

Health

JFK MEDICAL
CENTER

A publication of JFK Medical Center

Winter 2006

February is

Heart Month!

Matters

Put Your Heart in Our Hands

The Heart and Vascular Institute at JFK

How Can HDR Help You?

Check out the latest in cancer care

Full-Service

Diagnostic Imaging at JFK



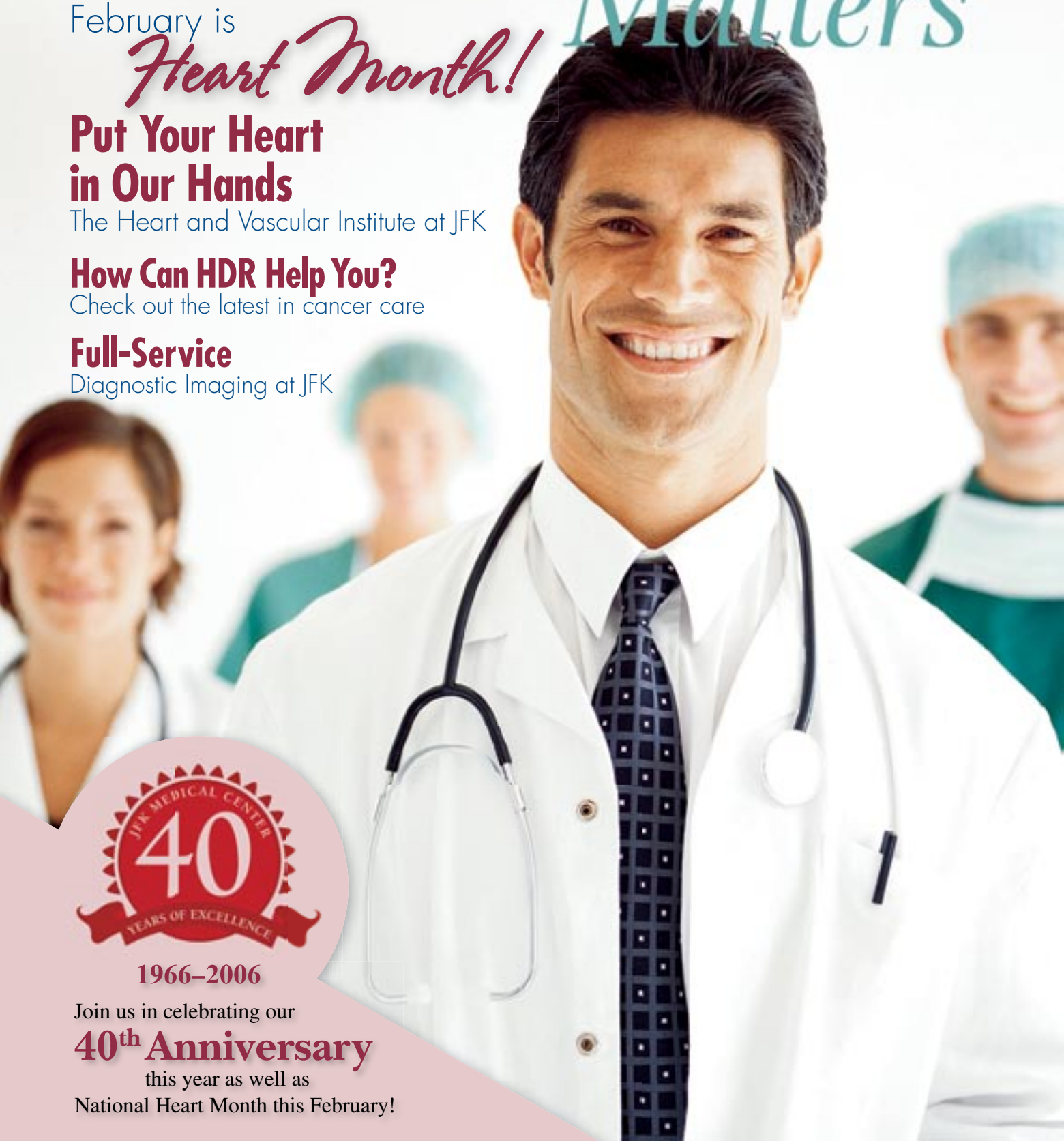
1966-2006

Join us in celebrating our

40th Anniversary

this year as well as

National Heart Month this February!





Dear Neighbor,

Over the last 40 years, JFK Medical Center has taken healthcare to a whole new level in Palm Beach County, and we're continuing to make

strides in cardiac, neurosciences, cancer and many other services. In fact, our comprehensive services rival any in the region. This year, we celebrate our 40th anniversary by reflecting on our past while continually looking to the future.

In this issue of *Health Matters*, we're also celebrating National Heart Month this February. At JFK Medical Center, we have a history of caring for hearts. In addition, we highlight The Heart and Vascular Institute and the skilled specialists who use innovative technology and procedures that continue to help the hearts of many in our community.

Although heart health is featured prominently in this issue of *Health Matters*, our cutting-edge medical care doesn't stop there. In the fall of 2006, our new construction projects will include a comprehensive vascular institute and Gamma Knife. Our vascular services will include the care and treatment of vascular disease and our Gamma Knife will support the care of neuro-oncology patients.

Sincerely,

Gina Melby

CHIEF EXECUTIVE OFFICER
JFK MEDICAL CENTER



WALKING TO FIGHT

Heart Disease

On November 19, 2005, almost 200 JFK Medical Center employees laced up their sneakers to walk in the Palm Beach County Heart Walk, sponsored by the American Heart Association. More than 38 employee teams worked to raise a goal of \$23,000, and 75 percent of the funds raised by the event will be used in Palm Beach County.

JFK employees were also on hand to offer information to participants about the hospital's heart services.

"An important part of our mission is to increase the public's awareness of conditions such as heart disease," says Anthony Law, Nurse Manager and Team Captain Coordinator for the Heart Walk. "This event is important because it lets the community know we are out there helping to prevent and fight this disease."

For more information on The Heart and Vascular Institute at JFK, please call (561) 548-3627 or (800) 848-9809.

Quality Initiatives: Ensuring Patient Safety

"Patient safety is a national concern that we take seriously at JFK Medical Center," says Linda Anderson, R.N., C.P.H.Q., L.H.R.M., Director of Quality Management at JFK. "We want to make sure the environment we create is the best for our patients."

Some of these patient safety measures include electronic medication administration record (eMAR), which is a bar-coding technology that works to prevent errors in administering medication, and hospitalists, who are board-certified physicians dedicated to inpatient care.

JFK continues to implement safety practices of the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and The Leapfrog Group. Both of these national institutions offer hospital safety-measure compliance reports directly to the public via the Internet.

Other measures taken to improve patient safety include the stroke center at JFK Medical Center, which was recently certified by JCAHO as an accredited stroke center, and the addition of an intensivist program with physicians specialized in intensive care.

"Intensive care is a highly complex mode of care," says Anderson. "Having a physician with specific training in critical care medicine available 24/7 provides the patient with immediate access to care, thus supporting optimal patient outcomes. As a result the patient, family, physician and other healthcare providers' satisfaction with care is improved."

Executive Management Team

| | |
|--|--|
| Gina Melby, CEO | Mary Bishop, CNO |
| Robbin Lee, COO | Lynn Dick, CFO |
| Madelyn Christopher, Vice President | Michael Patterson, Vice President |
| Charles Posternack, M.D., Chief Medical Officer | Trudy Bromley, Vice President |
| Carole Morgan, Assistant Vice President | Ellen Minden, Assistant Vice President, Ethics/Compliance |

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40 YEARS OF EXCELLENCE

Full-Service Diagnostic Imaging

At JFK Medical Center, leading-edge technology is available to make sure the right diagnosis is made every time.



“Diagnostic imaging is the cornerstone of healthcare,” says Santiago Hernandez, M.D., board-certified radiologist on staff at JFK. “Practically every disease is now diagnosed with the assistance of imaging, and with recent advances, imaging technology provides clearer images for quicker and more precise diagnoses.”

Innovative Imaging

At JFK, a range of imaging technologies is available to determine the cause of your condition:

Computed Tomography (CT)—useful for diagnosing conditions affecting the lungs, abdominal organs, bones and blood vessels

Magnetic Resonance Imaging (MRI)—often used to help diagnose problems with the brain, spinal cord and joints

Mammography—X-ray technology that gives women the upper hand against breast cancer by helping physicians catch the disease in its earliest, most curable stages

Nuclear Medicine—by using safe radioactive material that is picked up and visualized with X-ray technology, nuclear medicine finds thyroid, heart and gallbladder diseases

Positron Emission Tomography (PET)—allows physicians to see the anatomy and function of various organs to diagnose conditions such as cancer, heart disease and neurologic disorders

Ultrasound—used to examine blood vessels and various organs without radiation

Our Commitment to You

Whatever your diagnostic needs, JFK has all of the imaging technology needed to make a precise diagnosis. We are dedicated to bringing the most advanced technology to Palm Beach County as soon as it becomes available.

“JFK is firmly committed to maintaining excellence in diagnostic imaging to provide the best services possible to each and every patient,” says Lorna Williams, M.D., board-certified radiologist and senior member of the American Society of Neuroradiology on staff at JFK. “We’re a full-service Radiology Department with every possible diagnostic imaging technology. There’s no need to travel for your diagnostic needs.”

To learn more about diagnostic imaging services offered at JFK, please call the Radiology Department at (561) 548-3621.

Stay Close to Home

For superb diagnostic imaging services, look no further than JFK Medical Center’s outpatient diagnostic imaging centers, which are affiliated with Florida Open Imaging and are conveniently located close to home.

Boynton Beach Open Imaging

2300 South Congress Avenue
Suite 105
Boynton Beach

Concept Open Imaging

2290 10th Avenue North
Suite 101
Lake Worth

Concept West

7639 Lake Worth Road
Lake Worth

To schedule an appointment at any of the JFK outpatient diagnostic imaging centers, please call (561) 548-3637.

Your Heart Is Our Specialty



When you need a heart procedure, you can count on The Heart and Vascular Institute at JFK Medical Center. Since 1987, we've earned a reputation for excellence by offering a variety of quality treatments and procedures to help your heart.



The Heart and Vascular Institute at JFK Medical Center leads the way in heart care for residents of Palm Beach County with services such as 24-hour chest pain emergency care, cardiac diagnostics, cardiac catheterizations, open-heart surgery, electrophysiology, cardiac rehabilitation, cardiac research, education and support.

Take a peek inside The Heart and Vascular Institute to discover a few of its advanced procedures. These services show success rates that surpass other top-ranked heart centers in the United States.

The Electrical Side of Your Heart

Did you know your heart could quiver? This condition is called atrial fibrillation, and it affects the electrical rhythm of your heart. It is diagnosed in up to 10 percent of Americans over age 70. If untreated, atrial fibrillation could lead to blood clots and stroke.

Fortunately, the quiver can often be corrected during an

electrophysiological procedure called ablation.

To perform ablation, an electrophysiologist uses advanced three-dimensional mapping equipment to guide a catheter (thin, flexible tube) to the heart through a blood vessel in the groin. Once inside the heart, electrodes at the tip of the catheter measure the electrical function and pinpoint the problem. Using radiofrequency energy (mild, painless energy similar to microwave heat), small amounts of tissue in the problem area are destroyed to restore the electrical flow of the heart.

“While we’re seeing a high success rate in ablation procedures, it isn’t for everyone,” says Robert Fishel, M.D., F.A.C.C., electrophysiologist on staff at JFK. “The procedure works best in patients whose chambers are only slightly dilated or enlarged, and it sometimes takes more than one procedure to correct atrial fibrillation.”

Risky Business

Here are a few leading risk factors for heart disease:

- Family history of heart disease
- Smoking
- High blood pressure and/or high cholesterol
- Sedentary lifestyle
- Obesity
- Diabetes
- Stressful lifestyle
- Age
- Gender

Call JFK Medical Center’s Heart Check Screening Program for a quick and easy test to assess your risk for heart disease. Cost is \$45. Visit www.jfkmc.com for more information or call (561) 548-3560 or (800) 848-9809 to schedule an appointment.

Successful Reconstruction of Your Heart

When you experience a heart murmur or shortness of breath, it could be a sign of mitral regurgitation. This serious heart condition could lead to heart failure or stroke if not treated effectively.



In a normal heart, the upper chamber (left atrium) pumps blood through the mitral valve and into the left ventricle (the largest chamber of your heart). If disease damages or weakens the mitral valve, it causes blood to flow back into the upper heart chamber and lungs. This condition is called mitral regurgitation.

Most often treated with medication or mitral valve replacement, today The Heart and Vascular Institute offers a minimally invasive procedure to repair a damaged mitral valve. To begin, the mitral valve is located through a small incision. Next, small synthetic strings are attached to the weakened area, which keep blood flowing in the right direction.

Malcolm Dorman, M.D., Medical Director of Cardiac Surgery at JFK, has a zero percent mortality rate when performing mitral valve reconstruction.

“The Heart and Vascular Institute is a leader in repairing diseased heart valves,” says Dr. Dorman. “We’re excited to be able to take a diseased valve and repair it to a normal functioning level, which gives patients back their energy—and a higher quality of life.”

A Stent to Fight Stroke

Your risk of stroke is increased when one or both of your carotid arteries (main blood vessels leading to your brain) are blocked. Fortunately, carotid artery stenting can open blocked vessels and restore normal blood circulation.

For this procedure, a catheter is inserted into a blood vessel in your groin and threaded up to the blocked

artery. An umbrella-like filter is then used to catch any plaque that may break off and travel to the brain. Finally, a stent (small mesh tube) is inserted through the catheter to hold open the blocked portion of the vessel.

“Carotid artery stenting has proven highly successful for patients showing carotid narrowing of more than 50 percent,” says James Jaffe, M.D., neurointerventional radiologist on staff at JFK. “Stenting is also a good option for those who don’t qualify for surgery because it has a short recovery time and reduced risk of complications.”

Caring for Your Heart and More

The Catheterization Lab opened more than 15 years ago. Today it’s the busiest 24-hour Cath Lab in Palm Beach County.

At the Cath Lab, medical professionals can detect even the smallest heart irregularity using a full range of comprehensive diagnostic tests and interventional procedures performed with leading-edge technology. Diagnosis can usually be followed by immediate treatment with interventional procedures such as angioplasty or stent implantation. Most recently, the Cath Lab has also started using balloon angioplasty to treat conditions such as poor circulation in the arteries of the arms, legs and brain.

“We believe the number and frequency of procedures our dedicated team performs increases the quality of care we deliver,” says Jay Midwall, M.D., F.A.C.P., interventional cardiologist and Co-Director of the Cath Lab at JFK. “We care for a high volume of patients while maintaining



What’s in a Walnut?

Nuts are an excellent source of omega-3 fatty acids, which can improve your cholesterol. Walnuts are a great choice, but eating a small handful of any type of nut five times a week may reduce your risk of heart disease by 15 to 50 percent.

a complication rate significantly lower than the national average.”

Does your heart need specialized attention? Let The Heart and Vascular Institute at JFK help. Call today at (561) 548-3627 or (800) 848-9809.

Understanding Obesity

Obesity is a disease that is growing in epic proportions. For more than 9 million morbidly obese people in the United States, bariatric surgery is the prescription for this disease.



Obesity is a disease affecting one-third of the population in the United States. It is a major contributor to severe medical conditions and psychological distress. Morbid obesity (100 pounds over ideal body weight) is the number two preventable cause of death in the nation.

The Bariatric Wellness and Surgical Institute (BWSI) at JFK specializes in laparoscopic adjustable gastric banding (Lap band), the only adjustable and reversible obesity surgery available in the United States. Lap band surgery is a bariatric procedure that eliminates many of the risks of other obesity surgeries and is the most frequently performed bariatric procedure in Europe, Australia and South America.

BWSI provides you with pre- and post-operative nutritional counseling, psychological support and extensive pre-operative education, focusing on healthy lifestyle changes necessary to achieve and maintain your optimal weight.

“We need to educate people that obesity is a disease, and bariatric surgery is the treatment of choice,” says Melodie K. Moorehead, Ph.D., licensed psychologist on staff at JFK. “It can even save the lives of people who are suffering from life-threatening diseases related to obesity such as sleep apnea and hypertension. Everyone deserves to be happy and healthy.”

For more information on bariatric surgery or for a free consultation, call BWSI at (561) 649-0243.

A New Weapon in the Fight against Breast Cancer

JFK Medical Center is taking breast cancer care to the next level.

More than 2 million women in the United States are currently living with breast cancer, and thousands will be diagnosed with the disease this year. To help women fight breast cancer, JFK Medical Center is proud to offer high dose rate (HDR) mammosite breast brachytherapy.

Brachytherapy uses catheters (balloon-like tubes) inserted into the breast, specifically where the tumor was surgically removed, to deliver high doses of radiation therapy. Patients receive treatment twice a day for 10 days. Since radiation treatment traditionally takes six to eight weeks, this shortened period is much more convenient for patients. If chemotherapy is needed, it can begin sooner, which may mean a better shot at beating breast cancer for good.

“We are committed to serving our patients by taking a comprehensive team approach to cancer care,” says Bruce Phillips, M.D., radiation oncologist on the medical staff at JFK. “We invest in the most advanced equipment and stay on top of current medical procedures. This allows our community to receive the latest treatment available from our caring and compassionate staff.”

For more information on this procedure, call the Cancer Center at (561) 964-2662.

Your Source for Diabetes & Wound Care

For those with diabetes or non-healing wounds, two facilities recently opened at the JFK Medical Pavilion in Boynton Beach, offering greater access to education, support and quality treatment.

Whether You Need Wound Care...

“We take an interdisciplinary approach to wound healing,” says Marie Neshe, R.N., Manager of Wound Management at the Wound Management Center. “Our six board-certified physicians from various specialties can develop the most appropriate treatment plan for wounds caused by pressure, trauma, diabetes, arterial or venous disease, surgery or insect and spider bites.”

For more information about the Wound Management Center, call (561) 732-8679.

...or Have Been Diagnosed with Diabetes

“Our experienced staff counsels people individually or in group settings on how to manage diabetes through exercise, meal planning and medication,” says Marci Sloane, M.S., R.D., L.D./N., C.D.E., Diabetes Educator with the Diabetes Education Center. “We also provide guidance on administering insulin and testing your blood sugar, and offer daytime and evening support groups.”

For more information about the Diabetes Education Center, call (561) 733-7286.



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 for more information.

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 about 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.

H2U Events for March and April

Thursdays, March 2, 9, 16, 23, 30

6:15–7:15 p.m., Tai Chi Class

Wednesday, March 1

1:30 p.m., h2u Afternoon

at the Movies

4:00 p.m., Bend and Stretch Class

6:00 p.m., Ballroom Dance Class

Wednesday, March 8

4:00 p.m., Bend and Stretch Class

6:00 p.m., Ballroom Dance Class

Wednesday, March 15

4:00 p.m., Bend and Stretch Class

6:00 p.m., Ballroom Dance Class

Wednesday, March 22

4:00 p.m., Bend and Stretch Class

6:00 p.m., Ballroom Dance Class

Wednesday, April 5

1:30 p.m., h2u Afternoon

at the Movies

Thursday, April 6

6:15–7:15 p.m., Tai Chi Class

- 1 JFK Medical Center**
5301 South Congress Ave.
Atlantis, Florida 33462-1197
(561) 965-7300
- 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
(561) 548-3650
- 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



Hooray for h2U



Whether you enjoy attending lunch lectures by a physician, taking exercise classes or getting the latest health and wellness information with a great magazine, you're sure to love being a member of H2U — Health, Happiness, You, at JFK Medical Center.

H2U, an organization dedicated to helping its members lead happier and healthier lives, meets regularly at JFK for a variety of exciting events. This February alone, a variety of opportunities are available to local H2U members, ranging from ballroom dancing classes to lectures and programs for American Heart Month. Tai Chi classes are already scheduled for March.

H2U also offers several new financial incentives to members, including recently added discounts from local vendors. Now, H2U members receive special benefits from shoe stores,

a women's fitness center and several area restaurants.

"H2U is for anyone who wants to experience educational programs, social and travel opportunities, dance and education programs and vendor discounts," says Sandee Bair, H2U Coordinator at JFK. "It's a great opportunity for people to learn how to take care of their health while still having fun and interacting with others."

If you're interested in joining H2U, call (561) 548-4H2U. An annual membership to the organization is \$15. Save \$5 by mentioning you saw this article in Health Matters.



5301 South Congress Avenue
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www.jfkmc.com
(800) 616-1927

