

discover

A l l i a n c e H e a l t h

Induced hypothermia

A Lifesaving Partnership

The odds of surviving sudden cardiac arrest are only 5 percent, and the chances of surviving without brain damage are even smaller. Recent studies show, however, that these rates improve when hypothermia is induced as soon as the heart rhythm is restored.

Since August, Lake-Sumter Emergency Medical Services (EMS) and Central Florida Health Alliance have partnered to offer this cutting-edge procedure to cardiac arrest patients. In fact, Lake-Sumter EMS was one of the first in the country to implement this life-saving procedure. Once EMS technicians stabilize a patient from a cardiac perspective, they chill the patient's body to 93 degrees Fahrenheit. The lower body temperature reduces brain swelling and decreases the likelihood of brain damage.

"Our goal is to have people walk out of the hospital neurologically intact after a cardiac arrest and have a high quality of life," says Jim Judge, Executive Director of Lake-Sumter EMS. "Research has shown that this type of intervention is successful."

How it's done

If EMS technicians determine that a patient needs induced hypothermia, they will use special ice packs to lower the body temperature. A cold saline solution is also administered intravenously to prevent the patient from shivering.

Once the patient arrives at either The Villages Regional Hospital or Leesburg Regional Medical Center, he or she is kept in an induced coma for 24 hours before body temperature is slowly restored to normal. Once the patient is awake, normal cardiac care resumes.

"Our partnership with EMS starts with Jim's team in the field and ends when the patient is discharged from the hospital," says Tim Hawkins, CEO of The Villages Regional Hospital. "We work together as one solid operation." ❄️



From left, Jim Judge, Executive Director of Lake-Sumter EMS, with Tim Hawkins, CEO of The Villages Regional Hospital.



CENTRAL FLORIDA
HEALTH ALLIANCE



As Leesburg Regional Medical Center nears its 50-year mark, Phyllis Baum, CEO, and Lee Huntley, Central Florida Health Alliance President and CEO, discuss refurbishing plans for the exterior as well as the interior of the facility. As a regional healthcare leader, the Alliance is taking steps to offer its services in a more comfortable and inviting environment with conversion to private rooms for patients. The 18-month construction project will benefit the community by utilizing local businesses and contributing to our local economy.

Prevent the spread of H1N1

Use Proper Handwashing

Cleaning your hands protects you from germs you may have picked up by touching a desk, phone or anything else contaminated by cold or flu viruses.

To rid your hands of germs, you need to:

- 1 Scrub your hands vigorously with soap and warm water for about 20 seconds.
- 2 Dry your hands using a paper towel or air dryer.
- 3 Clean your hands with an alcohol-based hand wipe or gel if soap and water aren't available. ☒



Giving back

Making A Difference In Lake County At Community Medical Care Center

Since 1996, the Community Medical Care Center has offered primary care for uninsured adults and children (ages 3 to 64) with incomes below the federal poverty level and who meet certain criteria. The not-for-profit medical center operates as a partnership between Central Florida Health Alliance and First Baptist Church of Leesburg. "We are so proud to offer this beneficial service to the people of our community," says Lee Huntley, President and CEO of the Alliance. "It's inspiring to see our doctors and nurses volunteering their time to help."

Physicians, nurses and support staff volunteered 4,600 hours at a value of over \$1 million.



Physicians, nurses and support staff volunteered over 4,600 hours to treat more than 5,000 patients in the last year alone, and that number is expected to grow substantially in the months ahead. All but three staff members at the clinic are volunteers.

"We try to provide a positive aspect to someone's life when they are down on their luck," says Suzanne Hynds, the center's family nurse practitioner. "The volunteers enjoy helping people and genuinely care about these patients."

Hynds is especially proud of the number of specialists who come from the Alliance Hospitals to rotate through the Community Medical Care Center and give their time. More than 11 specialties, from cardiology and ophthalmology to dentistry and pediatrics, are offered by appointment at the center, which is at 1210 Main Street in Leesburg.

"As we add more providers, we also will need more volunteers," Hynds says. "Neighbors helping neighbors in need is our mission."

DISCOVER MORE | Call the Community Medical Care Center at **352-787-8489**. ☒



Improving Our Community One Nurse At A Time

The Alliance Healthcare Foundation, together with financial support from donors, is taking steps to keep qualified nursing professionals in our local communities.

For the third year, they have awarded the Albert & Helen Elleck Nursing Endowment scholarship to an Alliance team member who is pursuing a degree in nursing and/or patient care. Ara Bolster is currently studying at Lake-Sumter Community College to become a registered nurse. "I have worked in various healthcare positions since the age of 18," Bolster says. "My passion is healthcare. I know I can make a difference as a nurse."

Bolster received the \$2,500 to continue her education and is now one step closer to achieving her dream. These scholarships are just one of the many ways the Alliance Healthcare Foundation supports remarkable care at Leesburg Regional Medical Center and The Villages Regional Hospital. You can be part of the giving as well! To make a donation, simply log on to CFHAlliance.org and under "Foundation," click "Donate Online Now" in the drop-down menu.

DISCOVER MORE | Become a philanthropist and make a difference in your community. If you would like to contribute to the Alliance Healthcare Foundation, please call **352-751-8816**.

Do Your Joints A Favor

If you have arthritis, feeling better might come easier when you do your joints a few favors.

First, work with your doctor to find the right treatment for you—the sooner the better. Only a doctor can tell if you have arthritis, so see yours if you have joint pain lasting more than two weeks, the Arthritis Foundation recommends.

Your doctor's treatment advice might include some of the following steps:

1 Watch your weight. Being overweight puts added stress on knees and hips, which can aggravate arthritis and add to your pain. Even a modest weight loss of 10 pounds could help you feel better.

2 Stay active. Exercise can ease joint pain, increase range of movement and strengthen the muscles around your joints. Exercise can also improve your mood. Ask your doctor about an exercise program that's right for you. Your doctor may also suggest exercises that build strength and improve your range of motion.

3 Eat a healthy diet. Eating right is important for overall health and weight management. Vitamin C and other antioxidants

may help reduce the risk of osteoarthritis and its progression.

4 Move smarter. Avoid joint stress by using your larger or stronger joints more often. Carry groceries and other heavy items close to your body so that your wrists and fingers don't bear the weight.

5 Cool it. A cold pack placed on an aching joint can help relieve pain. Ask your doctor if applying heat might also help.


6 Ease up a bit. Stress can worsen pain and fatigue. A warm bath or a massage can help ease joint pain—and help you rest.

If a painful knee or a sore hip is keeping you from the activities you enjoy, total joint replacement at the Alliance Bone & Joint Center may be right for you. Our team of highly trained, board-certified surgeons perform joint replacement services at Leesburg Regional Medical Center and The Villages Regional Hospital. We offer state-of-the-art surgical procedures with unparalleled outcomes, including knee and partial knee replacement, shoulder and reverse shoulder replacement, and hip replacement.

DISCOVER MORE | If you would like a FREE TOUR of the Alliance Bone & Joint Center at Leesburg Regional Medical Center or The Villages Regional Hospital, including our Laminar Flow operating rooms, patient suites and the chance to meet our orthopedic team, please call the Alliance Health Line at **1-800-889-3755** to RSVP. ☒

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

For physician referral or 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.


Lee S. Huntley, FACHE
President & CEO

Kathy Houser
Marketing Manager

Diane Maimone
Associate Vice President of
Marketing & Public Relations

Andrea Sellers
Marketing Specialist

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New digital mammography at Leesburg Regional

A Clear Choice For Your Convenience

The recently refurbished mammography suite at Leesburg Regional Medical Center, part of Central Florida Health Alliance, offers much more than beverages and fresh-baked cookies for waiting patients. In addition to extensive cosmetic changes that will make visitors more comfortable, the imaging center has brand-new equipment for digital mammography, a first in the Leesburg area.

Digital mammography has many advantages over previously used film technology, including better imaging and detailing that can help radiologists see certain areas more clearly. The breast image is captured by a special electronic detector and is then instantly converted into a digital picture for review on a computer. Digital mammography also provides lower doses of radiation during the procedure.

“The computerized program interprets

what it sees, and when the radiologist looks at the image, it’s like getting a second read,” says Steve Smith, new System Director of Imaging Services at Leesburg Regional Medical Center and The Villages Regional Hospital. “People can feel good that both the computer and human eyes are analyzing it.”

Smith adds that patients will be pleasantly surprised when they arrive at the mammography suite, which has been redesigned for privacy and comfort.

“We can now provide A-to-Z care in a more relaxing environment,” Smith says. “A big advantage is that our hospital will have all of your records under one roof should the need arise for further testing. That can save valuable time if something suspicious appears.”

Don’t wait...schedule your digital mammogram today. For your convenience, the Alliance now offers same-day and next-day appointments as well as evening and weekend hours.

DISCOVER MORE | Get a clear picture of your health. To schedule your digital mammogram at Leesburg Regional, call **352-323-5171**. ☒



A New Year, A New You

If you’re planning to welcome 2010 with a fresh commitment to fitness, here are some good tidings: You can do it!

How? Start out with a short-term goal. Small, specific checkpoints—especially if they’re on the near horizon—can help you stay motivated to reach your ultimate goal.

Not sure where to start? Plan to do the Fruitland Park Day 5K Run

and Walk on March 20, 2010. Training for an event will give your workouts purpose, and finishing will feel great too. And while you’re at it, don’t forget to visit CFHAlliance.org or call the Alliance Health Line at **1-800-889-3755** for more information. Our health library has tools to help you succeed, including exercise tips, a target heart rate calculator and more. ☒