



# Healthy Visions



PBGMC breaks  
ground for new  
state-of-the-art  
Emergency  
Department


Because every second counts...



## PBGMC breaks ground for new emergency department

Palm Beach Gardens Medical Center held a groundbreaking celebration on Aug. 20, 2009, to kick off its \$13.6 million state-of-the-art emergency department (ED) expansion project. The ceremony took place in front of the hospital and included several local government officials, local business leaders, past and current governing board members, and EMS workers, as well as hospital employees and medical staff.

Mayor Joseph R. Russo of the City of Palm Beach Gardens addressed the enthusiastic crowd and expressed his support and appreciation for the construction project. "It is very exciting for me to see an expansion of the PBGMC emergency department—which is so desperately needed—at a time when many hospitals are cutting back or even closing their doors," he says. "This will be a major asset for our residents and a great addition to our city."

 **To celebrate the new emergency department, PBGMC has a limited supply of commemorative first aid kits. Be one of the first 100 people to call us at 561-625-5070 and we will send you one free of charge.**

## Message from the CEO



Palm Beach Gardens Medical Center is committed to providing patients with quality, leading-edge patient care. This edition of *Healthy Visions* is a true testament to that commitment. First, we have the recent groundbreaking for our new and bigger emergency department (ED). This is especially important to me, because my family and I reside in Palm Beach Gardens. We look forward, along with the rest of the community, to the enhanced comfort and level of service that the new ED will provide.

I am also proud to announce that PBGMC recently installed a new high-definition MRI system. Early diagnosis of any illness contributes to better outcomes, and the new system is designed to help physicians make diagnoses quicker, with greater confidence and greater comfort for the patient. For full details and examples of the types of images this system is able to produce, please see page 6.

PBGMC recently began integrating specialized Pilates exercise modalities into its rehabilitation programs where indicated. With this new approach, we are seeing very encouraging results, especially among patients with back pain. Patients receive individualized care from a master's level physical therapist and a physical therapy assistant who has been certified in Pilates. The full story can be found on page 7.

We are committed to providing excellent care to our patients. You will see this not only in our technology upgrades, but also in the daily care delivered by our team of physicians, nurses, technicians, therapists, volunteers and other staff members. Together, we strive to make a difference!

David A. Pettit, CEO

From left, Palm Beach Gardens Council member Eric Jablin; PBG Mayor, Joseph R. Russo; Village of NPB Council member Ed Eissey; PBG Vice Mayor, David Levy; Scott McFarland, MD, medical director of emergency services at PBGMC; Dave A. Pettit, CEO of PBGMC; NPB President Pro Tem, Darryl Aubrey; NPB Mayor, David Norris; and PBG Council member Bert Premuroso participate in groundbreaking activities at PBGMC.



## New ED to provide better, faster care

PUTTING OUR  
**heART**  
INTO THE  
community



The new emergency department (ED) at Palm Beach Gardens Medical Center more than doubles the size of the old department, boasting almost 15,000 square feet of treatment space. Twenty individual exam rooms provide privacy, security and comfort. A four-bed fast-track ward will aid in the treatment of less critical patients, while also contributing to increased throughput. An additional eight private rooms will be dedicated to chest pain, for a total of 32 beds.

As part of the expansion, PBGMC is implementing bedside triage and registration to minimize waiting times and

increase patient comfort levels.

“Our goal is to have every patient seen by a physician within 45 minutes,” says Scott McFarland, MD, medical director of the ED at PBGMC. “In most cases, it will be much sooner.”

What is bedside triage? It means that when you arrive at the new PBGMC ED, you will immediately be taken to a private room, where a nurse will assess the severity of your condition. Time is crucial in an emergency, and to help aid in rapid diagnosis, PBGMC is able to perform bedside lab testing. A complete BMP (basic metabolic panel) can be administered from the patient’s bedside and results are ready within 3½ minutes. A test used to determine if a patient has had a heart attack or other damage to the heart can also be performed bedside, and results are available within 10 minutes.

## New technology aids in faster diagnosis

The Emergency Department (ED) also uses an electronic medical record system and a digital picture communications system, allowing physicians to view images and test results on any web-enabled computer or cellular phone. For example, orthopedists can make immediate determinations about fracture management pulmonologists and cardiologists can make decisions to initiate treatment before arriving

at the hospital. In addition, the new ED will have a dedicated CT scanner, further enhancing the speed of diagnosis.

“The first hour of emergency intervention has been shown to have a critical impact on a patient’s outcome,” says Scott McFarland, MD, medical director of the ED. “We train every day to expedite patient care, because your time and good health are of the utmost importance to us. Our

emergency department staff includes a core of dedicated nurses who average over a decade of devotion to this ED, and physicians who are residency-trained and board-certified. We hope you never need us, but if you do, we are ready!”

The existing ED will remain open and operate without interruption during construction, which is expected to be completed in early 2012.

## StentTower sculpture dedicated

You may have noticed the eye-catching sculpture recently erected at PBGMC. Created by local artist Mark Fuller, *StentTower* is an abstract, visual expression of red and white blood cells flowing through a heart stent within a blood vessel. (A stent is a wire metal mesh tube used to open an artery during and after angioplasty.)

The sculpture was dedicated at the groundbreaking ceremony for the new Emergency Department and is part of the City of Palm Beach Gardens Art in Public Places program, which creates a partnership between private development and public art.

“We began the Art in Public Places program because we wanted our children to know and appreciate art,” says Mayor Joseph R. Russo. “*StentTower* is an awesome work of art and so fitting with PBGMC. We are extremely proud to have this in our community!”

As part of his research, Fuller took a behind-the-scenes tour of PBGMC that included radiology, the cardiac catheterization laboratory and the cardiopulmonary department. “During these tours I explored blood cells under a microscope, various medical devices and equipment, and reviewed the insertion of a stent into a blood vessel,” Fuller says. “I was impressed and awestruck with the highly technical patient care delivered by PBGMC.”

“Inspired by the intricate design of the almost microscopic stents as well as the shapes of both red and white blood cells, I designed the sculpture to publicly celebrate the high-tech aspects of PBGMC by making these minute wonders larger than life.”

*StentTower* stands almost 24 feet tall and weighs more than 1,000 pounds. The base and column are fabricated from laser-cut aluminum plate. The red and white blood cells are custom fabricated fiberglass. The design for this project began in May 2008 and fabrication began in January 2009. It took about six months to complete.



# Heart attack and women

## Are you at risk?



Heart attacks are a form of heart disease and kill approximately 260,000 women each year—six times as many women as breast cancer. Under age 50, women’s heart attacks are twice as likely as men’s to be fatal. The statistics are sobering, and that is why it is so important for women to become familiar with the warning signs of heart attack and begin taking steps to prevent and control factors that put them at risk.

“Heart attack symptoms displayed by men and women are considerably different,” says Jorge Castriz, MD, a board-certified interventional cardiologist at PBGMC. “When a woman has a heart attack she may experience nausea, overwhelming fatigue and dizziness. Her warning signs of an impending heart attack could include shortness of breath, vomiting, and back or jaw pain.”

Because these symptoms are often chalked up to stress, women have reported that they have a harder time getting their doctors to recognize these early warning signs. Women also tend to wait longer before seeking medical care. With a heart attack, minutes matter. Seeking help sooner can help save heart muscle and your life.



**Jorge Castriz,  
MD**

Heart disease is the leading cause of death for men and women in the United States, with women accounting for more than 50 percent of total heart disease deaths. It is the leading cause of death in women 65 or older, the second leading cause of death among women 45 to 64 and the third leading cause among women 25 to 44. One woman dies approximately every minute from cardiovascular related disease.

## Cardiac rehab plays a vital role in recovery

Cardiac rehabilitation is a medically supervised program to help heart patients recover quickly and improve their overall physical, mental and social functioning. The goal is to stabilize, slow or even reverse the progression of cardiovascular disease, thereby reducing the risk of heart disease, another cardiac event or death.

Cardiac rehabilitation programs include:

- » Counseling so the patient can understand and manage the disease process
- » Beginning an exercise program
- » Counseling on nutrition
- » Helping the patient modify risk factors

such as high blood pressure, smoking, high blood cholesterol, physical inactivity, obesity and diabetes

- » Providing vocational guidance to enable the patient to return to work
- » Supplying information on physical limitations
- » Lending emotional support
- » Counseling on appropriate use of prescribed medications

Cardiac rehabilitation remains vastly underutilized despite its endorsement by a number of health care organizations, including the American Heart Association

(AHA). A recent study published in the July 28, 2009, online edition of the *Journal of the American College of Cardiology*, reported that only 56 percent of patients eligible for cardiac rehabilitation were actually referred for treatment.

According to the AHA, an outpatient cardiac rehabilitation program is typically initiated approximately one to three weeks following hospital discharge.

Linda Sowden, a 57-year-old Jupiter resident, is a patient of the PBGMC outpatient cardiac rehabilitation center. She began her cardiac rehab in June 2008, following

## PBGMC: Superior care for women



PBGMC has received the 2009–2010 Women's Health Excellence Award from HealthGrades, an independent health care ratings organization. Hospitals that receive this award rank among the top 5 percent of hospitals nationwide when it comes to providing care to women in three areas: women's medicine (heart attack, congestive heart failure, pneumonia, chronic obstructive pulmonary disease and stroke); women's cardiovascular procedures (coronary bypass surgery, peripheral vascular bypass, coronary interventional procedures, resection/replacement of abdominal

aortic aneurysm, carotid surgery, and valve replacement); and women's bone and joint health (total knee and total hip replacement surgeries, spinal surgeries, and hip fracture repair).

According to the Sixth Annual HealthGrades Women's Health in American Hospitals study, top-performing hospitals improved their mortality and morbidity 33 percent more than poorly performing hospitals in the period studied (2005 through 2007). Among eligible hospitals, the study found that a total of 18,089 lives could have been saved and 6,849 complications avoided if all eligible hospitals performed at the level

of the best-performing hospitals in women's health.

"As our population ages, more women are affected and hospitalized by chronic diseases like congestive heart failure, and variations in quality do exist between men and women," says Rick May, MD, senior physician consultant and a study co-author. "The hospitals that have been identified as Women's Health Excellence Award recipients are clearly performing at a superior level of quality."

Some heart disease risk factors are beyond your control, such as family history and age. After menopause, a women's chance of developing heart disease soars because her body's production of estrogen drops. But you can take an active role in preventing cardiovascular disease by managing your risk factors:

- » Don't smoke.
- » Lower your cholesterol.
- » Maintain a normal weight.
- » Exercise.
- » Manage your diabetes, if you have it.

Having even one of the risk factors for heart disease can be dangerous. "But

having multiple risks is even more serious because risk factors tend to intensify the effects of each other and increase your chances of developing a heart condition," Dr. Castriz says.

If your doctor has prescribed medications for your heart, be sure to take them exactly as advised. Tell your doctor if you experience any unpleasant side effects. Women—just like men—should call 911 immediately if experiencing symptoms that seem to be life-threatening.


## Free lecture

If you would like to learn more about women and heart disease, join us for a free lecture by Dr. Castriz on Dec. 2, 6 p.m., in Conference Room 4 at PBGMC. A nutritionist and cardiac rehab nurse will discuss healthy eating habits and provide a cooking demonstration. Please call

**561-625-5070**  
to RSVP.

open-heart surgery for a rare genetic disease of the heart known as hypertrophic cardiomyopathy.

"In the beginning I was afraid to exercise, but I knew it was something I needed to do to take care of myself," Sowden says. "The staff is very knowledgeable and put me at ease. I can't speak highly enough of them. For the first time in my life I have an exercise routine, which is critical to my health and well-being."

 **If you or someone you know has recently had a cardiac event and would like to learn more about cardiac rehabilitation, call 561-776-8201.**

**Kathy Olson, RN, guides Linda Sowden (right) through her paces on the treadmill at the PBGMC cardiac rehab center.**





**Brian Young, MD, (left) chief of special services, and Charles Schallop, MD, stroke medical director, review an image of a brain.**

## Imaging services at PBGMC

- » Magnetic resonance imaging (MRI)
- » Special procedures, including angiography, carotid stenting, ablation studies, vertebroplasty, kyphoplasty, etc.
- » Digital mammography
- » Stereotactic breast biopsy
- » Bone densitometry
- » Computed tomography (CT)
- » Ultrasound
- » Nuclear Medicine
- » General radiologic studies (x-ray)
- » Fluoroscopy (swallowing studies for speech pathology)

# High-definition MRI

**When doctors need to look inside the body, they often turn to imaging tests—vital tools used to help diagnose or treat many medical conditions and injuries.**

Palm Beach Gardens Medical Center is pleased to announce it has incorporated one of the most advanced diagnostic tools available to help physicians make confident diagnoses and improve patient care. The Signa HDx 1.5T MRI (magnetic resonance imaging) system from GE Healthcare is a diagnostic tool most commonly used in radiology to non-invasively deliver highly detailed images of the internal structure and function of the body. It provides excellent contrast between the different soft tissues, making it especially useful in neurological, musculoskeletal, cardiovascular and oncological imaging.

“The new MRI system provides us with vastly improved imaging quality and speed,” says Brian Young, MD, chief of special services, and department head of radiology at PBGMC. “This advanced technology results in shorter exam times and greater comfort for patients, while providing higher diagnostic confidence for physicians.”

One feature of the new MRI system is the ability to perform dual breast scanning. “In the time it normally takes

to image just one breast, we can now image both breasts simultaneously,” Dr. Young says.

The system also tolerates patient motion very well during brain scans, which means fewer retakes, and it eliminates the need for very sick or weak patients to hold their breath during scans.

“Some patients can present special challenges when undergoing MRI testing,” Dr. Young says. “Now, even those

### DIGITAL MAMMOGRAPHY

Appointments are not necessary for our digital mammography services—we accept walk-in patients Monday through Friday from 7 a.m. to 3 p.m. Evening hours are also available by request.

who are the most difficult to examine with conventional MRI approaches can be easily imaged and diagnosed.”

The Signa HDx 1.5T MRI extends the range of high-quality diagnostic imaging services offered by PBGMC, which is committed to providing the utmost in patient care, comfort and convenience.

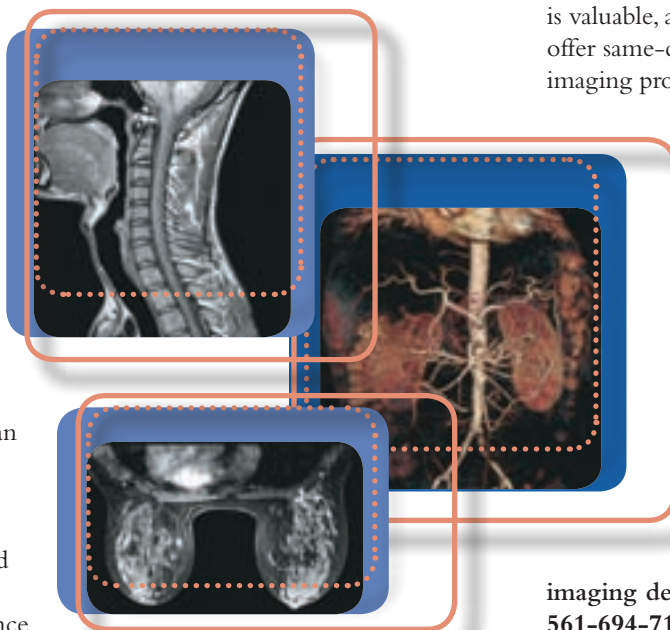
At PBGMC, we understand your time is valuable, and with that in mind, we offer same-day appointments for most imaging procedures and will assist you

with all aspects of your appointment, including insurance authorization and verification. (Please note that a prescription and physician referral is required, and we ask that you bring previous films with you if this is your first time at PBGMC).



If you would like to receive information about our services or talk with a representative from the

imaging department, please call us at 561-694-7163.



**The new MRI system delivers highly detailed images. Shown from the top are images of a spine, kidneys and breasts. At the same time, the system improves patient comfort and results in shorter exam times.**

# Pilates and physical rehabilitation

By Yves Cartier, MSPT, and Karen A. Ritzau, PTA

Mild, severe, chronic or temporary low-back pain (LBP) is among the most prevalent pain syndromes in our society. Approximately 80 percent of the population experiences an episode of LBP at some point in their lives.

Pain in the lumbar spine can be caused by a variety of factors, including injury, aging, exercise habits, weight gain and work-related accidents. For some, bed rest, reduced activity and anti-inflammatory medications solve the problem. However, there's about a 60 percent recurrence of LBP in patients within one year of the initial episode. At times, the pain may be so overwhelming that it interferes with activities of daily living and may even contribute to depression.

Many people are motivated to seek treatment for LBP and other types of chronic pain because something important to them has been taken away because of their condition. At Palm Beach Gardens Medical Center, the goal is to return people to the activities they enjoy, whether that's in the form of work, leisure, or resuming a normal sex life. Outcomes are measured by the quality of life that's restored.

Research indicates that incorporating medically supervised Pilates into an individualized rehabilitation program can generate positive results for some patients with LBP. However, because back pain is highly personal and not all patients are candidates, a thorough patient history and clinical evaluation is essential before beginning any rehab program.



Yves Cartier, MSPT, (left) is on staff at the Palm Beach Gardens Medical Center outpatient rehabilitation facility at 2503 Burns Road in Palm Beach Gardens. He specializes in manual therapeutic rehabilitation of spinal and extremity dysfunction and sports-related injuries. Karen A. Ritzau, PTA, is a certified Pilates program coordinator.

## Stability before mobility

Pilates is an experiential, mind-body experience. Through carefully synchronized movements, patients can develop their core muscles (those closest to the spine) to give them the strength and stability to participate in daily activities. Since these muscles are small, triggering them requires developing patient awareness through deep breathing and visualization. Isometric muscle sequencing, strong verbal cueing and appropriate tactile touch are also used to help patients focus and activate these deep core muscles. Emphasis is placed on proper posture and spinal positioning. Teaching patients to “unweight” the disks of the spine in a sitting position is a primary goal.

At our outpatient rehabilitation clinic, we help patients learn how to *feel* the articulation of the ball and socket joints and deep core firing of the muscles. A quiet, private setting free of distractions; specialized equipment; and the use of mirrors is essential. Patients are asked to *visualize* inflating their disks as they exhale. Mentally, this puts space between the disks. Once patients can “see” and feel the deep core firing, results increase.

Exercise intensity for the low-back muscles is progressively increased as a patient gains strength and spinal flexibility. As part of the program, patients are also given customized home exercises designed to build upon their instruction at the clinic.


 If you would like to learn more about the medically supervised Pilates program at PBGMC, please call 561-776-8584. During November and December, if you sign up for five Pilates sessions, PBGMC will give you one additional session free of charge.



Photo: Eliza Gutierrez, Palm Beach Post

Karen A. Ritzau, PTA, works with Holly Hadley, MD, during a Pilates therapy session. Strong verbal cues and mirrors play a key role in helping patients correctly align their bodies.

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](http://www.pbgmc.com).

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Information in HEALTHY VISIONS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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Do your legs ache just looking at this?

**POOR CIRCULATION** sometimes it's a matter of life or limb.

Get a screening for peripheral vascular disease.


## Free PVD/PAD screening

Peripheral vascular/arterial disease (PVD/PAD) is a common circulation disorder caused by 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 artery 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 at your 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 screen will be held on Dec. 5 and prior registration is required. Please call 561-625-5070 to register.**

## Introducing our new physicians

- » **Rahul Aggarwal, MD**, cardiology
- » **W. Troy Austin, MD**, plastic surgery
- » **Brent A. Carroll, MD**, anesthesiology
- » **Daniel Caruso, MD**, urology
- » **Paul M. Gallogly, MD**, ophthalmology
- » **Dana M. Goldberg, MD**, plastic surgery
- » **Cyrus P. Kavasmaneck, MD**, cardiology
- » **Mohammad N. Nasar, MD**, internal medicine
- » **Monique N. Pratt, MD**, nephrology
- » **Jaideep Puri, MD**, nephrology
- » **Daniel L. Spitz, MD**, hematology/oncology

## Community events

**American Heart Association Heartsaver CPR class**  
**Thursday, Nov. 19, 5 to 7 p.m.**  
**Conference Room 4 at PBGMC**  
Call **561-625-5070** to register.  
Open to the community at no charge.

**Women and Heart Disease**  
**Wednesday, Dec. 2, 6 p.m.**  
**Conference Room 4**  
Lecture by Dr. Castriz on heart disease prevention. Includes a healthy cooking demonstration! Space is limited—call **561-625-5070** to register.

**Heart to Heart Club (a support group for patients with heart disease)**  
**Second Tuesday of each month from October through May.**  
Please call Pete Hunter, Club President, at **561-622-5157** for more information.