

blueprint

FOR HEALTH

Could you lose
weight with LAP-BAND?

Expert surgeons perform
elective heart surgery

Introducing
BayCare MedSpa:
The best of both worlds



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 **St. Anthony's Hospital**
BayCare Health System

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If you have questions or comments about *Blueprint for Health*, please call **727-820-7772**.

Message from the President of St. Anthony's Hospital



Most of us in the Tampa Bay area love the sun. And now we have a new option for treating sun-damaged skin: the recently opened BayCare MedSpa. There, you can enjoy the relaxing environment of a spa in the safety of a medical setting. Read more about the MedSpa — and different treatments for sun-damaged skin — on Page 6 of this issue.

St. Anthony's also is pleased to introduce elective angioplasties. Turn to Page 4 to learn more about these procedures, which can reduce chest discomfort and shortness of breath. On Page 8, we highlight the expertise of the board certified surgeons at St. Anthony's Vascular Center.

Finally, we've included a calendar on Page 7 with a variety of exciting events for the community. I invite you to join us for the 26th annual St. Anthony's Triathlon, which kicks off on Friday, April 24. You can learn more at www.satriathlon.com. I hope to see you there!

William G. Ulbricht
President
St. Anthony's Hospital

SAVE THE DATE

8th Annual Medallion Gala Tango Argentina

Saturday, April 18

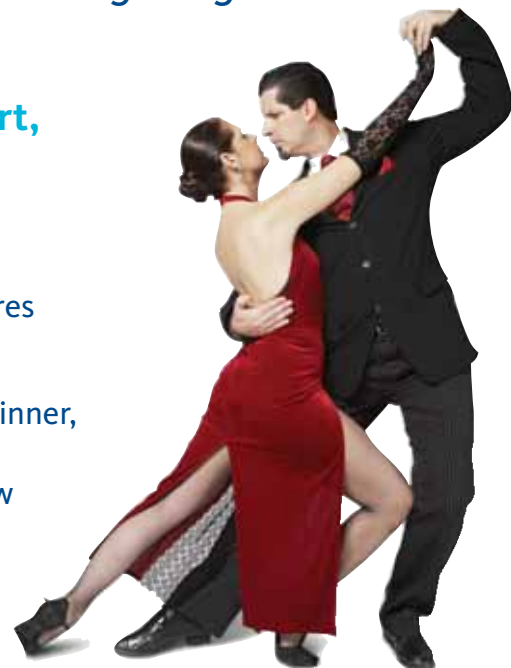
**Renaissance Vinoy Resort,
Palm Court Ballroom**

St. Petersburg, Fla.

6 p.m.: Cocktails, Hors d'Oeuvres
and Silent Auction

7:30 p.m.: Argentinean-inspired Dinner,
Live Auction,
Spectacular Tango Floor Show

For more information,
call **727-825-1086**.



Tip the Scale in Your Favor for Better Diabetes Management

If you have diabetes, losing weight can offer major rewards. “Dropping a few pounds will help you manage your diabetes — and it could save your life,” says Hilary Watson, R.N., diabetes coordinator in St. Anthony’s LifeHelp Nutrition and Diabetes Center.

Reducing Risk for Complications

Studies show that carrying excess weight can make it harder to manage diabetes. Fat — especially around the belly — increases insulin resistance and blood sugar concentrations. Experts believe this is due to cellular

changes and interference with how insulin works in the body. Losing weight can help keep your blood sugar under control, reducing your risk for major diabetes complications such as blindness, kidney failure and amputation.

“Shedding extra pounds also can treat high blood pressure and high cholesterol levels,” Watson says. “Combating these problems can be lifesaving. High blood pressure and high cholesterol can lead to cardiovascular disease, which is the leading cause of death among people with diabetes.”

Losing a Small Amount Can Help

Losing just 5 to 10 percent of your body weight can help lower your blood sugar level. And, the closer you get to your ideal weight, the healthier you’ll be. In fact, some people with diabetes who lose weight are able to improve their condition and reduce their need for medication.

You can learn to eat better just by reading the labels on your foods. Join our dietitians on a “Shopping Cart Tour” through a local supermarket to get tips on making healthier food choices and deciphering label lingo. **See Page 7 of this issue for details.**

Get a FREE wallet card to help you keep track of your medications. Call 727-825-1250.

THE WEIGHT IS OVER — LAP-BAND® SURGERY IS THE ANSWER

If you’ve tried to lose weight through traditional methods and failed, LAP-BAND weight-loss surgery may be an option for you.

Our coordinated care makes all the difference. The Bariatric Surgery Program at St. Anthony’s Hospital offers more than just surgery. Our team works with you to:

- Help you navigate through the health care process
- Educate you about LAP-BAND surgery and qualification requirements
- Schedule and coordinate your preliminary tests

- Provide you with insurance coverage criteria and help you understand out-of-pocket costs
- Obtain any required medical records and referrals for services

Take the first step to successful weight loss. Attend a **FREE** information session, held the third Wednesday of each month. Call **727-825-1111** to register and meet your new LAP-BAND surgeon and weight-loss team!

RECIPE FOR HEALTH

Mediterranean Diced Salad

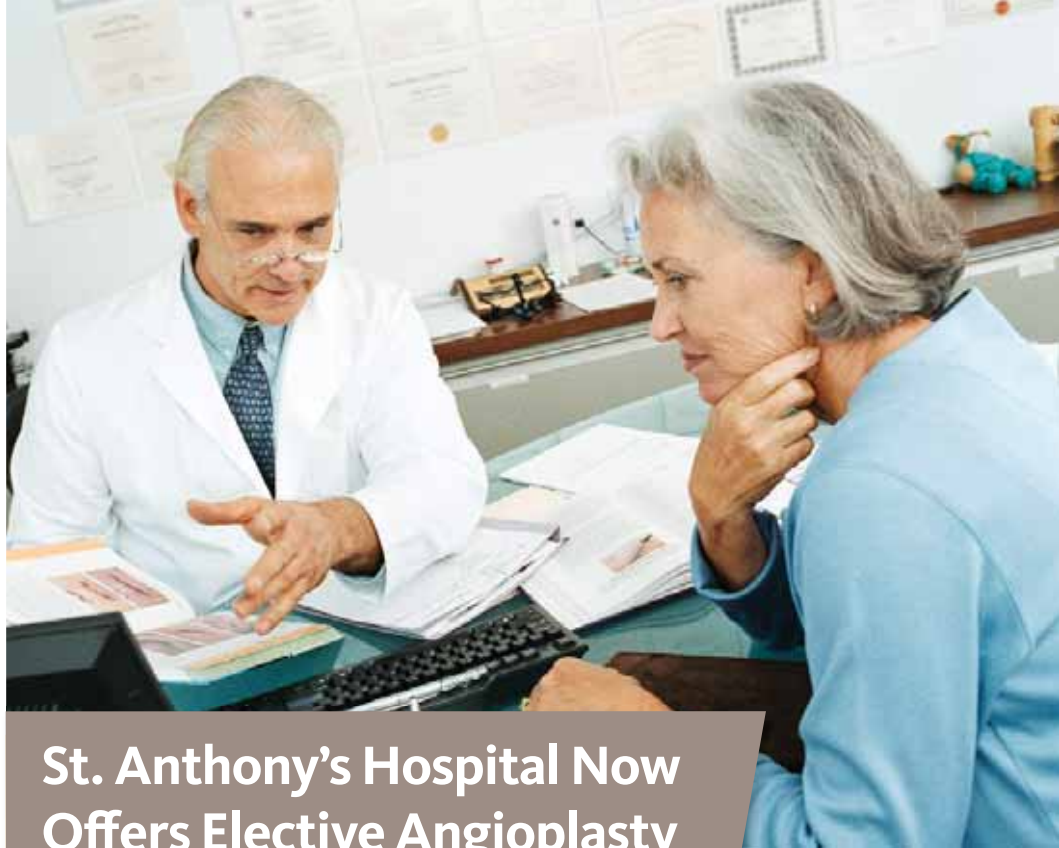
This brightly colored salad uses heart-healthy olive oil.

- 1 19-ounce can of chickpeas (also called garbanzo beans)
- 1 red pepper
- 1 cucumber
- 2 stalks celery
- 1 cup halved grape tomatoes
- ¼ teaspoon dried oregano flakes
- 1 large lemon, juiced, yielding about ¼ cup liquid
- 1 tablespoon white vinegar
- 2 tablespoons olive oil
- ½ cup chopped fresh parsley

1. Drain and rinse chickpeas and put in a large mixing bowl.
2. Core red pepper and dice into half-inch squares. Add to bowl.
3. Peel and chop cucumber; slice celery lengthwise and chop. Add to bowl.
4. Add halved grape tomatoes.
5. In a measuring cup or small bowl, whisk lemon juice, vinegar and olive oil.
6. Pour over salad ingredients.
7. Toss well to coat all ingredients. Add parsley and mix again.
8. Refrigerate until ready to serve. Season to taste.

Yield: six servings

Each serving provides about 142 calories, 4 g protein, 6 g fat, no cholesterol, 18 g carbohydrate, 5 g fiber, 208 mg sodium.



St. Anthony's Hospital Now Offers Elective Angioplasty

A heart procedure that could reduce your chest pain — or even save your life — now is available at St. Anthony's Hospital on an elective basis. St. Anthony's has received state approval from the Agency for Health Care Administration (AHCA) to perform optional angioplasty.

During an angioplasty, a small tube is inserted through the leg or arm and threaded up to the heart. Then, a balloon is inserted through the tube and inflated. The balloon opens up a clogged heart artery, restoring blood flow to the heart.

More Convenient for Patients

"Our patients no longer have to be transported or drive themselves to be admitted to another hospital to have this procedure," explains Andrew Rosenthal, M.D., medical director of interventional cardiology at St. Anthony's Hospital. "It's a greater continuity of care. We know our ability to deliver quality outcomes is safe, effective and more convenient for our patients."

St. Anthony's Hospital completed an extensive application process to receive

AHCA approval. The hospital demonstrated the overall high-quality care, volume and outcomes of the hospital's cardiac services program.

"Emergency angioplasties performed at St. Anthony's Hospital over the past few years have saved many lives," says Pat Sizemore, St. Anthony's Hospital vice president of patient services. "The approval acknowledges the exemplary work of our professional and dedicated staff of surgeons, physicians, nurses and administrators."

Top Heart Care for the Community

"This is a great achievement for our hospital and great news for the region," says William G. Ulbricht, president of St. Anthony's Hospital. "Our pursuit to bring elective angioplasty services to the area, and our investment in cardiac services and the cardiac catheterization labs, demonstrates the commitment of St. Anthony's to offering the community a top-notch heart program. The real winners of the state's decision are Pinellas County residents, who can rely on St. Anthony's Hospital for years to come to meet their cardiovascular needs."

DO YOU HAVE CHEST PAIN OR SHORTNESS OF BREATH?

To find out whether an elective angioplasty could relieve your symptoms, call your doctor. For a FREE physician referral, please call 717-825-1111.

Treatment Options to Get Pain Off Your Back

The number of treatment options for back pain is extensive — for good reason. Most Americans will experience back pain at some time in their lives, and each case is different. Back pain occurs for many reasons, from trauma or injury to disease. In addition, people can respond to various treatments differently. The key is working with your doctor to find a solution that's right for you.

John A. Gross, M.D., a family physician specializing in sports medicine, says, "Most back pain goes away on its own within a few days by just resting your back. However, if the symptoms persist, many options are available to help alleviate the pain."

Minimally Invasive Techniques Relieve Pain

"Treatment of back pain usually begins with the least invasive option first," Dr. Gross says. Treatments include:

- **Exercise.** Research shows that performing gentle exercises can help reduce back pain and speed recovery. Your doctor may refer you to a physical therapist for help.
- **Medication.** Over-the-counter and prescription medications often are used for pain relief. Some include:
 - Nonsteroidal anti-inflammatory drugs, such as aspirin and ibuprofen

- Seizure medication and antidepressants, both of which have been shown to reduce pain
- Opioids, which are narcotics sometimes prescribed to relieve severe pain for short periods of time

■ **Injections.** Dr. Gross explains, "There are many different types of injections that can help ease or block back pain. These include epidural and steroid injections. Other types of injections target the source of the pain. For example, vertebroplasty is a relatively new treatment for vertebral compression fractures. A cement-like substance is injected into the spine, where it then quickly hardens, sealing the fracture and thereby strengthening the spine and providing immediate pain relief."

■ **Complementary medicine.** Complementary medicine techniques can be used alone or in addition to conventional

treatments to reduce pain. Among the options:

- Spinal manipulation, which often is performed by a chiropractor, who adjusts the spine with the hands
- Transcutaneous electrical nerve stimulation (TENS), which uses a small device that sends mild electrical pulses over nerves to block pain
- Acupuncture, which involves the insertion of thin needles at precise locations to relieve pain

Surgery an Option for Some

Surgery usually is a last resort when other, less invasive techniques fail to offer relief. Dr. Gross says surgery often is reserved for people with long-lasting, debilitating back pain due to certain problems such as:

- Herniated discs
- Spinal stenosis (the narrowing of the spine)
- Slipped vertebrae
- Vertebral fractures
- Degenerative disc disease

Different types of back surgeries are available, including the following:

- **Laser surgery** can vaporize tissue in a herniated disc to reduce its size and relieve pressure on the nerves.
- **Laminectomy/Discectomy** relieves pressure on the spine by removing the herniated disc or bone overgrowth.
- **IntraDiscal Electrothermal Therapy (IDET)** is a fairly new, less invasive procedure that involves inserting a heating wire into a damaged spinal disc through a small incision in the back. An electrical current is passed through the wire, which strengthens the fibers that hold the disc together and may destroy the nerve fibers that sense pain.
- **Spinal fusion** can help strengthen the spine and prevent pain by fusing two spinal vertebrae together.

IF YOU HAVE BACK PAIN and want relief, call us for a FREE physician referral at 727-825-1111.





Can You Renew Sun-Damaged Skin?

Prevention remains the best method to fight sun-damaged skin. But for sun damage that's already occurred, here's how some of the various skin treatments stack up in terms of their safety and effectiveness.

Topical Treatments

- **Tretinoin:** This prescription ointment can reduce cosmetic skin damage, such as wrinkles, age spots and skin roughness. Some research suggests that tretinoin also may prevent future sun damage. This treatment may cause minor redness and irritation.
- **Alpha-hydroxy acids (AHAs):** Available in a variety of over-the-counter preparations, these botanical substances slightly thicken the skin to reduce wrinkles and improve skin tone. Because they may cause the outer layer of skin to peel, AHAs can trigger local irritation, such as redness, blistering, bleeding, rash, itching and skin discoloration. They also increase sun sensitivity and may actually promote skin damage if used without sunscreen in the sun.

At the Doctor's Office

- **Chemical peels:** Jeremy Benedetti, M.D., plastic surgeon and medical director of BayCare MedSpa, says, "Using mild acids, a doctor can partially destroy the top layers of skin, removing fine wrinkles and precancerous lesions." Dr. Benedetti cautions that some peels can pose a danger to people with heart disease.
- **Dermabrasion:** For this surgical procedure, a doctor freezes and then planes off damaged skin. "This can be used to eliminate precancerous lesions and delay the development of new ones," Dr. Benedetti explains. "Full-face dermabrasion also can reduce fine wrinkles, age spots and skin discoloration." A color difference may occur between the treated face and the untreated neck.
- **Laser resurfacing:** In this surgical process, thin layers of sun-damaged skin are vaporized. Side effects may include pink-red skin that lasts for two to six months or more; tightness lasting for several weeks to months; and darkening, lightening or hardening of the skin.

BAYCARE MEDSPA: THE BEST OF BOTH WORLDS

Are you considering a cosmetic treatment for your skin? Wouldn't it be nice to know your procedure was supervised by a physician?

The new BayCare MedSpa is the perfect option for people in the Tampa Bay area who want state-of-the-art procedures performed by qualified and experienced professionals. Come enjoy the calmness and serenity of a spa in a medical setting.

BayCare MedSpa offers a full line of medical spa services, including:

- BOTOX® Cosmetic
- Massage therapy
- Chemical peels
- Laser treatments
- VISIA™ skin and complexion analysis
- Facials
- Microdermabrasion

The MedSpa staff is medically supervised by a dual-board certified plastic surgeon who is on site daily to ensure you have a safe, effective and overall satisfying experience. Special package pricing and gift certificates are available. Call **727-561-2556** for details.



BayCare MedSpa

St. Anthony's Outpatient Center
— Carillon
900 Carillon Parkway, Suite 210
St. Petersburg
727-561-2556



COMMUNITY EVENTS CALENDAR SPRING 2009

Unless otherwise noted, all events are FREE and open to the public. Complimentary valet parking is available. Space is limited and registration is required for all lectures and classes. Please call 727-825-1111 or visit www.stanthonys.com to register.

SUPPORT GROUPS

For a complete list, visit www.stanthonys.com/supportgroups.

Brain Tumor Support Group

Second Tuesday of the month
5:30 to 6:30 p.m.
Gulfcoast Cancer Institute,
Conference Room

Charcot Marie Tooth Disorder

Every Saturday
10:30 a.m. to 12:30 p.m.
St. Anthony's Hospital,
Ground Floor Auditorium

Continent Ostomy Support Group of Florida

For people with BCIR, Kock Pouches and J-Pouches, as well as those considering surgery.
Last Wednesday of the month
6:30 to 7:30 p.m.
St. Anthony's Hospital,
Fourth Floor SE

Diabetes Support Group

Call 727-820-7910 for details.
Second Wednesday of the month
2:30 to 3:30 p.m.
LifeHelp Nutrition and Diabetes Center, St. Anthony's Hospital,
Suite 120

LAP-BAND Support Group

For patients who have had or are pursuing LAP-BAND surgery.
Call 727-820-7910 for details.
Third Wednesday of the month
6:30 to 7:30 p.m.
St. Anthony's Hospital,
Ground Floor Auditorium

Multiple Sclerosis Lunch & Learn Support Group

Call Rodney McIntosh at 727-545-0353 for meeting dates and times.

Myasthenia Gravis

First Thursday of the month
7 to 8 p.m.
St. Anthony's Hospital,
Ground Floor Auditorium

Open CPAP Clinic

Patients using CPAP are invited to this open clinic to address problems they may be having with the mask, equipment pressure and more. No appointment needed.
Every Thursday
9 to 11 a.m.
St. Anthony's Hospital, Sleep Disorders Center, Ground Floor

Stroke Support Group

Second Monday of every other month
4 to 5:30 p.m.
St. Anthony's Hospital, Ground Floor, Classrooms 1 and 2

SPECIAL EVENTS

St. Anthony's Triathlon Sports & Fitness Expo



Friday, April 24
noon to 7 p.m.
Saturday, April 25
9 a.m. to 7 p.m.
Straub Park

St. Anthony's Meek & Mighty Triathlon

Saturday, April 25
6:30 a.m. to noon
North Shore Pool

St. Anthony's Triathlon, presented by Sweetbay Supermarkets

Sunday, April 26
6:50 a.m. — Start
Spa Beach, The Pier
8:40 a.m. — First Finisher Expected
Vinoy Park
1 p.m. — Awards Ceremony
Vinoy Park

LECTURES

LAP-BAND® Surgery Information Session

If traditional weight-loss programs have not worked for you, join surgeon Kevin Huguet, M.D., to learn about the advantages of the LAP-BAND System.
Third Wednesday of each month
Call 727-825-1111 for details and to register.

Heart-Smart Shopping Tour

Label lingo got you down? There is no better place to learn about nutrition than a grocery store! Please join St. Anthony's Hospital dietitians for a tour through Sweetbay Supermarket. Learn to make healthier food selections, lighten up your diet and more.

**Thursdays, April 30 or June 25
2 to 4 p.m.**

**Sweetbay Supermarket
3327 9th St. North,
St. Petersburg**

**Cost: \$10 per person
Call 727-825-1111 to register.**





Can you renew
sun-damaged skin?

See Page 6 to find out!

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Interested in a St. Anthony's career? Call 727-825-1168, or visit www.stanthonys.com.

Advanced Local Care for Vascular Problems



Twenty years ago, Jo Ann Etheridge got a wake-up call: Her diabetes and high blood pressure had led to a series of warning strokes. This brought her to St. Anthony's Vascular Center, where she began treatment with board certified vascular surgeon Paul Steven Collins, M.D.

"I couldn't have asked for a nicer doctor," Etheridge says. "He takes the time to explain everything to you and make you understand it, because he knows if you don't understand it, then you're not going to want to do it."

Dr. Collins recommended that she undergo a carotid endarterectomy. This procedure removes plaque from a neck artery. Since then, Etheridge has had other procedures to open blocked arteries. Because she has continued to see Dr. Collins for follow-up care, he has been able to monitor her health and recommend additional treatments as they were needed.

"Jo Ann has continued to come back for checkups," Dr. Collins says. "As a result, health issues were found before they became serious health concerns. With peripheral vascular disease, you really have to be followed closely."

Vascular Experts at St. Anthony's

St. Anthony's has more board certified vascular surgeons than any other local hospital. It also boasts the latest in technology.

Many of the vascular procedures performed at St. Anthony's are minimally invasive. This means they often can be performed through small incisions and on an outpatient basis, leading to a quicker recovery.

Minimally Invasive Procedures

Dr. Collins is the only surgeon in the area performing minimally invasive carotid artery stenting. This procedure opens blocked arteries to help increase blood flow.

Other noninvasive treatments offered at St. Anthony's Vascular Center include:

- Thrombolysis, which uses X-ray technology to help dissolve clots
- Balloon angioplasties, which use tiny balloons to open clogged veins

The center also specializes in different options to treat abdominal aortic aneurysms.

Most of Etheridge's health issues have been corrected through minimally invasive procedures and continued monitoring by her board certified vascular surgeon. "I've had excellent care," she says of her time at St. Anthony's.

ST. ANTHONY'S VASCULAR CENTER *boasts top-notch care provided by the leading board certified vascular surgeons in the area. To learn more or make an appointment, call 727-825-1111.*