Flex facts
Should you work stretching into your exercise routine?
page 14
Incredible! A valve replacement without open-heart surgery

Why have a breast MRI?

Golf event: A swinging success!

Back pain: Which treatments can help?

A new viewpoint

To the Women in Our Community,

I look back on the planning, fundraising, building and celebrating of the Dorothy Mangurian Comprehensive Women’s Center, and I am amazed that I am now one of the women we built it for. When we were going through all of the visioning sessions, architectural meetings and strategy sessions, I always thought it was for someone else. Today I find myself as the beneficiary of all of that planning.

It gives me a great sense of satisfaction to state unconditionally that we did it right. Just as we promised from the beginning, I went from my doctor to my mammogram, to my sonogram and back to my doctor. Within a week, I had my plan of attack.

While, yes, I do have breast cancer, I do not consider it life-threatening. It is the most common form of the disease, and I expect to beat it.

While you read this issue of Time Out for Women, give yourself a pat on the back for supporting the Dorothy Mangurian Comprehensive Women’s Center. And if you attended one of our many fundraising events, like the recent Holy Cross Hospital Golf Classic (pages 8 and 9), know that your support is truly helping so many women in our community.

In this edition, you’ll also read about:

- Westminster Academy’s fundraising for women’s health at Holy Cross (page 3)
- Our 50th successful transcatheter aortic valve replacement (page 4)
- Holy Cross Girlfriend’s Golf Clinic (page 5)
- Breast MRIs (page 6)
- Our new and exciting maternity unit renovations (page 7)
- To stretch or not to stretch? (page 14)
- Our new patient portal to view your health information (page 15)
- And more!

Also, be sure to drop by the Women’s Center sometime this month as we will have a new, juried exhibition in the Patricia R. Guerrieri Pavilion art gallery—The Inaugural Girlfriend’s Invitational, featuring works by our very own Girlfriends and their friends!

Warmly,

Doreen Koenig
WESTMINSTER ACADEMY was pretty in pink during the month of October 2013. The students raised money for Holy Cross Hospital’s Partners in Breast Health program, a grassroots effort to bring healthcare to the underserved women in our area.

The Lady Lions volleyball team hosted a “Pink Night” during a home game. Players wore breast cancer awareness shirts and raised money by collecting donations, selling baked goods and having a silent auction. WA’s football field was painted pink for a home game in honor of breast cancer awareness, and the varsity baseball team hosted an awareness game this fall.

Proceeds raised throughout the month of November totaled nearly $1,300 and were donated to Holy Cross Hospital’s Partners in Breast Health program at the Dorothy Mangurian Comprehensive Women’s Center.

In addition, male high school students participated in NOVEMBEARD by growing out their facial hair and competing for the best beard. Six finalists were selected, and students voted on the best beard by placing money in a jar with the student’s picture. NOVEMBEARD supported cancer research at the Michael and Dianne Bienes Cancer Center at Holy Cross.
IN 2012 the hospital was the first in Broward County to successfully perform transcatheter aortic valve replacement (TAVR). This minimally invasive procedure is for patients who are at high risk for complications from open-heart surgery.

After having been the first hospital in Broward County to perform the procedure two years ago, Holy Cross Hospital in Fort Lauderdale has reached another milestone with its successful 50th TAVR procedure.

On Jan. 15, the TAVR team performed the implantation on Boca Raton resident Elaine Linden.

What does it do?
The TAVR procedure is designed to replace a patient’s diseased native aortic valve without the need for open-chest surgery and without stopping the patient’s heart. “It offers an opportunity for improved quality of life to patients needing an aortic valve replacement who are at high risk for complications from open-heart surgery,” says Alan Niederman, MD.

TAVR patients at Holy Cross range in age from 67 to 96 years old, with an average age of 86. TAVR is the first procedure utilizing a multispecialty team consisting of:

✓ Interventional Cardiologists: Alexander Llanos, MD (Interventional/Structural Cardiologist); Alan Niederman, MD; and Joshua Purow, MD
✓ Cardiovascular and Thoracic Surgeons: Irving David, MD, and Imad Tabry, MD
✓ Echo Cardiologist: Vicente Font, MD
✓ Cardiac Anesthesiologist: Bijan Bavarian, MD
✓ Cardiovascular Radiologist: Claudio Smuclovisky, MD
✓ Structural Heart Program Coordinator: Chloe Lebron, MSN, ARNP, GNP-C
✓ Specially trained cardiac catheterization and open-heart surgical staff

Ahead of the rest
The TAVR team at Holy Cross Hospital, which now also includes Alexander Justicz, MD, Cardiovascular and Thoracic Surgeon, has outperformed the international outcome averages for this leading-edge procedure. TAVR is performed in the hospital’s state-of-the-art hybrid interventional operating room, which offers physicians the latest technology to perform a variety of cutting-edge procedures.

The Valve and Structural Heart Disease Clinic at the Holy Cross Jim Moran Heart and Vascular Center is located at 4725 N. Federal Highway in Fort Lauderdale.

For more information about the Valve and Structural Heart Disease Clinic, call 954-416-3498 or visit www.HolyCrossHeart.com.
**Girlfriends tee up for fourth annual Golf Clinic!**

On Thursday, Jan. 9, Coral Ridge Country Club hosted nearly 25 Holy Cross Hospital Girlfriends and their friends for golf, lunch and laughter.

The event included a golf lesson from Dolph Roder on the green and a delicious meal by Chef Udo.

The entire day was generously sponsored by Coral Ridge Country Club, which also hosted the Harry T. Mangurian, Jr. Foundation Holy Cross Hospital Golf Classic, sponsored by Stiles. The Golf Classic was held on Feb. 5, benefiting the Dorothy Mangurian Comprehensive Women’s Center at Holy Cross HealthPlex.

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**Second annual Epicurean Escapade a success!**

Holy Cross Hospital Auxiliary held its second annual Epicurean Escapade: A Food & Wine Experience on March 8 at the Design Center of the Americas in Dania Beach. Alice and Mike Jackson served as Honorary Chairs. Vicki and Kenneth Homer, MD, served as Physician Chairs.

Guests danced to the music of Jerry Wayne’s Private Party Band and feasted on culinary fare from around the world. They enjoyed sampling from four themed food stations and unlimited wine pairings to complement each course. The food stations were Argentinean, Greek, Italian and New Orleans cuisine.

Read more about this fabulous event in the next issue of *Time Out for Women*, which will feature photos from the event!
Meet our radiologists

Amisha Agarwal, MD
Diagnostic Radiology

Hugh G. Jones, MD
Diagnostic Radiology

Howard A. Rubinson, MD
Diagnostic Radiology

Benefits of breast MRI

By Howard A. Rubinson, MD, Diagnostic Radiology, Dorothy Mangurian Comprehensive Women’s Center

MRI (magnetic resonance imaging) is more sensitive than mammography or ultrasound in the detection of breast cancer.

Ten years ago very few patients had a breast MRI. Now MRI is used daily to help diagnose breast cancer. Its role continues to evolve as more patients have been scanned, and it has proven to be valuable.

When is breast MRI most useful?

When a patient with newly diagnosed breast cancer needs to decide whether to have breast-sparing surgery or a mastectomy, MRI can be very helpful. It can accurately determine the size of the cancer and see if there are additional tumors in either breast. This more accurate information can steer the patient toward the appropriate surgery.

Another beneficial role for MRI is to detect cancers in high-risk women (those with a greater than 20 percent risk of developing breast cancer). Examples of high-risk women are those with mutations of the BRCA1 and BRCA2 genes and those with a strong family history of breast cancer.

Your doctor needs to determine your risk, and if you are in a high-risk category, then MRI is recommended. Medicare and most insurance companies will pay for an MRI in this situation.

Another indication for MRI is to evaluate patients who present with metastatic breast cancer. Most of these patients have a lump under their arm. A biopsy demonstrates breast cancer, but the mammogram and ultrasound cannot demonstrate the site of the primary malignancy. In the majority of cases, MRI can find the primary tumor so that the patient can be treated with a lumpectomy rather than a mastectomy.

Would MRI benefit you?

MRI has its drawbacks for mass screening, yet it has proven to be extremely helpful in evaluating women in certain situations, as described above. Your physician and radiologist can determine if you are likely to benefit from an MRI.

For more information on women’s imaging, call 954-416-3498. Or request your appointment online at www.HolyCrossWomensCenter.com.
Holy Cross opens phase 1 of newly renovated maternity unit

The NEW maternity unit features a level 2 neonatal intensive care unit (NICU) that is able to accommodate babies born as early as 32 weeks. It also has a well-baby nursery, a mother and baby model of care, and two private VIP suites. All patient rooms are able to accommodate fathers and another family member.

“Our maternity unit is truly dedicated to family-centered maternity care,” says Patrick A. Taylor, MD, Holy Cross Hospital President and CEO. “We look forward to welcoming new moms and their babies and continuing our tradition of excellence, with best practices such as our Skin to Skin Program, which allows moms and babies to bond from the very moment of birth.”

The facility’s phase 2 renovations will begin in July and will include the labor and delivery area, two nurses’ stations, and the family waiting room. When complete in early 2015, the entire facility will feature the latest state-of-the-art technology in obstetrics.

The maternity renovations will primarily be funded through philanthropy, with a wide range of naming opportunities available. Names needed include the facility’s name—which will be highly visible on a large donor wall—and specific areas such as the family waiting area, nurses’ stations, private suites, NICU, labor and delivery, the well-baby nursery, and the mother and baby unit.
The Fourth annual Holy Cross Hospital Golf Classic was once again a success, this year raising more than $130,000 for the Dorothy Mangurian Comprehensive Women’s Center at Holy Cross HealthPlex.

Presented by the Harry T. Mangurian, Jr. Foundation, with Stiles Corporation as Title Sponsor, the Golf Classic was held at Coral Ridge Country Club on Feb. 5. While no one drove away with one of the two hole-in-one opportunities to win a car from Phil Smith Automotive Group, there were prizes awarded in several categories:

✓ Taking first place gross were Dave Onstad, MD; Dwight Rogers; Azey Stephens; and Dale Onstad.
✓ Taking first place net were Dana Adler, Penny

Lynn Sobocinski, Penny England, Dana Adler, and Phyllis Thomas

Linda Cawley, Marianne Weber, Mary Ann Uznis and Sandy Harrington

Joyce Picou and Marge Neilly
ANNUAL GOLF TOURNAMENT RAISES MORE THAN $130K FOR WOMEN’S HEALTH

Keith and Doreen Koenig and Anne Marie and Harry Moon, MD

England, Phyllis Thomas and Lynn Sobocinski.
✓ Making up the second place gross were Sandy Harrington, Linda Cawley, Marianne Weber and Mary Ann Uznis.
✓ Second place net went to John Johnson; Jon Brillman; Ryan Uitti, MD; and Lou Anderson.

The cocktail reception and dinner following the tournament provided the perfect way for golfers to finish the day and for non-golfers to support the Women’s Center. Guests enjoyed a spectacular buffet by Chef Udo and had the opportunity to bid on silent auction items. They were treated to renowned auctioneer Gordon Latz’s live auction as well.

Co-chairing the Holy Cross Golf Classic once again were Doreen Koenig and Sheri Whittington. Committee members were Lou Anderson, John Caras, Jack Drury, Scott Fox, Elaine Lacker, Gordon Latz, Lynn Mandeville, Steve Mehallis, Michelle Metzger, Vanessa Molina, Chef Udo Mueller, Kari Oeltjen, Mary Lou Ruderman, J.J. Sehlke, Phil Smith, Vicki Swain and Debbie Williams.

In addition to the Harry T. Mangurian, Jr. Foundation and Stiles Corporation, sponsors of the Holy Cross Golf Tournament included Goldman Sachs, the Huizenga Family Foundation, the Wheelchair Foundation, Phil Smith, Terry and Jay Gunther, and Sheri and Don Whittington.

MORE THAN $130K FOR WOMEN’S HEALTH

Patrick A. Taylor, MD; Gordon Latz; and Steve Mehallis
A helping hand

STAYING WELL

Programs that work
for your wallet and lifestyle

By Crystal Lyerla, Population Care Manager, Holy Cross Physician Partners

BY NOW you’ve probably heard the message loud and clear: Staying well through preventive steps is cheaper, healthier and easier than waiting until a medical condition becomes an issue. Organizations—most likely including your own employer—spend millions annually on wellness programs to help employees stay healthy.

Wellness programs aren’t just for those with red-flag factors, such as high blood pressure or tobacco use. They are beneficial to everyone, including otherwise healthy people who may simply be trying to lead a healthier lifestyle.

Wellness goes beyond annual physicals and taking medications for chronic conditions. It also includes eating right; regularly exercising; avoiding unhealthy activities, such as smoking; being an active participant in your health decision-making; and more.

Wellness tools
Wellness programs—often provided through employer-sponsored health insurance or through employers themselves—provide participants with personalized information and tools to help avoid illness and injury.

For example, a wellness offering such as Health Dialog’s WELLNESS Dialog program begins with a well-being assessment to better understand physical and emotional health, capacity for change, work-life satisfaction and health risk. It then provides:

✓ Reports on personal strengths and opportunities.
✓ Suggested goals and actions.
✓ Tools that patients need to realize their personal lifestyle goals.
✓ Fun group activities to engage participants for the long-term.

Check your health plan to see what benefits are available to you.

24/7 assistance

What if you don’t feel well late at night or don’t have time to see your physician? Consider using your health plan’s 24-hour hotline. Most plans offer a toll-free hotline through which you can speak with a registered nurse 24 hours a day, 7 days a week.

You simply explain the situation and detail your symptoms, and the nurse will help you determine the most appropriate course of action, whether it’s seeing your physician, visiting the emergency room or caring for yourself at home.

Check the back of your health plan ID card or call your plan’s customer service number to learn about additional resources for managing your health.

Population care

Holy Cross Physician Partners (HCPP) offers a service to take care of patients who may want or need extra support. Population Care Managers (PCMs) work with patients one-on-one to help manage their health. They can help coordinate your care, find community support and keep your doctor informed of your progress—all at no cost to you.

Your doctor may ask the PCM to speak with you after your appointment, but if you would like to talk sooner, call the PCM directly at 954-267-9794 to set up an appointment (currently offered for select Florida Blue patients).

Source: www.healthdialog.com

Gain control over back pain

By Shannon G. Hastings, MSPT

CHANCES ARE, you or someone close to you has experienced back pain. Most people will tell you how debilitating it can be and how they have sought treatment to reduce their pain. Treatments can include conventional medications, physical therapy (PT), massage, acupuncture, interventional procedures and even surgery. Most patients opt for the least invasive method to treat their condition.

Physical therapists are board-certified medical professionals who use exercise and equipment to help patients regain or improve their physical abilities. PT can help you improve your mobility and strength, reduce your pain, and return to your active lifestyle.

Successful therapy requires an extensive evaluation to identify specific problems and a customized treatment plan for each patient’s specific needs. Our job is to help you regain your function and to educate you about your condition to better treat you.

Evaluation

The McKenzie method is an in-depth assessment of the spine to develop treatment and preventive strategies for patients with spinal pain. By identifying certain motions that can reduce or eliminate pain, patients are able to gain control over their condition.

This method focuses on self-treatment through exercise and stretching, which empowers patients by allowing them to be active participants in recovery. This can be effective in reducing the recurrence of future episodes of pain and ultimately decreasing the length of treatment time with physical therapy.

Treatments

Physical therapists use a variety of treatment options to combat back and neck pain, including:

- Exercise
- Manual therapy
- Joint mobilizations
- Ultrasound
- Electrical stimulation
- Traction.

Physical therapy can be utilized for a variety of spinal conditions, including, but not limited to:

- Spinal stenosis
- Scoliosis
- Sciatica
- Cervical or lumbar radiculopathy
- Spondylolisthesis
- Degenerative disk disease
- Degenerative joint disease
- Arthritis

It is also commonly prescribed following whiplash injuries from motor vehicle accidents and after spinal surgery.

Try it out

If you want to regain your active lifestyle and would like to try physical therapy to help understand and manage your back or neck pain, speak with your medical doctor to discuss if PT is the right treatment for your condition.
WHEN THE Centers for Medicare & Medicaid Services (CMS) recently identified 25 among the nation’s roughly 3,400 hospitals that performed better than the U.S. national rate for avoiding both 30-day risk standardized readmission and complications following total hip and total knee replacement surgery, only one South Florida hospital made the list: Holy Cross Hospital in Fort Lauderdale.

CMS looked at the number of patients who had total hip and total knee replacements between July 1, 2009, and March 31, 2012, and who also experienced at least one of eight complications, including:

- Heart attacks
- Pneumonia
- Sepsis within seven days of admission
- Blood clots in the lung
- Death within a month of admission
- Mechanical complications with the joint prosthesis
- An infection of the joint or wound within 90 days of admission

Medicare took into account how sick the patients were when they compared Holy Cross to similar hospitals with the same level of sick patients.

This news comes on the heels of Holy Cross’ being named:

- One of Healthgrades’ America’s 100 Best Hospitals for Joint Replacement—three years in a row (2012–2014)
- A recipient of the Healthgrades Joint Replacement Excellence Award—eight years in a row (2007–2014)
- Among the Top 5 Percent in the Nation for Joint Replacement—nine years in a row (2006–2014)

“When you look at the most recent data available, it shows that Holy Cross leads Broward and the tri-county marketplace in hip and knee replacements,” says Jonathan Levy, MD, Chief of Orthopedic Surgery. “We are dedicated to employing the most advanced techniques and performing leading-edge orthopedic research. We are a community hospital performing on par with the nation’s best, as demonstrated time and time again.”

Holy Cross Hospital has also been:

- Recognized with an ‘A’ Hospital Safety Score from the Leapfrog Group.
- Named a Joint Commission Top Performer on Key Quality Measures for 2012.
- Honored as Broward County’s only hospital with Magnet Recognition for Excellence in Nursing Service from the American Nurses Credentialing Center—a designation the hospital has maintained through two recredentialing cycles.

Learn more about our nationally recognized orthopedic team at www.HolyCrossOrthopedics.com or call 866-988-DOCS for a physician referral.
HOLY CROSS DONORS CELEBRATED THE HOLIDAYS WITH THE SISTERS OF MERCY

ON WEDNESDAY, Dec. 11, 2013, nearly 100 guests attended a special holiday donor recognition event at the Sisters of Mercy Convent on campus at Holy Cross Hospital.

Holiday Cheer at the Convent was held as a thank-you to generous donors of the Hospital, including the Girlfriend’s Club and The Reverence Wall donors.

Guests enjoyed delicious food, cocktails, and live music by a talented harpist. The Cardinal Gibbons National Honor Society Choir also gave a special performance of holiday songs.
To stretch or not to stretch?

By Rafael Gutierrez, DPT, COMT

PEOPLE STRETCH because it feels good or because they think it will increase flexibility and maybe prevent injury.

Static stretching has been shown to improve flexibility, but these effects are usually temporary and may only become permanent with a consistent stretching program. For most individuals, however, stretching before exercise does not have many benefits.

Much research has demonstrated an increase in flexibility following a stretching regimen because our bodies, via the nervous system, have adapted to tolerating the stretch. However, stretching did not necessarily increase joint range of motion (ROM) or muscle elasticity.

People wonder if stretching prevents injury or if it decreases muscle soreness, strength or peak sports performance (specifically in sports where flexibility is not required, such as running).

What’s the verdict?

Whether or not to stretch is entirely up to the individual, but based on the literature, it is not necessary unless you are someone who requires consistent flexibility, like dancers or hockey goalies.

There is contradictory information on stretching recommendations, but if you decide to stretch, it should be done following a warm-up or after performing low to moderate activity. It also may be more beneficial to move the joints involved in an activity through the required ROM and movement pattern for that specific activity as opposed to any type of stretching.

Although there are few studies on the correlation of warm-up and injury prevention, some research shows it is possible that warming up can assist in preventing injuries. Active individuals who participate in strength or dynamic performance activities should wait to stretch after their activity is finished because of the immediate decreases in strength and performance following stretching.

If you do stretch, the American College of Sports Medicine recommends the following guidelines:

Adults should do flexibility exercises at least two or three days each week to improve ROM.

Hold each stretch for 10 to 30 seconds to the point of tightness or slight discomfort (should not be painful). Repeat each stretch two to four times, accumulating 60 seconds per stretch.

Static, dynamic, ballistic and PNF (proprioceptive neuromuscular facilitation) stretches are all effective.

Flexibility exercise is most effective when the muscle is warm. Try light aerobic activity or a hot bath to warm the muscles before stretching.

Rafael Gutierrez, DPT, COMT, is a staff Physical Therapist at Holy Cross Hospital’s outpatient physical therapy clinic in Boca Raton. For more information, call 954-416-3498.
Cultivating future women leaders

LEADERSHIP BROWARD'S NEW WOMEN LEADING BROWARD BEGINS WITH ‘UP CLOSE AND PERSONAL’ WORKSHOP AT THE DOROTHY MANGURIAN COMPREHENSIVE WOMEN'S CENTER

THE CEO of American National Bank, Ginger Martin, provided candid advice to a group of select midlevel women managers at the recent inaugural program day of the new Leadership Broward initiative, Women Leading Broward (WLB).

“Learn to be your authentic self,” said the top executive, who is one of South Florida’s highest-ranking woman bankers. “Too many women work hard to be what they think others want them to be instead of focusing on their own unique talents and strengths,” she said.

Thirty-seven midlevel women managers were selected to participate in Leadership Broward’s new women’s initiative. The “Up Close and Personal with Leading Ladies” program includes five sessions aimed at:

- Developing leadership skills
- Creating clearer career plans
- Building connections with other women

According to Leadership Broward CEO Laurie Sallarulo, WLB will grow into a yearlong effort to help cultivate future leaders and guide women into the “C-Suite.”

“WLB personally connects women committed to growing their careers with some of Broward’s most influential women business leaders who are willing to share their winning strategies, lessons learned and successes in both their business and personal lives,” she says.

The “Up Close and Personal” program is presented by the Dorothy Mangurian Comprehensive Women’s Center at Holy Cross Hospital, which recently hosted the kick-off reception.

Sister Rita Levasseur, Holy Cross Hospital’s Vice President of Sponsorship and Mission Effectiveness, was the champion of this partnership, stating, “The mission of the Sisters of Mercy is perfectly aligned with this program. Our work is focused on supporting the personal and professional growth of women. We are thrilled to partner with Leadership Broward on this innovative new program.”

WHAT ARE my lab results?” and “What doctor treated me during my stay?” are common questions after visiting a hospital. Our patients now can have the answers to these questions at their fingertips—whenever they need them.

Holy Cross Hospital is excited to unveil our latest offering to enhance the patient experience: Hospital patients can now access the MyHealth patient portal, an online tool that allows patients to view their health information.

“WHAT ARE my lab results?” and “What doctor treated me during my stay?” are common questions after visiting a hospital. Our patients now can have the answers to these questions at their fingertips—whenever they need them.

Holy Cross Hospital is excited to unveil our latest offering to enhance the patient experience: Hospital patients can now access the MyHealth patient portal, an online tool that allows patients to view their health information.

This secure, online tool will allow patients to:

- View their health information from their inpatient stays at Holy Cross Hospital and, eventually, any Holy Cross Medical Group visit
- View educational information about their medical conditions.
- View lab results (24 to 96 hours after final results).

More capabilities will be added in the future.

Designated team members will be assisting with patient email address acquisitions. Patients will receive an email from MyHealth@che.org with the subject “Enroll in the MyHealth Patient Portal.” It will contain instructions to enroll in MyHealth.

To learn more, visit www.HolyCrossMyHealth.com.
Upcoming

Girlfriend’s Club
events and happenings

October 2014: “This One’s for the Girls” luncheon