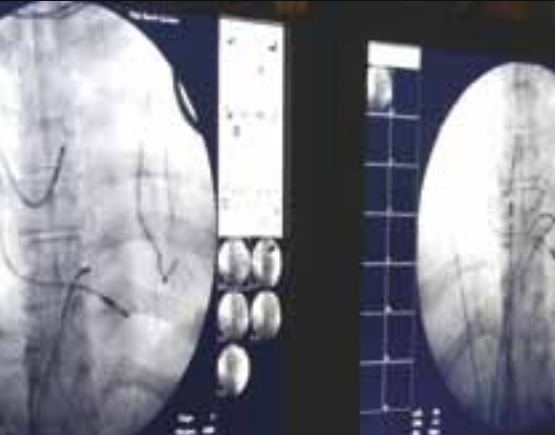


Healthyvisions

Fall 2010



**Your
heart,
our
expertise**

Palm Beach Gardens Heart Institute

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Palm Beach Gardens
Medical Center

Expanded ED open

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Palm Beach Gardens Medical Center

Insight into the Governing Board



As chairwoman of the Governing Board of Palm Beach Gardens Medical Center, I am delighted to have this opportunity to introduce myself and the Governing Board. The Governing Board has 12 members—six lay members and six members from the hospital’s medical staff. Together we work with hospital administration to ensure high quality and clinical excellence in our programs and a safe and healing environment for our patients. To

this end, the Governing Board reviews and approves all physician appointments and reappointments and actively oversees and monitors hospital quality, safety and compliance programs.

Our role in the community

Board members also play a vital role as ambassadors to our community. I like to think of us as the eyes and ears of the hospital, and I enjoy networking with our neighbors and business associates to

solicit their feedback and satisfaction levels. As a five-year member of the board, I am pleased to say that feedback is positive. PBGMC is doing so much for our community in the form of award-winning quality care, education, health screenings, health fairs, sponsorships, etc. that I find my role of ambassador entails very little problem-solving!

Here to serve you

This is an exciting time at PBGMC. The opening of our expanded emergency department was a truly special event. I was present for the groundbreaking last summer, and it is satisfying to see the beauty and functionality of the finished product. It is a state-of-the-art facility, and the additional beds are so needed. We are also launching a new website dedicated to the Palm Beach Gardens Heart Institute, and you can now find us on Facebook, where we welcome your comments.

The Governing Board of PBGMC is here to serve you. I encourage you to contact me at murtaugh@fau.edu if I can be of assistance.
Kristen Murtaugh, PhD, PBGMC Governing Board chairwoman



I have served two three-year terms on the Governing Board at PBGMC and am one year into my third. It has been a very positive experience, and I especially enjoy the community relations aspect of our position. It is so important to be visible in our community—to support and advocate for the hospital while listening to suggestions for positive change and relaying this information to our hospital leadership.

A board in balance

Our Governing Board benefits from having lay and medical staff members. We attend monthly meetings, which involve setting and

approving hospital policies. Lay members tend to look at things differently from the medical staff, and it is an excellent checks-and-balances system in which the patient is the true beneficiary.

I am very pleased about the increase in positive visibility for the hospital. PBGMC is very involved in the community, and people are taking note. The new emergency department is a tremendous asset; our award-winning cardiac program is among the best in the nation. I needed a total knee replacement last year, and I chose PBGMC not because I serve on the board but because I know firsthand the quality and safety standards that are followed by hospital staff on a daily basis.

I am proud to serve you and to be part of your community hospital!

Dave Talley, PBGMC Governing Board member

We fix broken hearts.



Nearly **15,000**
open-heart surgeries
performed to date.



Palm Beach Gardens Heart Institute

AT PALM BEACH GARDENS MEDICAL CENTER



We're a Center of Excellence in Cardiac Care, with **over 25 years** of experience. In fact, we are the **area's first hospital to perform open-heart surgery** and have performed **over 97,000 cardiac catheterizations**, utilizing our **4 Cath Labs that operate 24/7**. Our **41 experienced cardiac specialists** provide the entire continuum of cardiac care, utilizing leading-edge technology. And all of our patients **enjoy the comfort of a private room**. Today, we are ranked in the **Top 5% in the nation for Overall Cardiac Service***. And we're here, in your neighborhood.

Your heart is in the right place.

3360 Burns Road • Palm Beach Gardens



For a **FREE**
Heart Health Guide
call **877.644.8PBG (8724)**
or sign-up at **pbgmc.com**

*Rating by HealthGrades®, a leading healthcare ratings company.



Palm Beach Gardens Heart Institute

At the heart

Heart disease is different today. With the benefit of current medical research and technology, more heart patients are able to live long and productive lives. That's why it is so important to have access to top-quality care. If you or a loved one is in need of cardiac care, how do you decide which hospital is best? You might want to consider these facts:

- » The Palm Beach Gardens Heart Institute has delivered advanced cardiac care to our community for more than 25 years.
- » PBGMC ranks in the top 5 percent of hospitals in the nation for overall cardiac services.
- » PBGMC has performed nearly 15,000 open-heart surgeries and more than 97,000 cardiac catheterizations.
- » PBGMC is the first hospital in Palm Beach County to perform open-heart surgery.
- » PBGMC is the only hospital in Northern Palm Beach County to provide cardiac patients with a full continuum of cardiac care, from diagnosis to surgical intervention and from open-heart surgery to cardiac rehabilitation.

PBGMC has a team of 41 cardiac specialists with advanced training, including cardiologists, interventional cardiologists, electrophysiologists and cardiothoracic surgeons who are dedicated to providing you with the best care possible. In fact, all of your cardiac needs can be taken care of at one central location—there is no need to travel outside of your community. And, unlike many other hospitals, PBGMC offers private rooms in dedicated nursing units staffed with highly trained and experienced cardiology professionals.

"PBGMC is an exemplary institution," says Jorge Castriz, MD, chief of cardiology. "It combines the latest treatment for cardiac patients by providing cutting-edge technology and compassionate patient care."

A tradition of excellence continues

The heart program at PBGMC began with the opening of the

cardiac catheterization laboratory in March 1982. A year later the hospital was granted a certificate of need for its open-heart program, which began with dramatic, lifesaving emergency surgery on Nov. 9, 1983.

"It was quite unexpected," recalls Richard Faro, MD, the cardiothoracic surgeon who performed the procedure. "We were not scheduled to be in service for another few weeks. However, due to the severity of his condition, he would have died without immediate intervention." The surgery, the first of its kind in Palm Beach County, was a success, and almost 27 years later the tradition of leading-edge, lifesaving cardiac care continues at PBGMC.

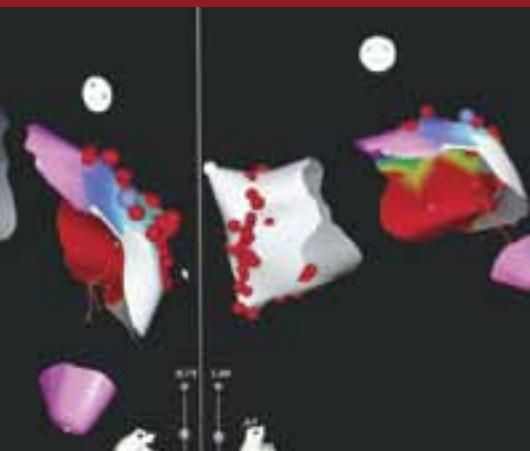
Services include:

Noninvasive cardiology. The first step in treating cardiovascular disease is the diagnosis. Physicians and staff use some of the latest technology, including nuclear medicine, echocardiograms, ultrasounds and electrocardiograms, to provide patients with noninvasive diagnoses.

Cardiac catheterization services. The four cardiac catheterization labs provide a wide range of diagnostic and interventional procedures 24 hours a day, 7 days a week. These include coronary and left-ventricular digital angiography, right and left cardiac catheterization, balloon angioplasty, rotational atherectomy, stent implantation, and thrombectomy. These procedures may be able to correct damaged heart vessels or blockages without the patient having to undergo open-heart surgery.

The cath labs are equipped with the GE Innova 4100, the world's first large-format, digital, flat-panel imaging system. The real-time images are so detailed that physicians are able to diagnose and treat their patients with a much higher degree of accuracy. Patients benefit from shorter imaging time and lower x-ray dosage.

Electrophysiology (EP) services. The new EP lab is equipped with state-of-the-art technology, including the CARTO 3 System, one of the most sophisticated 3-D mapping systems available.



of our community

Benefits include improved clarity and shortened procedure times. In addition to treating very complex arrhythmias, the EP lab is the only one in Northern Palm Beach County to perform atrial fibrillation ablations.

Surgical services. For patients requiring advanced surgical treatment options, the Heart Institute has a highly skilled operating room team. Surgical options include valve and vascular surgeries, ventricular restoration to treat congestive heart failure, and surgeries that repair congenital heart defects. Minimally invasive surgeries also are performed, as well as off-pump coronary artery bypass surgery.

After surgery, patients are admitted to the cardiovascular recovery unit, where they stay until ready to move to the progressive cardiac care unit. Here, they are cared for by nurses with specialized cardiac training, physical and respiratory therapists, and dietitians.

Vascular services. Skilled physicians equipped with leading-edge resources deliver quality, comprehensive vascular care to patients. Vascular problems involve damaged or diseased blood vessels that may have difficulty providing blood flow throughout the body's blood vessels. Vascular disease may require treatment by internists, radiologists, cardiovascular specialists and other specialists.

Rehabilitation services overview. At the Heart Institute, the medical staff supervising the cardiac rehabilitation program strives to stabilize, slow or even reverse the progression of cardiovascular disease by addressing patients' physical, mental and social functioning through a program of exercise, nutrition, behavior modification, counseling and education.

Support and outreach. The Heart Institute provides community outreach programs that offer support and education for cardiac patients and their families. These include the Heart to Heart Club, a support group that meets monthly from October to May, as well as educational programs and screenings.

"These programs are important on the road to recovery and are a valuable adjunct to complete patient care," says Dr. Castriz.

WEB LAUNCH FOR PALM BEACH GARDENS HEART INSTITUTE



Visit the new Heart Institute website

Palm Beach Gardens Medical Center recently launched an exciting new website dedicated to the Palm Beach Gardens Heart Institute. The website is filled with useful information and links that are designed to help consumers make informed decisions about their cardiac care. Here are some of the links you will find:

- »» History of the Palm Beach Gardens Heart Institute
- »» Meet Our Doctors—a comprehensive list of our physicians by specialty, including photos
- »» Services—Use this link to find more detailed information on the services outlined in this article
- »» Get The Facts: Hospital Awards and Statistics
- »» Patient support information, including hospital news and events
- »» Patient information and education, including links to various educational materials and videos

Please visit us at www.pbgheart.com. The first 100 people to visit the website will receive a free pedometer.



PBGMC announces ED expansion complete

Palm Beach Gardens Medical Center celebrated the opening of its much-anticipated, expanded emergency department (ED) with a ribbon-cutting ceremony on Aug. 24. The new construction provides an additional 9,537 square feet of modern diagnostic and treatment capabilities, including 20 private patient rooms and bedside triage.

When refurbishment of the old ED is completed in early January 2011, there will be almost 15,000 square feet of space. In addition to the 20 private rooms from the expansion, the refurbishment will add eight private rooms dedicated to chest pain, as well as a new outpatient waiting area.

“Through careful planning and attention to detail, we have designed the space to promote efficiency in all areas of patient care and workflow,” says Scott McFarland, MD, medical director of the ED, “allowing us to rapidly treat the increasing number of people in our community requiring comprehensive emergency medical services.”

The ED has a history of handling complex cases. It is the designated Cardiac Care/Hypothermia Center for Northern Palm Beach County and a Primary Stroke Center.

High-tech and ready

“Every second counts in an emergency,” Dr. McFarland says. “That is why we have cardiac and stroke teams ready to begin treatment upon patient arrival. Our state-of-the-art technology is a critical part of this rapid-response capability.”

From emergency medical services vehicles in the field, the ED is able to receive electrocardiograms (EKGs) for suspected heart attacks via modems. The EKGs can be transmitted directly to the ED, or even a physician’s cell phone. If the physician determines the patient is having a heart attack, the cardiac catheterization team is called into action.

The ED also uses an electronic medical record system and a digital communications system. Physicians can view images and test results on any web-enabled computer or cell phone, allowing them to

PBGMC's emergency department's expansion includes a new, comfort-centered outpatient waiting area and in-room patient check-in, which helps staff treat patients sooner.



Scott McFarland, MD, medical director of the PBGMC emergency department. He received his undergraduate degree from the University of Notre Dame, medical degree from the University of Alabama and residency training at the University of Miami. Additionally, Dr. McFarland has served as the medical director of Riviera Beach Fire Rescue and is the Florida East Coast regional medical director of TeamHealth.

make clinical decisions before the patient even arrives at the hospital.

“This is very important because the first hour of emergency intervention has been shown to have a critical impact on a patient’s outcome,” Dr. McFarland says.

Your all-around care

The ED staff can treat all medical emergencies.

“If a patient is suffering from chest or abdominal pain, headache or shortness of breath, dizziness, numbness, or neck or back pain, that patient needs the comprehensive care available at a full-service emergency facility,” Dr. McFarland says.

“Specialists are on call for orthopedic and neurosurgical injuries, cardiothoracic and general surgical needs, as well as a roster of medical subspecialties available only at a full-service hospital,” he said.

“We train every day to expedite patient care, because your time and good health are of the utmost importance to us. We hope you never need us, but if you do, we are ready!”



When is it an emergency?

Some health problems can wait to be treated tomorrow at your doctor’s office. Some need immediate attention. How do you know the difference?

The American College of Emergency Physicians says the following are warning signs of a medical emergency:

- »» Pain or pressure in the chest or upper abdomen. Sudden dizziness, weakness or fainting
- »» Severe or persistent vomiting or diarrhea
- »» Changes in vision
- »» Difficulty breathing, shortness of breath
- »» Difficulty speaking
- »» Sudden or severe pain
- »» Uncontrollable bleeding
- »» Coughing or vomiting blood
- »» Confusion or changes in mental status

If you’re ever in doubt as to whether someone—especially a child—needs emergency treatment, err on the side of safety, come to the emergency department (ED) and have a physician complete an examination. If you think the medical condition is life-threatening or the person’s condition will worsen on the way to the hospital, then you need to call 911 and have your local emergency medical services provider come to you.

An ED doesn’t operate on a first-come, first-served basis; instead patients are seen based on severity of injury or illness, which is why patients are seen by a triage nurse immediately upon arrival. Also, keep in mind that EDs can be very busy, with a lot of people—patients, nurses and physicians. Remember to stay calm and to be polite, but assertive.

Ask for help if you think your situation is worsening.

A TRIP TO THE EMERGENCY DEPARTMENT



f Find us on Facebook

Your health is important—and now it's easy to keep up with everything you need to know about your favorite community hospital. Palm Beach Gardens Medical Center recently launched its Facebook page, which is designed to help you quickly access important information about our service lines should you or a family member have a medical emergency or a change in the status of your health.

In addition, you will also find useful information about health screenings, lectures, health fairs and other current events, as well as general information about hospital expansion projects, medical technology improvements, hospital awards and honors, patient success stories, and more.

How to find us

To access the page, you first need a Facebook account. Go to www.facebook.com—signing up is easy.

Set up your profile, and then search for "Palm Beach Gardens Medical Center." Click on the thumbs-up "like" icon. This will provide you with complete access to a variety of helpful information about PBGMC and your health.

KEEP IN TOUCH WITH PBGMC

Patient Advocacy Program

Palm Beach Gardens Medical Center is pleased to announce the implementation of its new Patient Advocacy Program. Designed to promote superior customer service, the patient advocate serves as a liaison to patients and their families, interacting with staff at all levels within the organization to quickly and efficiently resolve any issues that may arise.

The patient advocate typically meets with each patient within 48 hours of admission and solicits feedback to ensure standards of cleanliness, communication, kindness, professionalism and service are being met. Most issues can be

handled by PBGMC staff members at the time the concern is raised. Opportunities for improvement are shared with hospital administration, nursing directors, quality control, risk management and infection control. Compliments are also shared with staff.

The patient advocate is available between 8:30 a.m. and 5 p.m., Monday through Friday, by calling **561-366-6749**. For assistance after hours and on weekends and holidays, call the nursing supervisor at **561-799-5490**. Patients will receive a response within 24 hours—typically much quicker!



The patient advocate typically meets with each patient within 48 hours of admission, serving as a liaison between the patient and hospital.

Tours for patient ease

Are you or a loved one preparing for a procedure at Palm Beach Gardens Medical Center in the near future? We invite you and your family members to take a personal tour in order to make your hospital visit as worry-free as possible by increasing your comfort level with your surroundings. To help ensure the most thorough and personal

experience, please schedule your tour in advance.

Tours are available Monday through Friday between 10 a.m. and 2 p.m. Hospital visitors must be at least 16 years old.

For more information, please contact Jamie Taylor at jamie.taylor@tenethealth.com or **561-324-7540**.

Heart Failure Education Clinic at PBGMC



Gabriel Breuer, MD

Over 5 million Americans live with some form of heart failure. Heart failure can be associated with poor quality of life and early death, as well as more than 3 million ambulatory and emergency department visits and more than 1 million hospitalizations annually.

Fortunately heart failure can be treated.

Receiving quality medical care, following doctors' orders and learning about heart failure can help patients lead a comfortable life. Education about heart failure is crucial, not only for the patient, but also for family members. With this in mind, Palm Beach Gardens Medical Center has developed a free four-week Heart Failure Education Clinic. The goal is to promote compliance in self-care for the heart failure patient, thereby improving quality of life and reducing unnecessary hospital readmissions.

According to Gabriel Breuer, MD, interventional cardiologist at PBGMC, "heart failure is a serious, chronic condition in which the heart is not able to pump enough blood throughout the body. To compensate, the heart may work harder by enlarging the heart chambers, thickening the heart walls or beating faster." Symptoms include fatigue, shortness of breath, coughing, leg swelling and irregular heartbeat.

Treatment options for heart failure include medication management, implantable medical device options and, in some cases, surgery. However, according to Dr. Breuer, "lifestyle changes can

also play a significant role in helping to prevent heart failure from worsening, while providing relief from some of its symptoms. Appropriate education is essential, and the Heart Failure Education Clinic at PBGMC is an excellent resource for patients and families."

The clinic consists of a rotating four-week program, and patients can begin at any time during the rotation and complete all four weeks. The program includes a definition and explanation of the disease process; instruction on medications—what they are and how they work; and education on the importance of a heart-healthy, low-sodium diet and the role of exercise. Patients are also strongly encouraged to comply with their medical care in order to reduce risk factors. Each session begins with a miniassessment from a cardiac rehab registered nurse, including:

- »» Weight
- »» Lung sounds
- »» Oxygen saturation level and heart rate
- »» Blood pressure
- »» Edema assessment
- »» Medical history

Note: The initial assessment and final evaluation will be sent to the patient's physician.

To register for the Heart Failure Education Clinic or receive a free brochure, please call **877-644-8PBG (8724)**.



HEARTSAVER CPR CLASS

According to the American Heart Association, about two-thirds of deaths from heart attack occur before the victim reaches the hospital. Do you know how to administer lifesaving CPR? If not, or if you feel your skills need updating, please join us on Thursday, Oct. 28, from 4 to 6 p.m. for a free Heartsaver CPR class. Registration is limited to 24 attendees, so call **877-644-8PBG (8724)** to make your reservation today!

Back pain? Treatment

By Thomas F. Roush, MD, spine surgeon

We demand a lot from our neck and back. Support, balance, mobility, flexibility and the protection of our nervous system are each essential spine functions. In fact, there is never a time when our spine is completely at rest. As a consequence, the spine is at risk for an incredible amount of ailments, all of which share one key symptom: pain.

Neck and back pain are the second most common reasons (after the common cold) that Americans seek medical care. While the vast majority of pain episodes resolve without diagnosis or treatment, many conditions persist and wreak havoc on one's quality of life. Until recently, this presented an extremely difficult dilemma: Either live with the pain or undergo treatment. Choosing to do nothing and living with neck and back pain takes a toll on our mind, body and spirit. Undergoing treatment of any kind can be ineffective, or worse, it can result in more pain.

Surgical solutions

Spine specialists have understood this dilemma and have taken many steps over the years to help address the negative aspects of their care. Nonsurgical providers have become more holistic, while surgeons have adopted techniques that are less invasive to the vital structures that make the spine such an important part of our bodies.

From a surgical standpoint, a tremendous focus has been placed upon the soft tissues of the spine, including muscles, tendons, ligaments and nerves. Respect for such structures allows for direct treatment of the underlying

pain-producing area of the spine without producing the collateral damage so common in years past.

For example, open spinal-fusion surgery through a large central incision in the back used to be the treatment of choice for disk-related back pain. While this type of treatment did immobilize the spine, it did not address the underlying disk problem and produced damage to the surrounding soft tissues. In many cases, this soft-tissue damage created problems greater than those that were the reason for the surgery.

Less invasive, more direct treatments to address specific neck and back problems have been a welcome change to the treatment option profile. Conditions that once required cutting muscle now can usually be addressed using gentler, muscle-splitting techniques.

Furthermore, advancements in technology allow surgeons to approach the spine from the front, side, bottom and back. This lets surgeons address the problematic areas without damaging other structures that used to be in the way. Motion-preserving options, such as disk replacements and endoscopic techniques, allow for preservation of spinal mobility with extremely fast recovery times.

Options at PBGMC

Palm Beach Gardens Medical Center offers an extensive array of scientifically supported surgical treatment options. These options, when offered as part of a comprehensive spinal treatment regimen, allow patients to have the peace of mind that if surgery is necessary, it can and will be done in the least invasive, least painful, and most gentle and effective fashion.



Thomas F. Roush, MD, is a Duke-trained, board-certified orthopedic surgeon with Palm Beach Gardens Medical Center. He specializes in minimally invasive spinal surgery and other cervical, thoracic, lumbar and sacral spinal approaches to minimize recovery time while maximizing treatment benefits.

options less invasive

NEW TECHNOLOGY IS CHANGING THE FACE OF SPINAL SURGERY

By Charles S. Theofilos, MD, chief of neurosurgery, Palm Beach Gardens Medical Center

Back pain is a common medical problem that affects 8 in 10 people at some point in their lives. Back pain usually goes away on its own. But if it doesn't, and if more conservative treatment methods fail, you may be a candidate for back surgery.

While the goals of spinal surgery—to reduce pain and increase mobility—remain constant, advances in instrumentation and technology are changing the way spinal surgeries are performed. Spinal procedures most affected by these trends include:

- >>> Spinal fusion: In this procedure, two vertebrae (bones) in the spine are fused together to reduce motion and improve stability.
- >>> Discectomy: The herniated part of a disk is removed to relieve pressure on the nerve that is causing irritation or inflammation. This procedure often involves removing a portion of the vertebra in order to access the ruptured disk.
- >>> Artificial disk replacement: This is a treatment alternative to spinal fusion in which the injured or degenerated disk is replaced with artificial parts.

A new era for treatment

Spinal surgery traditionally has been quite invasive, requiring a long incision, cut through layers of tissue. Less invasive, minimally disruptive techniques are now being used with the following patient benefits: less blood loss, smaller scars, diminished postoperative pain, less damage to muscle and skin, and shorter recovery times. In some instances, procedures can be performed on an outpatient basis. Examples of newer techniques include XLIF (extreme lateral interbody fusion), endoscopic discectomy and artificial disk technology.



Charles S. Theofilos, MD, is a diplomate of the American Board of Neurological Surgery and has conducted numerous symposiums on minimally invasive surgical techniques. He is also a leading advocate and an educator in the development, education and use of artificial disk technology.

Procedures in detail

XLIF can be performed in a number of situations, including spinal fusion. XLIF is an innovative technique not only because it is minimally disruptive, but also because it allows surgeons to access the spine from the side of the body, which means less soft-tissue damage and quicker recovery.

Endoscopic discectomy is used to treat degenerative disk disease, herniated and bulging disks, pinched nerves, and sciatica. An endoscopic probe is inserted through a small incision in the back, front or side. Microsurgical attachments, such as suction devices, forceps and scissors, are sent through the hollow center of the probe to remove damaged disk material. The attachments may also be used to push bulging disk material back into place or to remove disk fragments and bone spurs.

In addition, a new generation of artificial disk implants has been developed for use in minimally invasive techniques. Artificial disk replacement is an alternative to spinal fusion surgery for treating degenerative disk disease in the lumbar spine or symptomatic cervical disk disease in the cervical spine. The damaged disk is completely removed, and the artificial disk is implanted between the two vertebrae.

The advantage of artificial disk replacement is that it allows the spinal segment to retain some degree of flexibility while maintaining more normal motion, such as bending and flexing.

While the idea of less scarring and faster recovery is very appealing, it is important to note that minimally invasive surgery is not for everyone. Age, general health and severity of the condition can determine the type of surgery performed, and some people are better served by traditional, open techniques. As with any surgery, it is important to discuss all your options with your physician.

HEALTHY VISIONS is published as a community service for the friends and patrons of PALM BEACH GARDENS MEDICAL CENTER, 3360 Burns Road, Palm Beach Gardens, FL 33410, www.pbgmc.com.

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Free PVD/PAD screening

Do your legs ache looking at this?

POOR CIRCULATION
Sometimes it's a matter of life or limb.
Sign up for your PVD/PAD screen today.

Peripheral vascular/arterial disease (PVD/PAD) is a common circulation disorder caused by a buildup of plaque in the arteries that mostly affects people older than 50. As the arteries narrow or become blocked, this can reduce or stop blood flow, usually to the legs, causing them to hurt or feel numb. If severe enough, this blocked blood flow can cause gangrene. People with PVD/PAD also have an increased risk of heart attack, stroke and transient ischemic attack (a ministroke caused by a temporary disturbance of blood flow to the brain).

Smokers and people with diabetes, obesity or a family history of coronary disease are especially susceptible to PVD/PAD. However, plaque buildup may be stopped or reversed with dietary changes, exercise, and efforts to lower high cholesterol levels and high blood pressure. That's why having a basic circulation check is so important—detecting circulatory problems early and treating them can increase your chances of overcoming them.

The screening includes a carotid bruit check and blood pressure measurements at your arm and ankle. We encourage you to participate if you are over 50, smoke, have diabetes, are obese or have a family history of coronary artery disease.

The free PVD/PAD screen will be held Sunday, Nov. 7. Reservations are required. Please call **877-644-8PBG (8724)**.

Welcome, new physicians

- »» Duccio Baldari, MD, cardiology
- »» Jack Glover, MD, internal medicine
- »» Glendese Miller, MD, internal medicine
- »» Kenneth Ness, MD, infectious disease
- »» Claude Oster, DO, physical and rehabilitative medicine
- »» Mark L. Perman, MD, radiation oncology
- »» Daniel Pero, DPM
- »» Thomas F. Roush, MD, orthopedic surgery
- »» Raymond Tan, MD, nephrology
- »» Stephen Trachenberg, MD, cardiology
- »» Ravi Xavier, MD, pain management



SIGN UP TODAY!

Receive *Healthy Visions* in your e-mail inbox

As part of its hospitalwide Going Green efforts, PBGMC is pleased to offer you the opportunity to receive your copy of *Healthy Visions* via e-mail instead of traditional mail. Not only will you be helping our environment and saving trees; you can also rest assured that you will receive *Healthy Visions* on time every time!

Simply call us at **877-644-8PBG (8724)** and provide us with your current e-mail address. If you have friends or family members who would also like to receive *Healthy Visions*, please invite them to call the above number, and we will be happy to add them to our e-mail list.