provides an additional layer of care for the sickest patients. Cameras, microphones, call buttons and monitoring equipment link patients to a remote site where critical care doctors and nurses assist on-site caregivers by keeping close tabs on the patient’s condition, 24/7.

Following the sleek and functional

**FUN FACTS**

Materials used for the new hospital include:

- **5.4 million gallons of poured concrete:** Enough to pave two-car driveways for 4,049 new homes.

- **766 support columns:** Stacked on top of each other, the columns would rise seven times higher than the Empire State Building.

- **750,000 nails:** Placed head to head, the nails would extend 41 miles, the approximate distance from Homestead to North Miami.

- **4.3 million pounds of steel:** The weight of 1,433 cars.

Left: The hospital’s atrium rises three stories.
design, equipment is neatly and efficiently placed. In the operating rooms, lights, monitors and cameras hang from the ceiling. Rich millwork in patient rooms conceals personal storage space, as well as access to oxygen and other medical tools.

To accommodate the growing population of south Miami-Dade, the Birthing Suites at the new hospital feature large labor and delivery rooms with wood floors and windows, creating the feel of home. The newborn nursery is located at the front of the unit, giving family and friends convenient views of the babies. Two operating rooms provide quick access for cesarean births.

The new hospital’s Emergency Center – the point of entry for most patients – is twice the size of the ER at the existing Homestead Hospital, which treated more than 39,000 patients last year. The new ER has 44 private exam rooms located next to CT scanners, MRIs and other diagnostic equipment for quick access.

A separate Children’s Emergency Room and The Betty Jane France Pediatric Center, called Speediatrics, will care for younger patients. Named for its cheerful motorsports décor, Speediatrics is the only dedicated pediatric unit in deep south Miami-Dade.

Baptist Health Board of Trustees Chairman George E. Cadman III championed the idea of building a new hospital from the ground up, a project that has been in the works for five years.

“As Baptists Health has displayed an unwavering commitment to south Miami-Dade for more than 10 years,” he said. “There was a time when the future of the hospital was in question. Now, the new hospital will be around for generations to come.”

— Tanya Racoobian

**BY THE NUMBERS**

- **Floors:** 5
- **Beds:** 120, all private
- **Emergency Center:** 44 private treatment rooms
- **Operating Rooms:** 6 (4 surgical, 2 obstetric)
- **Intensive care/critical care unit:** 23 private rooms
- **Auditorium:** Seats 100
- **Parking spaces:** 1,400
- **Campus lakes:** 3
- **Employees:** 720
- **Physicians on staff:** 300

April 28: You’re invited! Come take a tour of the new Homestead Hospital at a free Community Open House on Saturday, April 28, 1-4 p.m. The new hospital, 975 Baptist Way, is located on Campbell Drive (SW 312 Street) east of the Florida Turnpike in Homestead. Each family will receive a gift, and there will be refreshments for everyone. Face painting and balloon artists will entertain the kids.

— Homestead Mayor Roscoe Warren
Homestead Hospital: A safe haven built to last

When a hurricane threatens South Florida, the new Homestead Hospital won’t be left in the dark. It’s the first hospital in Miami-Dade County built to withstand the strongest hurricane, a Category Five, with winds over 155 miles per hour. And backup generators will supply uninterrupted power.

Though in a hurricane flood zone, the new hospital received an evacuation exception from the county’s Department of Emergency Management, allowing patients to stay put during a storm. That’s because the first floor of the hospital was built nearly 10 feet above sea level. And the campus is graded two feet higher than the roads in the surrounding area.

“Although the building code, which is one of the toughest in the nation, only requires us to build to withstand a Category Three storm, we wanted to go beyond that,” said Nelson Roque, construction project manager. “The hurricane safety standards we’ve put in place will help protect patients and staff and ensure the building is around for a very long time.”

The hospital’s exterior is made of eight-inch-thick precast concrete panels. The half-inch-thick laminated windows are made with the same material used in bulletproof glass. The windows withstood wind-tunnel tests with sustained winds of 155 mph. Even the outside lighting is rated to survive such catastrophic winds.

The hospital’s backup power supply also will help ensure uninterrupted patient care. Two high-powered generators – similar to those used in power plants – are installed in an elevated concrete structure. Together, the generators can put out enough power for 400 average-size houses for seven days.

The hospital’s generators automatically turn on the moment any failure occurs in the main supply of electricity. A 25,000-gallon gas tank – enough to fill the gas tanks of 84 semi-trucks – supplies the generators with fuel to run all essential functions of the hospital, including air conditioning, for up to a week.

Throughout construction, the City of Homestead worked closely with Homestead Hospital to provide power lines to the new facility. All electrical feeders are underground and are powered from two different substations.

“We are proud to serve such an important customer and great neighbor,” said Gregg Paulson, the city’s director of energy services. “This is a large investment we are making to meet the needs of the Homestead community.”

— Tanya Racoobian
We take good care of our employees so they can take good care of you.

Baptist Health South Florida is honored to be named one of the Fortune 100 Best Companies to Work For® for the seventh time. Fortune considers many factors, including the opinions of people who work for the company. And the great things our employees say about us give us the most meaningful honor of all.

“Baptist Health is a great place to work because it helps me take care of myself and the people I love — with a terrific wellness program and a great retirement plan. I work at a great place with great people.”

There’s a whole lot of positive feeling at Baptist Health. And that’s fantastic for us, our employees and our patients.

Committed to our faith-based charitable mission of medical excellence
www.baptisthealth.net
oe Morales, who is almost 3, is too young to understand the reason behind her twice-a-week trips to the Martha Ware Rehabilitation Center. She doesn’t realize that she’s been diagnosed with a developmental delay or that geneticists are still trying to pinpoint its cause. As far as she’s concerned, Tuesdays and Thursdays are days to play with her newfound friends or ride a tricycle – all the while unknowingly strengthening her body and learning simple tasks that other kids her age take for granted. And that, say her therapists, is one of the goals of the newly expanded center and its kid-friendly, park-like environment.

“We have seen marked improvement in Zoe,” said Carmen Arias, a speech-language pathologist and supervisor of Baptist Children’s Hospital’s outpatient pediatric rehabilitation center, located at 9035 Sunset Drive. “Her enthusiasm, coupled with the experience of the center’s team of therapists, has made for a true success story.

But Zoe hasn’t always been willing to try new things. Born with hip dysplasia, an abnormal development of the hip joints, she had to wear a reconditioning harness for the first six months of her life. She also has “floppy infant syndrome,” a condition resulting in abnormally low muscle tone and reduced muscle strength.

“She looked like a rag doll and felt like dough,” said Zoe’s mother, Maria Morales, who accompanies her to physical, occupational and speech therapy. Because of this, Zoe didn’t sit up on her own until she was almost 1 and didn’t walk until she was 19 months old.

Her therapists have since given her a much-needed boost of self-confidence. “She is running, jumping and using the balance beam,” said Ms. Morales. “She used to be afraid of everything and now she welcomes the stimulation.”

Due to inadequate jaw muscles, Zoe didn’t eat solid foods until she started therapy at the center in 2005. Ms. Morales said she’ll never forget the day one of Zoe’s therapists mentioned that she was chewing a gummy bear and enjoying its fruity taste.

“It was absolutely amazing,” said Ms. Morales, who recently heard Zoe say “Mommy” for the first time. Zoe did not speak until she was 2. “When she started here, she was essentially mute.” Last summer, Zoe participated in the center’s Little Talkers program, which focuses on intensive language stimulation in a group setting.

Baptist Children’s Hospital moved its pediatric rehabilitation services to the 5,000-square-foot Martha Ware Center in 2004. The center was made possible through a generous donation from Martha Ware and The Ware Foundation. “I have always been passionate about children and their health,” said Ms. Ware when the center opened. “Each child should have the opportunity to reach his or her highest potential.”

The center treats infants and children with developmental delays, neurological conditions, orthopedic and brain injuries, and those with feeding or swallowing problems.

For more information, contact the center at 786-596-7337. — Jennifer Pages

Parents hear obesity message

A year-long bilingual campaign to educate parents about their role in the epidemic of childhood obesity is beginning to pay off.

Parents Step Up/Familias en Marcha, sponsored by Baptist Children’s Hospital and Pharmed Group, aimed print and TV ads at parents in Miami-Dade and Broward Counties, and offered information at a website.

According to research underwritten by the Health Foundation of South Florida, 70 percent of parents who saw the ads attributed their child’s poor eating habits to a lack of action and accountability on their own part. That marked a 67 percent increase in parents’ perceived level of responsibility after seeing the ads, the research found.

“We want to play a role locally in the fight against the childhood obesity epidemic, and at the same time we want to meaning-fully affect the national dialogue on the issues,” said Brian Keeley, president and CEO of Baptist Health.

To see the print and TV ads, and for information about childhood obesity and improving your children’s health habits, visit the campaign websites at www.parentsstepup.com in English and www.familiasenmarcha.com in Spanish.
Double the reason to celebrate

For the first four months of their lives, identical twins Luke and Jake Salman were cared for not only by their parents but a team of specially trained doctors and nurses at South Miami Hospital and Baptist Children’s Hospital.

Born 16 weeks premature to Channel 10 evening news anchor Laurie Jennings and Josh Salman, the newborns each weighed 1 1/2 pounds and needed 24-hour care. After three days at South Miami Hospital’s Neonatal Intensive Care Unit (NICU), the babies were transferred to The George Batchelor/Gloria Vasta Lewis Neonatal Intensive Care Unit at Baptist Children’s Hospital. The Level III NICU at Baptist Children’s Hospital is certified to care for the tiniest preemies, like Luke and Jake. (South Miami Hospital is in the process of developing a Level III NICU as well.)

“All of the NICU doctors and nurses are truly angels on earth,” Ms. Jennings said. “They are part of our extended family.”

Both hospitals throw a reunion party every year for former NICU patients and their families. It’s a chance for the families to celebrate their children’s growth and for doctors and nurses to share in the milestones of the youngsters.

Together, the NICUs care for about 1,000 babies each year who are born prematurely or with life-threatening medical problems.

At Baptist Children’s Hospital’s NICU reunion, nurses Arlyn Riquelme, R.N., left, and Julia Velasquez, R.N., right, hold twins Luke and Jake, and greet their parents, Laurie Jennings and Josh Salman.
Aerobics for the brain  Here’s another great reason to do regular exercise that raises your heart rate – it might help your brain. As little as three hours a week of aerobic workouts, even brisk walking, may delay or even reverse the cognitive decline that comes with age.

That was the remarkable conclusion of a study published recently in the *Journal of Gerontology*. It was the first study suggesting that exercise may prevent the brain from the long, slow shrinkage that typically begins in a person’s 40s.

Researchers split 59 adults, ranging in age from 60 to 79, into three groups. The first group was told to do aerobic training one to three times a week, such as swimming, brisk walking or jogging, or using a treadmill or stationary bike. The second did stretching and toning one to three times a week that didn’t significantly increase their heart rate. The third group did no exercise at all.

The researchers compared the participants’ baseline MRI brain readings with new readings taken after the three-month program. There was no change for the groups that did stretches or no exercise.

But the people who exercised showed “a substantial increase in brain volume.” In fact, those who exercised had the brain volumes of people three years younger. Their memory was sharper, their focus better and their ability to switch mental tasks improved.

The study, which was small and involved only healthy participants, could not address whether aerobic exercise might have an effect on age-related brain diseases such as Alzheimer’s. But researchers believe that exercise increases blood flow to the brain and causes the body to produce new brain neurons.
March, April & May

If you're 55 or older, take advantage of the programs and health screenings offered by Baptist Health. While most programs are $5, people 55 and older attend free, unless otherwise noted. Registration is required for all programs, including those that are free. Call 786-596-3812. For Spanish programs, call 786-596-3814. For more information on other Baptist Health programs, visit www.baptisthealth.net.

Baptist Medical Plaza at Doral
9915 NW 41 Street, Suite 210, Health Resource Center

Can Diabetes Be Reversed or Prevented? (in Spanish). Wednesday, March 7, 7-8 p.m., Lory Gonzalez, diabetes educator.

Strike Back Against Stroke.
Wednesday, March 28, 7-8 p.m., Dr. Paul Damski, neurologist.

Diagnosis and Management of Thyroid Disease. Thursday, April 5, 7-8 p.m., Dr. Neil Goodman, endocrinologist.

How to Protect Yourself from a Fall (in Spanish). Friday, April 13, 1:30-2:30 p.m., Marlene Carmona, physical therapist.

Breaking Free from Addiction (in Spanish). Wednesday, May 9, 7-8 p.m., Ada Duran, licensed mental health counselor.

The Dark Side of the Sun: How to Prevent and Treat Skin Cancer. Wednesday, May 16, 7-8 p.m., Dr. Kenneth Hertz, dermatologist.

Baptist Health Resource Center at Informed Families
2490 Coral Way, 2nd Floor

Seeing Near and Far: New Bifocal Implants for Cataract Surgery (in Spanish). Tuesday, March 6, 7-8 p.m., Dr. Juan Aguilar, ophthalmologist.

Living with Arthritis. Wednesday, March 14, 7-8 p.m., Dr. Santiago De Solo, rheumatologist.

Caring for Your Feet (in Spanish). Wednesday, April 4, 7-8 p.m., Dr. Jaime Carbonell, podiatrist.

Weight Control: Small Changes, Big Results. Wednesday, April 18, 7-8 p.m., Lourdes Martinez, registered dietitian.

Baptist Medical Plaza at Westchester
8820 Bird Road, Suite 400, Health Resource Center

Changing Your Future by Changing Your Past: The Role of Memory.
Thursday, March 15, 7-8 p.m., Dr. Albert Ray, psychiatrist, and Dr. Albert Zbik, psychologist.

Food Safety: Preventing Food-borne Illness. Wednesday, March 7, 10:30-11:30 a.m., Mary Shaw, registered dietitian.

Brain Aerobics: Strategies to Improve Your Memory. Wednesday, April 11, 10:30-11:30 a.m., Dr. Andrea Draizar Ashby, speech-language pathologist.

Balance and Falls: What You Need to Know. Wednesday, May 23, 10:30-11:30 a.m., Ian Henry, physical therapist.

Doctors Hospital
5000 University Drive

The Latest in Carpal Tunnel Syndrome (in Spanish). Wednesday, April 25, 7-8 p.m., Dr. Eduardo Gonzalez-Hernandez, orthopedic hand surgeon.

Homestead Senior Center
43 NE 16 Street

Osteoporosis Screening. Screening and consultation available by appointment. Fee $15. Call 786-596-3812.

Ongoing Programs

Women’s Health Resource Center
8950 N. Kendall Drive, Suite 105

The Inside Story: Update on Colon Cancer Prevention, Early Detection and Treatment. Thursday, March 1, 7-8 p.m., Dr. Arturo Fridman, colorectal surgeon.

Great-looking Legs: What’s New in Treating Varicose Veins (in Spanish). Monday, April 9, 7-8 p.m., Dr. Abilio Coello, vascular surgeon.

Interpreting Your Dreams: What Your Inner Voice Is Trying to Tell You. Tuesday, April 17, 7-8 p.m., Dr. Roslyn Pass, psychologist.

Great-looking Legs: What’s New in Treating Varicose Veins. Tuesday, May 22, 7-8 p.m., Dr. Alex Powell, interventional radiologist.

Interpreting Your Dreams: What Your Inner Voice Is Trying to Tell You. Tuesday, April 17, 7-8 p.m., Dr. Roslyn Pass, psychologist.

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SHINE. Get help with Medicare and other insurance concerns. Free. Call 305-670-6500, Ext. 270, for an appointment with a bilingual counselor.

Senior Advantage. Offering adults 55* and older discounts on senior exercise classes, a dining discount at most of our hospitals, volunteer opportunities at locations close to your home and free participation at most educational programs. No enrollment necessary. For information, call 786-596-3895. *Proof of age required.

For the seventh time, Baptist Health has been named one of the “100 Best Companies to Work For” in America by Fortune magazine. Baptist Health is the only Miami-based organization to make the list. 

“Being on this prestigious list demonstrates how committed Baptist Health is to creating a workplace that is second to none,” said Brian Keeley, president and CEO. “We want our long-term employees to be with us until they retire, and we want our newer employees to stay with us, so we focus on what’s truly important to excellent healthcare – our employees.”

Baptist Health tops the Fortune list of most diverse employers and is ranked third for best benefits. With 11,300 employees, Baptist Health has been lauded for its worker-friendly benefits, including competitive salaries, free fitness centers, on-site child care facilities and financial help for first-time home buyers.

As hospital emergency rooms overflow with patients seeking non-emergency care, Baptist Health will open another neighborhood medical plaza this summer to give patients with minor ailments a more convenient alternative to the ER.

The new Baptist Medical Plaza at Tamiami Trail, located at 14636 SW Eighth Street in the Laroc shopping plaza, will offer urgent care and outpatient diagnostic services for west Miami-Dade’s growing community.

TOUR OF THE GABLES

Take a morning jog or brisk walk through a picturesque neighborhood at the 12th annual Baptist Health Tour of the Gables. The 3.1-mile fundraising race is set for Saturday, April 14 at 7:30 a.m. The registration cost before the race is $25 for adults and $10 for youth 18 and under. For information, call 305-666-RACE.

The Medical Plaza will be Baptist Health’s eighth neighborhood outpatient center.

“There is a need for outpatient services, specifically urgent care, in that neighborhood,” said Lourdes Boue, vice president of Baptist Outpatient Services. “We want to help decompress some of the local ERs by offering patients with less serious conditions a better option.”

Diagnostic tests such as MRI, CT scan, digital mammography, bone density, ultrasound and digital X-ray also will be available at Tamiami. Patients’ images will be interpreted by the same Board-certified radiologists who serve other Baptist Health facilities.

When the plaza opens, operating hours for diagnostic testing will be 7 a.m. to 6 p.m. weekdays, and 9 a.m. to 1 p.m. Saturdays. Urgent care services will be available from 11 a.m. to 11 p.m. daily.

Other Baptist Medical Plazas are located in Beacon near Miami International Airport, Coral Gables, Doral, Miami Lakes, Palmetto Bay, West Kendall and Westchester. Patients may schedule an appointment for a diagnostic test by calling 786-573-6000.

For more information about Baptist Medical Plazas, visit www.baptisthealth.net.
Cancer program commended

The Baptist-South Miami Regional Cancer Program has been reapproved as a network cancer program by the American College of Surgeons’ prestigious Commission on Cancer. The approval, which is good for three years, was given “with commendation” because the cancer program was rated as outstanding in one or more areas.

Only one-quarter of all U.S. hospitals are approved by the Commission on Cancer and only 21 facilities nationwide are approved as a network. “We’re thrilled to receive this approval with commendation because it recognizes the ongoing work of our multidisciplinary team to provide the highest quality cancer care to our patients,” said cancer specialist Grace Wang, M.D., co-chair of the hospitals’ Cancer Committee.

Each year, more than 4,000 people come to the Baptist-South Miami Regional Cancer Program for treatment. The program includes Baptist, Baptist Children’s and South Miami Hospitals.

Commission on Cancer approval is based on an on-site survey that evaluates clinical services, research, community outreach, quality improvement, cancer data management and cancer committee leadership.

Camp out for a cause

For the second year in a row, hundreds of people will circle Baptist Hospital’s scenic lake in an overnight fundraiser for the American Cancer Society.

The East Kendall Relay for Life, sponsored by the Baptist-South Miami Regional Cancer Program, is set for Saturday, March 17, beginning at 2 p.m. and ending Sunday morning after the sun rises. Proceeds will support American Cancer Society programs. Last year’s event raised $140,000 for research, education and patient services.

The public is invited to participate (team registration is $100), volunteer or come out and enjoy the fun. In addition to walking laps, participants pitch tents, enjoy food and entertainment, and maybe even catch a few winks.

For information and to register, call the American Cancer Society at 305-779-2870 or go to www.ACSevents.org/relay/fl/ek.

Mariners Health Fair

You are invited to the annual Mariners Hospital Community Health Fair. The free event will be held Saturday, March 10, from 9 a.m. to 1 p.m. on the Mariners Hospital campus, 91500 Overseas Highway, Tavernier. Free health screenings for adults, including blood pressure, vision, cholesterol, glucose and osteoporosis, will be offered. No appointment is necessary.

CELEBRATE YOUR STRENGTH

If cancer has touched your life, you’re invited to Cancer Survivors Day on Sunday, May 20 from 1 to 3 p.m. at South Miami Hospital’s Victor E. Clarke Education Center.

Motivational speaker Lorna Owens will discuss the joy of reinventing yourself in her presentation, Tapping into the Strength Within.

This free program, sponsored by the Baptist-South Miami Regional Cancer Program, includes a light lunch. To reserve a spot, call 786-596-2871.

MEDICAL DIRECTOR HONORED

Barry Katzen, M.D., medical director of Baptist Cardiac & Vascular Institute, has received two prestigious honors.

The Cardiovascular and Radiological Society of Europe gave Dr. Katzen the Gold Medal award for his groundbreaking work in interventional radiology, including the use of stents for propelling open major blood vessels outside the heart. It’s the first time an American has earned the society’s top honor, which was presented in Rome.

In addition, Indiana-based Cook Medical has donated $2 million to Baptist Cardiac & Vascular Institute Foundation to establish the Barry T. Katzen Medical Director Endowment Fund. The endowment recognizes Dr. Katzen’s visionary approach, honors the Institute’s accomplishments and will make possible its ongoing leadership in multidisciplinary cardiovascular care.

Lorna Owens

Barry Katzen, M.D.
Shirlee Justice’s wound nightmare began quite typically. She bumped her right ankle on the washing machine, causing a small bruise. Before she knew it, an open sore appeared.

For several grueling years, Ms. Justice saw one medical specialist after another as the wound deepened. “No one seemed to be able to get it under control,” recalled Ms. Justice, 58. “It was getting very scary. And it was out-of-this-world painful.”

Then her mother, a retired nurse, suggested she travel from her Palm Beach County home to the Wound Center at South Miami Hospital and see its medical director, vascular surgeon Ian Reiss, M.D. After months of weekly visits to the center, her wound finally healed.

“I call them medical warriors,” Ms. Justice said of the Wound Center’s nurses and doctors. “They are highly trained and skilled and very thorough. And they really care.”

South Miami Hospital’s Wound Center is one of the busiest in the region, handling about 5,000 visits from patients annually. Ms. Justice’s underlying diagnosis was the most common – a circulatory problem. The valves in her veins weren’t working properly, causing her legs to swell and interfering with the body’s ability to heal.

The Wound Center uses a multidisciplinary approach; its 11 physicians include six vascular surgeons, two general surgeons, two podiatrists and one plastic surgeon.

Patients first receive a battery of tests to determine the root of the problem – often circulatory but frequently diabetes or unusual infections. Chemotherapy, as well as steroids, inhibits healing. Often there are several causes – diabetes and obesity or old age and malnutrition.

“Wound care is a new field,” Dr. Reiss said, “and medicine doesn’t develop new fields very often. It began with the basic concept that keeping a wound moist is better than letting it dry out and form a scab. Slowly, it has become apparent that wound healing is a very complex, dynamic process.”

After an injury, the small blood vessels clot with platelets that release platelet-derived growth factor, which stimulates wound healing. This growth factor is available in a gel medication, manufactured through DNA engineering, and can be used on certain wounds. “We are scratching the surface of how we can manufacture growth hormones that will be specific for wounds,” Dr. Reiss said.

Healing a chronic wound requires carefully planned care. Specially trained nurses teach patients how to keep their wounds moist. They apply dressings and wraps to relieve swelling, which promotes healing. They take digital photographs of the wound at every visit to monitor progress.

“It requires a dedication to meticulous detail as well as to the individual needs of each patient,” said Mary Kay Wood, R.N., the center’s nurse manager.

People with diabetes often develop foot ulcers because they have reduced sensation in their extremities. “They get the tiniest injury and they don’t feel it,” Dr. Reiss said, “and it gets worse and worse.”

The center works with the Baptist-South Miami Diabetes Care Program to make sure patients receive the support they need not only to heal their wound but to stay as healthy as possible.

“We don’t believe in treating the hole in the patient,” Ms. Wood said. “We believe in treating the whole patient.”

Some patients are treated in a hyperbaric chamber, which delivers pressurized oxygen to stimulate healing. South Miami Hospital has two new chambers, which are more comfortable for patients and better designed for caregivers.

Ultimately, Ms. Justice was treated with a prescription gel with growth factors, followed by a laboratory-grown skin graft to help her body produce new skin. She also underwent laser therapy for the valve problems in her leg veins.

By the end of her treatment, Ms. Justice was well enough to resume her hobby of baking and she gratefully delivered goodies to the Wound Center staff. “It felt so good to give something back to them,” she said.

For more information, call the Wound Center at 786-662-5187.

—Patty Shillington