BETHESDA HEALTH NEWS
The best in care from Bethesda Memorial Hospital

fall 2012

first and goal

... with just inches to go before the opening of Bethesda Hospital West

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Cutting-edge cardiac research
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New device is a big step forward
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Delicate heart procedure for a new mom
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This fall, Bethesda is embarking upon one of the most exciting times in our history as we prepare to open Palm Beach County’s newest hospital, Bethesda Hospital West, in January 2013. This all-private-room hospital will provide a 24-hour emergency department, as well as general medical, surgical and intensive care services in a state-of-the-art facility. In addition, it will have a 24-hour Children’s Emergency Department staffed by Board Certified pediatric emergency physicians.

As we enter this new era in healthcare, the opening of Bethesda Hospital West is a true victory for our community. Thank you to the individuals, physicians, community leaders and the Bethesda Hospital Foundation and civic organizations, especially COBWRA, who helped make this new hospital a reality. We look forward to bringing you the “Bethesda brand” of quality, compassionate medical care and the unwavering commitment to medical excellence that has guided us since 1959.

Roger L. Kirk
President and CEO
Bethesda Healthcare System

SUPPORT GROUPS ARE HERE FOR YOU
Bethesda Memorial Hospital offers a variety of support groups open to our community. Groups include breast cancer, prostate cancer, caregivers, macular degeneration, leukemia and lymphoma, stroke and bereavement support. For more information or for a complete listing of support groups, visit www.BethesdaWeb.com or call 561-737-7733, ext. 84405.
A New Dimension

Bethesda Women’s Health Center is proud to offer the latest breast cancer screening and diagnostic technology, 3-D breast tomosynthesis. This revolutionary new technology allows radiologists to examine breast tissue one layer at a time. During a tomosynthesis exam, multiple, low-dose X-ray images of the breast are acquired at different angles. These images are then used to produce a digital 3-D reconstruction of the breast.

Committed to the fight against breast cancer, Bethesda Women’s Health Center also provides patients with a softer, warmer mammogram with MammoPad®, which has been clinically demonstrated to reduce discomfort for most women.

screen gems

If you would like to schedule a mammogram or have questions about this important breast health screening, please call 561-374-5300. Bethesda Women’s Health Center is located at Bethesda Health City, 10301 Hagen Ranch Rd., Boynton Beach.

CROWNING TRIUMPH

The Bethesda Children’s Center is the 2012 winner of the Kids Crown Award for the Best Pediatric Hospital in Palm Beach County by the readers of South Florida Parenting magazine.

For more information about the Bethesda Children’s Center, visit www.BethesdaWeb.com or call 561-737-7733, ext. 84405.

Bethesda Memorial Hospital is proud to have earned the U.S. Environmental Protection Agency’s (EPA’s) ENERGY STAR® certification, which signifies that the building performs in the top 25 percent of similar facilities nationwide for energy efficiency and meets strict energy efficiency performance levels set by the EPA. Bethesda is one of only two hospitals in Florida and the only hospital in Palm Beach County to earn Energy Star certification.
The residents of the western communities will soon have a new hospital to call their own. Bethesda Hospital West will open this coming January—just three months away! This all new, state-of-the-art, all-private-room hospital is located on the northeast corner of Boynton Beach Boulevard and U.S. 441. It will provide comprehensive general medical and surgical healthcare services, including a 24-hour emergency department for adults and children.

The Bethesda mission to provide quality health services in a caring manner will continue at Bethesda Hospital West. And just as Bethesda Memorial Hospital has done since opening its doors in 1959, Bethesda West will continue to grow with the community. Opening with 80 beds, the structure has been designed to expand to a 400-bed facility.

Bethesda Hospital West will provide comprehensive general medical and surgical services to serve the healthcare needs of the residents of the western communities.

EMERGENCY CARE AROUND THE CORNER

Every medical emergency is extraordinary, especially when it’s yours. The 24-hour Emergency Department at Bethesda Hospital West will always be ready for your entire family. Bethesda’s team of experienced emergency physicians, specialists and nurses will be working closely with local fire rescue agencies to provide compassionate, world-class care when you need it most.

When an emergency involves a child, it is even more extraordinary. Bethesda Hospital West is proud...
to open its 24-hour Children’s Emergency Department, staffed by physicians who specialize in pediatric emergency care, and pediatric registered nurses who understand the special needs of kids and parents. From minor scrapes to more serious injuries and illnesses, little ones can get the extra special care they need in a kid-friendly environment.

HOSPITALITY FEATURED AT BETHESDA WEST

Room service, please! Bethesda Hospital West is offering order-on-demand food service. With restaurant-style menus, patients can ask the hospital’s Diet Assistant to place their meal orders when they are ready. If the physician has ordered a special diet, the Diet Assistant can help the patient make appropriate selections. A food service host will deliver the meals. Kosher meals will also be available upon request.

For guests, the Terrace Café will serve a continental breakfast daily. Lunch selections will include hot entrees, as well as items from the deli and grill.

A CONTINUUM OF CARE FOR ALL YOUR HEALTHCARE NEEDS

Bethesda Hospital West will provide a full range of imaging services, including MRI, CT, general radiography and ultrasound. It will also include laboratory and pharmacy services, as well as physical rehabilitation.

Bethesda will have one Medical Staff that serves both Bethesda Hospital West and Bethesda Memorial Hospital. With more than 600 physicians in more than 40 areas of specialty, this team of doctors is committed to caring for the residents of our community.

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A CONTINUUM OF CARE FOR ALL YOUR HEALTHCARE NEEDS

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If you are looking for a physician affiliated with Bethesda, call our Physician Referral Service at 561-737-7733, ext. 84499, or visit www.BethesdaWeb.com. 
The Renew Study is a new research study in the area of stem cell therapy for treatment of patients with coronary artery disease who have angina and are not candidates for conventional therapy. It holds promise for researchers in the field of cardiology because basic research suggests stem cell therapy promotes regeneration of small blood vessels and repair of damaged heart muscle.

Among those selected to lead those research efforts is interventional cardiologist George K. Daniel, M.D., who has more than 15 years’ experience demonstrating the advanced technology of the NOGA computer mapping system. It creates a 3-D map of the heart to pinpoint the exact location of stem cell injections.

Stem cell therapy research is offering new hope for people with coronary artery disease (CAD). Today, CAD is the most common type of heart disease and it affects both men and women. While many people can benefit from conventional therapy, such as stent or bypass surgery, for others, including those with angina (chest pain) and heart failure, these conventional approaches are not an option due to their compromised conditions.

A new clinical research study offers hope to people with coronary artery disease.
in clinical research. Dr. Daniel is a principal investigator in this national, multi-center, FDA-approved Phase III clinical research study. Bethesda is one of two healthcare facilities in south Florida participating in this landmark study, which includes 49 centers in the U.S. and Canada.

**ALL HEART**

For this controlled, randomized, double-blind study, patients participate in a screening process that includes recording their angina episodes on an iPad and participating in two treadmill tests. Qualified participants receive either the investigational therapy or the placebo, or continue with current approved angina treatment options, providing researchers with a standard comparison to the investigational therapy. Patients who receive the investigational therapy will have their own stem cells injected in their heart muscle. All patients will be followed and assessed regularly throughout the study follow-up period. The study’s primary objective is improvement of angina and exercise tolerance.

“If we can give people their quality of life back by reducing the number of angina episodes they experience, and help them remain active without getting angina or shortness of breath, then this stem cell research study will be one of the most important advancements of our lifetime,” said Dr. Daniel.

**NEW INSIGHT**

To support the Renew Study, Bethesda has acquired a state-of-the-art computer mapping system called the NOGA system. The NOGA provides a color-enhanced, 3-D electrical and mechanical map of the heart that allows the operator to pinpoint the exact locations for each stem cell injection within the heart muscle. Bethesda thanks longtime supporters Peter Blum and Stewart Satter for making the acquisition of this technology possible.

The Renew Study plans to enroll and follow 500 patients for its study over the next four-and-a-half years. To learn more, call the Bethesda Heart Hospital at 561-737-7733, ext. 84405, or visit www.RenewStudy.com.

**WHAT IS CAD?**

Coronary artery disease (CAD) happens when the arteries that supply blood to the heart muscle become hardened or narrowed due to the buildup of cholesterol, or plaque, on their inner walls. Over time, reduced blood flow to the heart muscle can lead to angina—commonly expressed as chest pain, tightness or pressure.

Source: NIH: National Heart, Lung, and Blood Institute

**Join us for “Stem Cell Therapy & Vascular Disease” with George K. Daniel, M.D., on Wednesday, Nov. 7, at 4:30 p.m. in the the Clayton Conference Center at Bethesda Memorial Hospital. Call 561-731-CARE (2273) to register, or visit www.BethesdaHeart.org.**
After seeing four different doctors, Barbara Weissman still was not ready to give up on walking again. The avid reader and longtime diabetes sufferer from Boynton Beach had developed a serious infection in her leg and foot that required multiple surgeries. After a long battle to save her leg from amputation, she had developed scar tissue and contractures of the leg muscles. This prevented her from being able to move the ankle joint or stand or walk without severe pain.

As a result, Weissman spent more than a year in a wheelchair. Then, her doctor, George L. Mueller, M.D., referred her to podiatric surgeon Alan A. MacGill, D.P.M., A.A.C.F.A.S.

Dr. MacGill determined that Weissman had developed an equinus contracture—tightening of the calf muscles—from her previous surgeries and prolonged recovery time. Unfortunately, conservative therapy was of no benefit and her diabetes
and peripheral arterial disease meant she was not a candidate for more traditional surgical procedures.

**FRAMING THE PROBLEM**

When Dr. MacGill opted to use a Taylor Spacial Frame on Weissman, it was the start of a new chapter for her. Resembling a high-tech contraption from outer space, the Taylor Spacial Frame is a special type of external fixator that consists of circular metal rings connected to each other by metal rods. The entire device connects to the foot and leg by wires that go through the skin and into the bones for stability.

While standard external fixators have been used in the western hemisphere for the last 30 years, Dr. MacGill says the one fitted for Weissman was unique.

The Taylor Spacial Frame is different from traditional external fixators because of its six adjustable-length struts that allow the metal rings to move. A computer program is used to help determine a “prescription” for adjusting the struts over time to achieve the desired correction. This allowed Weissman to adjust the lengths of the struts daily until her ankle deformity was corrected.

The deformity correction normally takes two to four weeks and the frame is left in place for another two to four months, until the soft tissue and/or bone has healed. The device is used to treat deformities of the limbs, complex fractures, malunions and non-unions, and can be used in both pediatric and adult patients.

**SLOW AND STEADY**

“Barbara’s health condition put her at risk for developing postoperative complications with more traditional techniques,” said Dr. MacGill. “The Taylor Spacial Frame allowed us to gradually and precisely correct her ankle deformity while minimizing these risks.”

Nearly a year after having her ankle fixed, Weissman is back on both feet once again.
A renewed heart means new life for mom and baby

Tomásina Santana and Jorge Ozuna of Lake Worth knew that God had a plan for their family when they learned that Tomásina was pregnant again—after nearly dying last year during childbirth.

While pregnant with her daughter last year, Tomásina experienced the usual fatigue and overall discomfort, but the breathing problems were alarming. Doctors discovered that the Dominican Republic native had been scarred by rheumatic fever, leaving her with a severely blocked mitral valve in her heart that was causing her lungs to fill with fluid.

A CHANGE OF HEART

Thankfully, Tomásina and her baby girl were fine, but doctors urged her to schedule heart surgery as soon as she recovered from her daughter’s birth.

But when it came time for Tomásina’s heart surgery, doctors had an unexpected challenge—Tomásina was pregnant again. Tomásina’s obstetricians, José F. Castaneda, M.D., and José R. Nodarse, M.D., consulted with her primary interventional cardiologist, Rodolfo Carrillo, M.D. Dr. Carrillo then consulted with fellow interventional cardiologist George K. Daniel, M.D., to manage Tomásina’s care through a team approach.

“We needed to monitor Tomásina and her unborn child to ensure that the baby’s heart and vital organs were as fully developed as possible before we performed the mitral valve repair surgery,” said Dr. Carrillo.

Finally, when Tomásina reached her 30th week of pregnancy, the doctors were ready. A multidisciplinary team of 14 obstetricians, cardiologists, perinatologists, cardiac surgical...
baby steps

For more information about the Bethesda Center for Women & Children, or to review our schedule of prenatal classes and tours as well as prenatal and postnatal exercise classes, visit us at www.BethesdaWeb.com or call 561-369-BaBy. From Boca Raton, call 561-278-BaBy.

THE BETHESDA CENTER FOR WOMEN AND CHILDREN
INTRODUCING FAMILY-CENTERED MATERNITY CARE

The Bethesda Center for Women and Children proudly introduces a new program for new parents—family-centered maternity care.

Focusing on mother and baby, family-centered maternity care begins with labor and delivery, helping expectant moms to achieve their wishes for the birth experience. Bethesda’s labor and delivery nurses have received specialized training in the same techniques used by doulas to provide labor support. They also can offer alternatives to medications for those who want a natural, or non-medicated, labor and delivery.

Those first few hours immediately following baby’s delivery are precious for the whole family. In a family-centered care program, the baby stays with mom the entire time, through all physical exams and care, unless it is medically necessary to separate them or by patient choice.

The family focus of spending time together continues in the postpartum unit, where one nurse cares for both mother and baby in the comfort of the patient room. Families have more time to bond and more opportunities to learn about newborn care, while Bethesda’s experienced and compassionate nurses are nearby to provide support and answer questions.

(1 to r): Jose R. Nodarse, M.D., Obstetrics & Gynecology; George K. Daniel, M.D., Interventional Cardiology; Jose F. Castaneda, M.D., Obstetrics & Gynecology; Rodolfo Carrillo, M.D., Interventional Cardiology.

“Baby steps

nurses, and labor and delivery nurses, led by Dr. Daniel, participated in the delicate procedure of mitral valvuloplasty to repair Tomasina’s mitral valve at the Bethesda Heart Hospital.

“Here you have two fragile lives in your hand, and you realize that by restoring blood flow in your patient’s mitral valve you are allowing her to be a mother to her children and a mother to her unborn child,” said Dr. Daniel.

TEAMWORK PAYS OFF

According to Dr. Daniel, the procedure was a complete success.

Seven weeks later, Tomasina delivered an 8-pound, 2-ounce baby boy named Rodolfo.

“When you have an advanced team of cardiologists and a high-risk obstetrical department in one hospital, it is rewarding to see what a team effort can mean for our families,” said Dr. Castaneda. “This is why we do what we do every day.”

As for the Santanas, they are enjoying baby Rodolfo and grateful to have the little boy they always wanted as the newest addition to their family.

—JOSE F. CASTANEDA, M.D.
upcoming community lectures

**OCTOBER**

**SURGICAL WEIGHT REDUCTION SYMPOSIUM**
Miguel A. Lopez-Viego, M.D.
Thursday, Oct. 4, 6:30 p.m.
RSVP: 561-737-7733, ext. 84688

**BREAST TOMOSYNTHESIS: THE LATEST WEAPON IN THE FIGHT AGAINST BREAST CANCER**
Bethesda Women’s Health Center
Monday, Oct. 15, 1 p.m.
Palm Beach County Library, West Boynton Branch, 9451 Jog Road
RSVP: 561-734-5556

**NOVEMBER**

**SURGICAL WEIGHT REDUCTION SYMPOSIUM**
Miguel A. Lopez-Viego, M.D.
Thursday, Nov. 1, 6:30 p.m.
RSVP: 561-737-7733, ext. 84688

**HEART SYMPOSIUM: “STEM CELL THERAPY & VASCULAR DISEASE”**
George K. Daniel, M.D.
Wednesday, Nov. 7, 4:30 p.m.
RSVP: 561-731-CARE (2273)

**LASER TECHNIQUES FOR FOOT & ANKLE CONDITIONS**
Jodi R. Schoenhaus, D.P.M.
Tuesday, Nov. 13, 4:30 p.m.
RSVP: 561-731-CARE (2273)

**13TH ANNUAL WOMEN OF GRACE LUNCHEON FOR THE BETHESDA HOSPITAL FOUNDATION**
Wednesday, Nov. 14
The Ritz-Carlton, Palm Beach
Tickets: 561-737-7733, ext. 85600

**LISTEN UP!**
If you need a hearing test, schedule an appointment with the Audiology Department at Bethesda’s Outpatient Rehabilitation. Our experienced audiologists can help you learn the cause of your hearing trouble and recommend hearing aids that can meet your specific needs. Call 561-292-4960 or visit www.BethesdaWeb.com for more information.

**DECEMBER**

**SURGICAL WEIGHT REDUCTION SYMPOSIUM**
Miguel A. Lopez-Viego, M.D.
Thursday, Dec. 6, 6:30 p.m.
RSVP: 561-737-7733, ext. 84688

**ARE YOU IN PRIMETIME?**
More than 16,000 active adults in our community are taking advantage of this FREE program designed for those 50 and over. Call for your application today: 561-737-7733, ext. 84195. Or visit our website at www.BethesdaWeb.com for more information about the benefits of Bethesda’s PrimeTime Club.