

# Health

A publication of JFK Medical Center

Fall 2005

**JFK** MEDICAL  
CENTER

## Matters

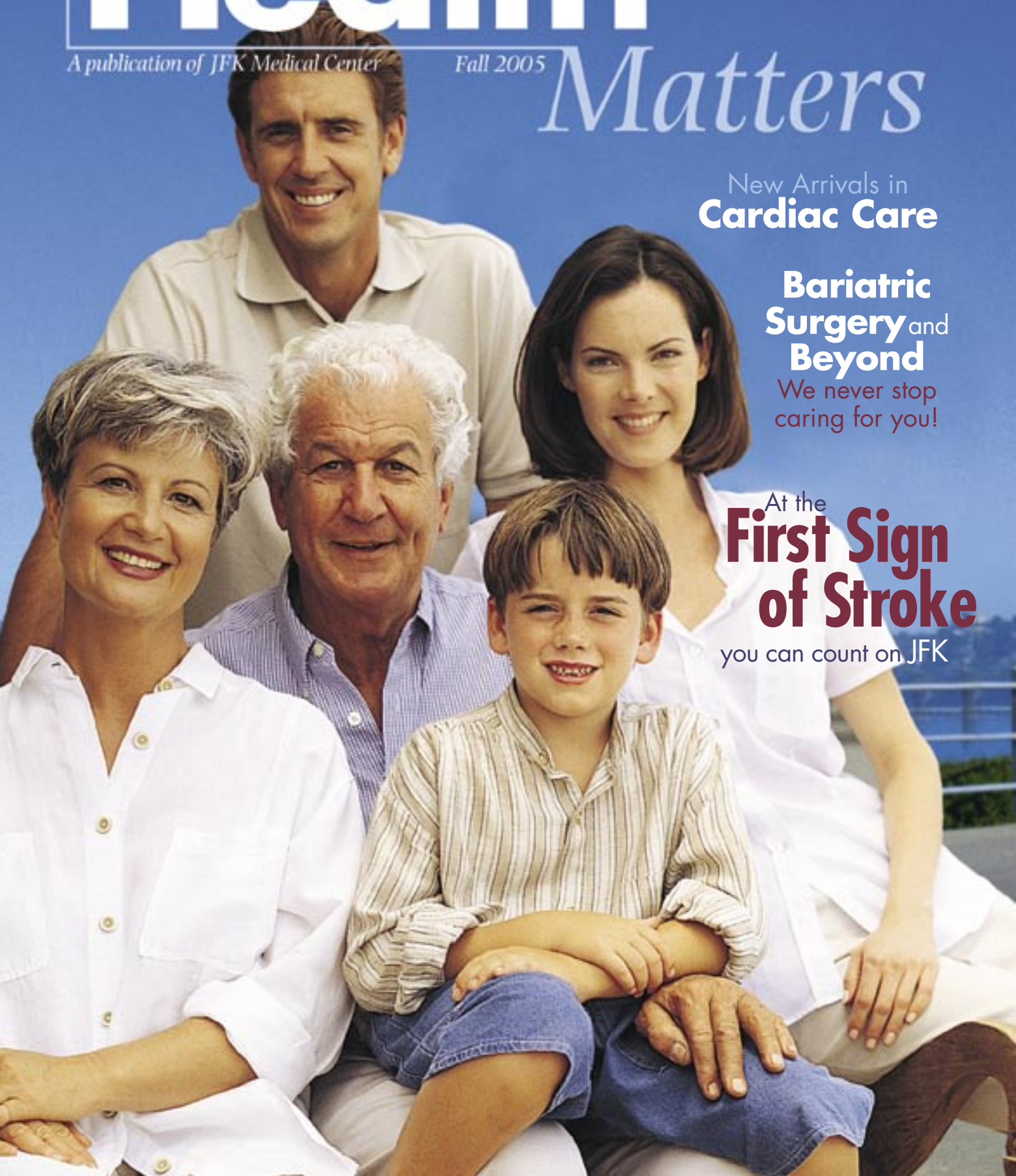
New Arrivals in  
**Cardiac Care**

**Bariatric  
Surgery and  
Beyond**

We never stop  
caring for you!

At the  
**First Sign  
of Stroke**

you can count on JFK





Dear Neighbor,

Still a leading cause of disability and death in the nation and our area, stroke takes center stage in this issue of *Health Matters*. Our Stroke Center offers the latest stroke protocols to patients in Palm Beach County. With advanced treatments and a multidisciplinary team of experts, the Stroke Center is saving lives and reducing the devastating effects of stroke.

At JFK Medical Center, we're also bringing the latest treatments to help your heart. The newest arrival at our acclaimed Heart Institute is a procedure to repair the mitral valve. Read about this amazing and innovative procedure on page 3.

Whether it's the latest in heart and stroke care or providing new services that benefit your entire family, we're continuing to take healthcare to the next level at JFK.

Sincerely,

Gina Melby  
CHIEF EXECUTIVE OFFICER  
JFK MEDICAL CENTER

#### Executive Management Team

Gina Melby, <b>CEO</b>	Terence vanArkel, <b>CFO</b>
Robbin Lee, <b>COO</b>	Mary Bishop, <b>CNO</b>
Madelyn Christopher, <b>Vice President</b>	Trudy Bromley, <b>Vice President</b>
Carole Morgan, <b>Assistant Vice President</b>	Frantz Python, <b>Assistant Administrator</b>
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## Making Life Easier for Working Moms



What do an on-site child-care center and school, education programs for staff members and a great work environment have in common? All have helped JFK Medical Center gain recognition as a "Top 10 Company in the Nation for Working Mothers" by *Working Mother* magazine.

JFK has been listed in the top 100 companies in the nation for seven of the last eight years, and this year the hospital made it into the top 10 for the first time.

"It's nice to be recognized as a great place for mothers to work," says Sharon Reuben, Director of Community Outreach and Government Relations for JFK. "We've always worked hard to ensure excellent benefits and services are provided to all our employees."

In honor of the September 12 announcement, JFK welcomed Linda Armstrong, mother of seven-time Tour de France champion Lance Armstrong, to help celebrate this accomplishment.

For more information about employment opportunities at JFK, call (561) 548-3447 or visit [www.jfkmc.com](http://www.jfkmc.com).

## Need a Doctor? We've Got You Covered.

If you're new to the area or are in the market for a good physician, you've come to the right place.

Whether you need the best in cardiac care,  
the latest and greatest treatment for orthopedics  
or accurate diagnosis and care for cancer...



More than 500 physicians at JFK Medical Center covering more than 45 specialties are here to help. To make it easy to find a doctor who meets your needs, JFK offers the JFK Physician Referral Service. Simply call **(561) 548-DOCS (3627)** or **(800) 616-1927** to discover the experience, office location and insurance options of any physician on staff at JFK and to schedule an appointment. It's that easy!



**JFK Physician Referral Service • (561) 548-DOCS (3627) • (800) 616-1927**



# Managing the Mitral Valve

*An innovative procedure gets blood flowing the right way.*

Chest pain, heart murmur and shortness of breath—all of these signs of danger to the heart may be the result of mitral regurgitation. If left untreated, this condition could lead to heart failure or stroke.

## Understanding the Diagnosis

For the heart to function properly, the upper chamber (left atrium) must pump blood through the mitral valve and into the left ventricle (the largest chamber of the heart). However, when disease damages or weakens the mitral valve, blood backwashes into the left atrium and lungs, a condition called mitral regurgitation.

“Mitral regurgitation is a serious condition with severe repercussions,” says Malcolm Dorman, M.D., Medical Director of Cardiac Surgery at JFK Medical Center. “Therefore, it’s important to treat mitral regurgitation early—before the heart suffers permanent damage.”

## Rebuilding the Valve

Traditionally, patients with mitral regurgitation were treated with medications or mitral valve replacement. Thanks to new

techniques and technologies, mitral valve reconstruction is giving patients new hope for treatment with minimal invasion.

During the procedure, the damaged mitral valve is located through a three-inch incision. Small synthetic strings are then attached to reinforce the weakened area to prevent blood from flowing the wrong way. The patient is typically out of bed the evening of surgery and returns home in less than a week.

*“We’re one of the nation’s leading institutes for repairing valve disease. There’s no reason to go anywhere else.”*

—Malcolm Dorman, M.D., Medical Director of Cardiac Surgery at JFK Medical Center

“With mitral valve reconstruction, we can take a diseased valve and make it normal again,” explains Dr. Dorman, who has a zero percent mortality rate when performing the procedure. “Patients have more energy and feel great after the procedure and most return quickly to their daily routines with no limitations.”

*To learn more about mitral valve reconstruction, please call The Heart Institute at JFK Medical Center at (561) 548-3560.*

## Angiogenesis: Take 1

*JFK Medical Center is one of five institutions in the United States participating in a Phase I trial to test Cardio Vascul-Grow™.*

Residents of Palm Beach County who suffer recurrent angina (chest pain) despite previous treatment have a new option. Made by Cardiovascular BioTherapeutics, Inc., Cardio Vascul-Grow is a protein that encourages angiogenesis, or the growth of blood vessels in the heart. A small incision is made in the chest wall, and the protein is injected into the area needing additional blood flow to reduce angina.

“It’s exciting to research new ways to treat angina,” says Joshua Kieval, M.D., Co-Director of the Cardiovascular Laboratory and board-certified cardiologist on staff at JFK. “Our involvement in trials puts us on the cutting edge of medicine and brings alternative therapies close to home for our patients.”



# When Stroke Strikes

*Stroke happens fast, and its effects can be debilitating and even deadly. Immediate medical attention from a specialized stroke care team—available at JFK Medical Center—is key to increasing the chances of survival.*

## Are You At Risk?

Answer the following questions to determine your risk for stroke.

Do you smoke?

Do you take medication for high cholesterol?

Do you have diabetes?

Do you take medication for hypertension?

Have you had a prior stroke?

Are you age 50 or better?

Do you have a family history of stroke?

If you responded “yes” to two or more questions, you may be at increased risk. Talk to your physician about ways to control your risk factors and prevent stroke. To learn more about risk factors for stroke, visit the American Stroke Association website at [www.strokeassociation.org](http://www.strokeassociation.org).

JFK Medical Center’s comprehensive Stroke Center offers the latest and most advanced treatments available. An expert team of emergency medicine personnel, nurses, laboratory workers, radiologists and neurologists has received special training as a stroke care team to give patients the best possible care.

***JFK Medical Center is one of only three hospitals in Palm Beach County designated by Emergency Medical Services to receive stroke patients.***

### On Alert

At the first signal for help, JFK’s stroke alert system steps into action. En route to the hospital, paramedics evaluate the patient and alert the stroke team that a patient is on the way.

The stroke team then prepares the computed tomography (CT) and magnetic resonance imaging (MRI)

scanners for the patient’s arrival. These imaging tools are key to the diagnosis of ischemic stroke (one caused by a blood clot). Patients who meet the criteria may be treated with tissue plasminogen activator (tPA), which can save the patient’s life and minimize obstacles for a normal, healthy future.

“Prompt emergency room evaluation of stroke patients is key to their survival,” says James Goldenberg, M.D., board-certified neurologist and Director of the Stroke Center at JFK Medical Center. “We work together as a team and have advanced imaging equipment to aid in diagnosis. This helps us quickly determine if a patient is eligible for tPA (see “Early Detection Can Save Your Life”) and administer the drug if appropriate.”

# Danger!

Think of a stroke as a “brain attack,” and seek urgent medical attention as if you were having a heart attack.

Knowledge of the following warning signs is vital:

- Sudden vision problems
- Sudden, severe headache
- Sudden confusion or speaking difficulty
- Sudden weakness or numbness in your arm, leg or face—particularly on only one side
- Sudden loss of coordination or balance, dizziness or trouble walking

If you have any one of these signs, don't wait. Call 911.



## Treatment Advances

Strokes require quick diagnoses and rapid treatment for optimum outcomes. With the Stroke Center at JFK, patients now have several new options for treatment, including carotid surgery and carotid artery stents. James Jaffe, M.D., an interventional neuroradiologist on staff at JFK, performs a procedure within blood vessels to deliver tPA to a specific part of the brain.

“Stroke can happen to anyone, at any time,” says Kenneth Schepcke, M.D., emergency medicine physician and Medical Director of the Emergency Department. “While not always debilitating, stroke should always be considered critical as it can be treated only within the first few hours of the onset of symptoms. It’s crucial for people to get to the hospital without delay. Evidence shows a stroke program like the one we have at JFK increases a patient’s chance for recovery.”

For more information about the Stroke Center at JFK Medical Center, visit [www.jfkmc.com](http://www.jfkmc.com).

## Early Detection Can Save Your Life

*When you experience the warning signs of stroke, each minute on the clock can mean the difference between life and death.*

Breakthroughs in stroke treatment and medication have contributed to saving many lives affected by stroke. As far as the technology has come, however, prompt medical treatment still remains the most effective way to reduce disability.

### Advanced Medicine

At the forefront of successful stroke medications is tissue plasminogen activator (tPA). Studies indicate tPA acts by breaking up clots that block blood flow to the brain.

People suffering from ischemic stroke (one caused by a blood clot) must receive tPA within three hours of the onset of symptoms. If given in that time period, tPA may reduce permanent disability resulting from stroke.

### Keep Your Blood Flowing

Blood thinners are additional tools to help reduce stroke risk. Also known as anticoagulants, blood thinners prevent blood from clotting. Anticoagulants cannot disperse clots that have already formed, but they can prevent new clots and prohibit existing clots from expanding.

Those at risk for stroke (see “Are You At Risk?”) may be prescribed blood thinners to reduce their chances of having a first stroke or to lower their chances for subsequent strokes.

## Feel Good about Slimming Down

*At JFK Medical Center, we understand the life-changing effects of bariatric surgery and offer a comprehensive approach to help you achieve the most successful outcome.*

“We’re focused on helping each bariatric candidate lose weight and build a healthy lifestyle,” says Leslie Haines, Director of the Bariatric Wellness and Surgical Institute at JFK Medical Center. “Through wellness education and support, patients are looking and feeling better and lowering their risk for conditions such as diabetes and high cholesterol.”

### How They Do It

JFK helps bariatric candidates find success through a process of consultations and evaluations that prepare the patient’s body, mind and emotions for change. Candidates are required to participate in a three-hour education class and meet with a variety of trained professionals before and after the procedure including a nutritionist, psychologist, exercise



physiologist and bariatric surgeon. These professionals are able to monitor the progress of each candidate and address any concerns or emotional needs at that time.

“We understand the procedure is just the beginning,” says Haines. “Follow-up plays a key role in helping patients succeed. That’s why we offer a lifetime of counseling, education and support for each bariatric patient and his or her family.”

*For more information about the Bariatric Wellness and Surgical Institute at JFK, call (561) 649-0243.*

## Having Trouble Sleeping?

If your partner is keeping you up at night with incessant snoring, he or she could suffer from sleep apnea, a sleep disorder that could lead to high blood pressure or heart attack if left untreated.

“With sleep apnea, the throat muscles relax and obstruct air flow to the lungs,” explains Neal Nay, Director of the Sleep Center at JFK Medical Center. “Unnoticed by the sufferer, he or she may stop breathing and gasp for air many times throughout the night.”

This lack of good sleep causes sleep apnea sufferers to fall asleep while driving or operating



machinery—endangering the lives of others.

*If you suspect your partner is suffering from sleep apnea, call for a sleep study at the Sleep Center at JFK Medical Center, where patients are monitored overnight in a comfortable, home-like environment. For more information call (561) 548-9000.*

## For Wounds That Won't Heal

*Seek world-class wound care treatment at JFK Medical Center.*



“While wound treatment may seem as simple as cleaning the injured area and applying a bandage, some wounds can worsen without proper medical attention,” says Marie Neshe, R.N., Manager of JFK Wound Management. “In those instances, wound care specialists can help promote healing and reduce the risk of spreading infection or limb loss.”

Patients who come to JFK Wound Management benefit from an array of advanced treatments. The center recently relocated to a new, larger facility on Boynton Beach Boulevard, and is staffed with seven board-certified physicians all specializing in wound care.

*For more information about services available at the Wound Care Center, call (561) 732-8679.*

# CALENDAR

of Events *at JFK Medical Center*

## JFK Medical Center Support Groups

### CANCER SUPPORT GROUPS

#### BREAST CANCER

Meets the second Thursday of every month from 6:00 to 7:00 p.m.

Call (561) 964-2662 for more information.

#### LOOK GOOD, FEEL BETTER

Meets the third Monday of every month.

Call (561) 964-2662 for more information.

### CARDIAC SUPPORT

#### CARDIAC NUTRITION & LIPID CLASSES

Meets the second Wednesday of every month.

Call (561) 965-7300, extension 44413 for more information.

#### HEART SAVER CLASSES FOR THE COMMUNITY

Usually meets the first Wednesday of the month from 5:00 to 9:00 p.m. Registration is necessary.

Call (561) 548-3511.

#### MENDED HEARTS SUPPORT GROUP

Meets the first Sunday of the month in Kennedy Conference Room.

Call (561) 548-5354 for more information.

#### CONGESTIVE HEART FAILURE CLASSES (CHF)

Meets the first Tuesday of each month from 3:30 to 4:30 p.m.

Call (561) 548-3610 option 1 for more information on any of the above cardiac support groups.

### ICD (IMPLANTABLE CARDIAC DEFIBRILLATOR) SUPPORT GROUP

Call (561) 548-1248 for more information.

### DIABETES SUPPORT

#### DIABETES: THE EXCHANGE CLUB

Meets the second Thursday of every month from 10:30 to 11:30 a.m. at the JFK Diabetes Education Center, 6056 Boynton Beach Boulevard, Suite 245 in Boynton Beach.

### STROKE SUPPORT

Meets the fourth Sunday of every month at 1:30 p.m. on the third floor of the Rothman Center.

Call (561) 548-1212 for more information.

### BARIATRIC WELLNESS AND SURGICAL INSTITUTE

#### BARIATRIC SUPPORT GROUP

Meets the third Monday of every month at 6:30 p.m. in the Kennedy Conference Room.

#### BARIATRIC INFORMATIONAL SESSIONS

Meets the fourth Monday of every month at 6:00 p.m. in the Kennedy Conference Room.

Call (561) 649-0243 for more information.

### BREATHING SUPPORT

#### BRONCHIECTESIS

Call (561) 548-3512 for more information.

## Live and Learn

A community symposium presented by JFK Medical Center in the Kennedy Conference Center, 5301 South Congress Avenue, in Atlantis.

Featuring seven panels of distinguished medical experts.

#### Tuesday, November 15, 10:00 a.m.

Heart Seminar: Latest Advances in Interventional Cardiology & Heart Surgery

#### Tuesday, November 15, 2:00 p.m.

Stroke Seminar: Stroke Alert—What You Know Could Save Your Life!

#### Tuesday, November 15, 6:00 p.m.

Bariatric Seminar: A Surgical Approach to Bariatric Wellness

#### Wednesday, November 16, 10:00 a.m.

Spine Seminar: Treating Spine Pain—What Are Your Options?

#### Wednesday, November 16, 2:00 p.m.

Cancer Seminar: Update on Cancer Treatment, Technology & Research

#### Thursday, November 17, 2:00 p.m.

Orthopedic Seminar: Managing Knee, Hip & Other Joint and Bone Pain

#### Friday, November 18, 2:00 p.m.

Pulmonary Seminar: A 21st Century Approach to Pulmonary Treatment & Rehabilitation

For reservations, call (800) 616-1927.

- 1 JFK Medical Center**  
5301 South Congress Avenue  
Atlantis, Florida 33462-1197
- 2 JFK Medical Center  
Comprehensive  
Cancer Center**  
4865 South Congress Ave.  
Lake Worth, FL 33461  
(561) 964-2662
- 3 Bariatric Wellness and  
Surgical Institute**  
4665 South Congress Ave.,  
Suite 102  
Lake Worth, FL 33461  
(561) 649-0243

- 4 Outpatient Therapy**  
150 JFK Dr.  
Atlantis, FL 33462
- 5 Wound Management**  
6056 Boynton Beach Blvd.,  
Suite 245  
Boynton Beach, FL 33437  
(561) 732-8679
- 6 Diabetes Education Center**  
6056 Boynton Beach Blvd.,  
Suite 245  
Boynton Beach, FL 33437  
(561) 733-7286



## Is for You!



*Are you searching for a way to make new friends while learning important lessons about your health? Look no further than JFK Medical Center's H2U – health, happiness, you chapter and see how much fun healthy living can be!*

“H2U offers reliable health information and great discount opportunities both locally and nationally to each member,” says Sandee Bair, H2U Coordinator at JFK. “It’s a great opportunity for all men and women to socialize and be active in their own healthcare.”

Along with access to H2U’s award-winning magazine and an informative website, H2U members also receive:

- Monthly social meetings that often host a health screening or health forum from JFK physicians or educators
- Monthly newsletters with the latest events and local discount coupons
- VIP status at JFK Medical Center (when available)

- Local activities like mall walking, dancing lessons and luncheons
- Travel opportunities

National member discounts include dental and eye care, financial services, pet insurance, hotel and car rental discounts and many more. You can find out more about these discounts on the H2U website at [www.h2u.com](http://www.h2u.com).

“If you’re looking for a way to bond with friends and create valuable friendships you can have for years,” Bair says, “then H2U may be the program for you!”

*You can join H2U for as little as \$15. For more information, call Sandee Bair at (561) 548-4H2U (4428) or visit [www.jfkmc.com](http://www.jfkmc.com).*



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