

discover

SPRING 2010

ALLIANCE HEALTH

Small Scar, Big Results for His Heart

Only eight weeks after undergoing minimally invasive heart valve surgery at Leesburg Regional Medical Center, Richard Kruger, of Eustis, is back in the driver's seat of his school bus doing a part-time job that he enjoys immensely.

"I knew for years that I had a classic heart murmur," says the 66-year-old Kruger. "But last summer I became aware that my heart felt a little different—not painful, just different."

When Alliance Heart Institute doctors discovered leakage in Kruger's mitral valve and a blockage in his right artery, they recommended heart surgery. Kruger asked about the minimally invasive procedure because he did not want to leave his bus-driving duties to others for long.

"Being able to return quickly to a normal lifestyle is one of the many benefits of minimally invasive heart valve surgery," says Tim Moore, MD, Leesburg Regional's cardiovascular surgeon who specializes in the procedure. "Other benefits include less pain, smaller incisions, less bleeding and trauma, and a lower infection rate."

The success rate for minimally invasive heart valve surgeries at Leesburg Regional has been so outstanding that Dr. Moore and his team are now training cardiovascular surgeons from all over the country to do the procedure.

"From the moment I woke up, I didn't have any pain from that little 2-inch incision," Kruger says. "I never thought that having heart surgery could be such a positive experience, but it was. The best part is that I've gotten my life back faster."

Heart of the Matter

The Alliance Heart Institute at Leesburg Regional has been recognized as a Center of Excellence for its leading-edge technology and consistently high patient satisfaction ratings. The state-of-the-art facilities along with a strong record of outstanding outcomes places the Institute among the best in the country. The minimally invasive heart valve surgery is only one of the latest techniques that the board-certified cardiovascular surgeons and cardiologists use to treat cardiac patients. The Institute is also an industry leader in coronary bypass surgery and electrophysiology treatments.

For more information about our wide range of cardiac care services or to find a physician, go to CFHAlliance.org.



Richard Kruger drives a Lake County school bus for Round Lake Elementary School in Mount Dora. He promised the children he'd be back within weeks to take them to school.



CENTRAL FLORIDA
HEALTH ALLIANCE



A Winning Combination

Lee Huntley (right), Central Florida Health Alliance President and CEO, and Lee Bridges, MD, Chief Medical Officer, Alliance Labs, discuss the new laboratory system created by combining the strengths of The Villages Clinical Laboratory, Diagnostic Pathology Associates, and the labs of Leesburg Regional Medical Center and The Villages Regional Hospital. Alliance Labs now offers one-stop, high-quality, rapid local lab services to residents and physicians with three patient service centers and two hospital locations in Lake and Sumter counties. Additional expansion of services and locations is planned.

Who Says TV Can't Be Healthy?

Be sure to tune in to "Your Life With Dr. Anna Marie," a weekly health television show sponsored by Central Florida Health Alliance. The show airs on Lakefront TV, Channel 22 on Comcast Cable or BrightHouse Channel 199, and features national and local Alliance medical and health experts from Lake and Sumter counties. In addition to her weekly show, Dr. Anna Marie is the health specialist for the Weather Channel, where you can see her weather wellness segments. ☒



Supporting Our Soldiers

A community program launched at The Villages Regional Hospital has given recycling a whole new meaning and purpose. Project SOS (Support Our Soldiers) sends items that patients did not use during their hospital stays to troops in Iraq. It's not as simple, however, as just sending unused toothbrushes, baby wipes, hand sanitizers and other personal items to soldiers.



"The passion for Project SOS is so great in our organization because our team members see how items that once went to waste are now making soldiers a little more comfortable."

—Tim Hawkins, CEO, The Villages Regional Hospital

"Everything must be sterilized," explains Dan Brennan, Director of The Villages Regional's Environmental Services. "Even items in plastic bags that have not been compromised are sprayed and wiped down because of healthcare regulations."

Members of the Rotary Club of The Villages volunteered to disinfect the items under Brennan's supervision after Rotarian Gary Kadow spearheaded Project SOS. Kadow's son-in-law, 1st Sgt. Ronnie Smith, serves in Iraq and told Kadow that the items could be put to good use.

The club hopes to make Project SOS a national mission between hospitals and other Rotary clubs. Meanwhile, Central Florida Health Alliance plans to expand the program to Leesburg Regional Medical Center next.

"The passion for Project SOS is so great in our organization because our team members see how items that once went to waste are now making soldiers a little more comfortable," adds Tim Hawkins, CEO, The Villages Regional.

MAKE A DIFFERENCE! | To donate to the shipping fund for Project SOS, call the Alliance Healthcare Foundation at **352-751-8816**. ☒

Are You a Member?

Central Florida Health Alliance offers you two ways to receive special perks and amenities—not available to the general public—that will enhance your experience when you are a patient at The Villages Regional Hospital, Leesburg Regional Medical Center and Alliance First Care.



Healthy Express

Offered free, your personalized Healthy Express card identifies you quickly in our family of healthcare services as one of our unique patient participants. Your complimentary Healthy Express card provides you:

- ❖ Expedited registration upon admission with the swipe of your card—an instant and safe patient identifier.
- ❖ Monthly health e-Newsletters with health education and wellness information.
- ❖ Medication record for your wallet to track what medications you are taking.



Living Well

This premier membership program will provide you with the above benefits plus:

- ❖ Priority invitation for health screenings and seminars.
- ❖ Members-only wellness screenings and events (two per year).
- ❖ Local merchant discounts.
- ❖ 10 percent discount in cafes and gift shops at The Villages Regional Hospital and Leesburg Regional Medical Center.

Cost is \$20 for membership to Living Well with a portion going to the Alliance Healthcare Foundation, which supports the services of Central Florida Health Alliance.

DISCOVER MORE | Apply online at CFHAlliance.org or call the Alliance Health Line at **1-800-889-3755** to receive your application for membership. ☒



Heart Attack: An Action Plan for Women

The heart is a powerful muscle responsible for pumping life-sustaining blood to the entire body. When something happens to threaten that process, such as a heart attack, the consequences can be deadly.

Many women still mistakenly believe that only men get heart disease or have heart attacks. That's a dangerous misconception. Heart disease is the No. 1 killer of women, and nearly half of all people who die from heart attacks are women.

Unfortunately, despite their risk, women are less likely than men to believe they're having a heart attack and more likely to delay getting medical help. The most common heart attack symptom in both men and women is chest pain or discomfort. But women are somewhat more likely to have some of the other warning signs—particularly shortness of breath, nausea, vomiting, back pain or jaw pain.

The message to women: Don't ignore signs of a heart attack—denial could cost you your life. The longer you go without medical treatment to open up that blockage and restore blood flow, the greater the risk of permanent damage to your heart or of death. Call for emergency help right away.

Act Fast


A heart attack is a medical emergency. If you or someone you know has any symptoms of a heart attack, you should call 911 immediately. Don't wait to call for help. Treatments for a heart attack work best if given within one hour of the start of symptoms. Acting fast may save your life and may help prevent or limit damage to your heart.


According to the American Heart Association, the following are warning signs of a heart attack:

- ❖ Chest discomfort.
- ❖ Discomfort in the arms, back, neck, jaw or stomach.
- ❖ Shortness of breath.
- ❖ Nausea, light-headedness or breaking out in a cold sweat.

DISCOVER MORE | The Alliance Heart Institute offers world-class cardiovascular care close to home. For more information, go to AllianceHeart.com. To sign up for a heart health e-Newsletter, visit CFHAlliance.org. ☒

Where to Find Us

 **Leesburg Regional Medical Center**
600 E. Dixie Ave. | Leesburg, FL 34748
352-323-5762

 **The Villages Regional Hospital**
1451 El Camino Real | The Villages, FL 32159
352-751-8000

To find a physician or for more information, call the Alliance Health Line at **1-800-889-3755**.

DISCOVER ALLIANCE HEALTH is published by the Marketing & Public Relations Department of Central Florida Health Alliance. The information within this publication is intended to educate readers about subjects pertinent to their health and is not meant to substitute for consultation with a personal physician. Visit CFHAlliance.org for more information.


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Printed in the U.S.A. **CUT24753c**

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HEALTH ALLIANCE**
600 East Dixie Avenue
Leesburg, FL 34748

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The Life Center for Women at Leesburg Regional

When Baby Arrives Early

When Addyson Powell arrived in the world last May, she was eight weeks early and her home for the first 22 days of her life was the Newborn Nursery at Leesburg Regional Medical Center. In the past, premature babies were sent to hospitals in Gainesville or Orlando for highly specialized postnatal care.

“Addyson is one of the earliest babies that Leesburg Regional Medical Center has kept for the entire time before going home,” says Vicki Wynns, Director of Pediatrics and the Life Center for Women. “Our staff did a phenomenal job dealing with this unplanned emergency.”

Janey Powell, of Wildwood, was able to stay at the hospital with her newborn daughter for the entire 22 days. The young mother is extremely grateful to the staff who took care of her and the baby.

“I came to the hospital after a placental abruption and had an emergency c-section,” she says. “I believe Addyson is doing so well because of the wonderful care she received during those first weeks.”

Last year, more than 1,400 babies were born at Leesburg Regional, with a small percentage of those being premature deliveries.

Wynns says that obstetrics (OB) services for preterm infants have been enhanced because of the pediatric hospitalists who have been on her staff since August 2007.

“The pediatric hospitalists give undivided attention to inpatients,” Wynns explains. “They can check on babies like Addyson several times a day, whereas if they were in an office practice, they couldn’t always do that.”

In addition to pediatric hospitalists, the Life Center includes board-certified obstetric/gynecologist physicians, OB triage services, advanced fetal monitoring and childbirth classes.



Addyson Powell, shown here with her parents, may have gotten off to an early start, but it was a good one thanks to Leesburg Regional Medical Center.

DISCOVER MORE | To sign up for a free pregnancy e-Newsletter, classes or a tour of our birthing suites, go to CFHAlliance.org. 

Looking for a Physician?

You’ve come to the right place! Finding the right doctor or specialist with privileges at The Villages Regional Hospital or Leesburg Regional Medical Center has never been easier. Order your **free** copy of the 2010 Central Florida Health Alliance Physician Directory and you can search by name, location and specialty. With more than 350 highly trained, board-certified physicians

on staff, you have many options for finding the best physician for you.

To order your **free** directory, visit CFHAlliance.org and select “Find a physician.” Here, you can browse through our online database or submit an order for your own printed version. 