

HEALTH NEWS *from*

Summer 2018

wellington

REGIONAL MEDICAL CENTER



IT TAKES A TEAM!

Saluting our first responders

Inside:

Life-saving fetal surgery

The Garza twins' inspiring story

Our new weight-loss services

Tipping the scales for success

Compliments of

 **Wellington Regional**
Medical Center

FROM THE CEO



It takes a team to achieve the best possible outcomes in healthcare. Here at Wellington Regional Medical Center, we're honored to work with our local Emergency Medical Services (EMS) providers, who are on the front lines every day responding to 911 calls and saving lives.

In recognition of National EMS Week, we held our first "Call of the Quarter" event in May, where we celebrated a very special patient success

story with our community. EMS Week is a great reminder that care often begins outside of the hospital. In Palm Beach County, we are fortunate to have outstanding EMS leadership and providers. Learn on page 4 how we're collaborating with first responders to better serve you.

Also in this issue, we demonstrate how we're expanding our advanced services as we introduce you to Jennifer and Andrew Garza, of Connecticut, who traveled to Wellington Regional for fetal surgery to help save their beautiful twin girls. We are one of a limited number of fetal surgery centers in the United States, and their story is an important reminder that specialized care is available right here close to home.

In other articles, we highlight our expanded ambulatory services, including our Weight Management Center, and discuss preventive screenings that may be recommended for you or your loved ones. Also, read on the next page how we're addressing the opioid crisis. Coping with medical issues and emergencies can be challenging, but you're not alone. We're proud to be your hospital, working with EMS and others to make a difference for our community.

Robbin Lee
Chief Executive Officer

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Coming to Westlake: A new freestanding ED

To make advanced emergency services from Wellington Regional Medical Center more accessible in the expanding community, we recently broke ground on a new freestanding emergency department in the City of Westlake. The full-service Westlake emergency services facility will provide 24/7 care for everything from scrapes and sprains to chest pain and symptoms of a possible stroke. It will be located on the east side of Seminole Pratt Whitney Road and the south side of Persimmon Boulevard East. **Stay tuned for updates on our new ED, and to learn more about our services visit us at wellingtonregional.com.**



Addressing OPIOID ADDICTION right here at home



Richard Hays,
MD, CMO

The leadership and staff at Wellington Regional Medical Center are committed to minimizing the risk of opiate addiction in the community and supporting local efforts to combat substance abuse.

To tackle these challenges, an Opioid Task Force has been formed, consisting of a multidisciplinary team of hospital representatives and care providers.

There are two key issues facing the medical community, explains Chief Medical Officer Richard Hays, MD. First is the problem with opioid misuse and overdose deaths. Second, the supply of injectable opiates available to hospitals across the country for pain management has dwindled, he says.

For certain patients with very painful conditions, hospitals may prescribe opiates to provide adequate relief, but the goal is to minimize their use, says Dr. Hays. "We continue to look for alternatives, and different ways to deal with pain."

Some of the measures taken at Wellington Regional include the following:

- Time limitations have been placed on the use of intravenous (IV) opiates, requiring doctors to reorder after short intervals only if needed.
- The hospital is exploring a wide variety of pain relief options, such as aromatherapy, pet therapy, music therapy, and art therapy.
- A trial is underway to assess the use of osteopathic manipulative treatment (OMT), which is hands-on care involving healing touch.
- A four-part informational/educational series addressing the opioid crisis is being offered for medical staff, nurses, pharmacy staff, EMS workers and others.
- Patients who are taking opiates when they leave the hospital are prescribed a limited supply to prevent problems associated with excess or unused drugs.

Dr. Hays says the hospital continues to work closely with EMS and others to address this serious health issue. Reflective of what's happening nationwide, the number of people affected right here in the community is "just staggering," he says. ■



If you or someone you love needs help for an addiction problem, the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline offers free, confidential assistance for mental and/or substance abuse disorders 24/7/365 by calling 1-800-662-HELP (4357).

Here's to teamwork for swift emergency care

Wellington Regional Medical Center (WRMC) and the Emergency Medical Services (EMS) teams in our community have a long history of working together to support the best possible patient outcomes. Pre-alert notifications play a key role by helping EMS staff notify Emergency Department (ED) physicians of life-threatening situations so they can be ready when patients arrive at the hospital, says Jessica Banks, RN, EMT-P, staff captain of the medical services division for Palm Beach County Fire Rescue (PBCFR). ►



Here are four key areas where WRMC is teaming up with EMS to deliver rapid, quality care.

Advanced stroke care.

WRMC has been named a Certified Advanced Primary Stroke Center by The Joint Commission, and is designated a Comprehensive Stroke Center by the Florida Agency for Health Care Administration (AHCA). It is one of only 40 hospitals in Florida and five in Palm Beach County to earn the AHCA accreditation, which ensures that the hospital complies with the highest standards in clinical practice guidelines, performance measurements and continuous improvement programs for stroke patients. It is also the only hospital in Central Palm Beach County to offer advanced neurointerventional services, demonstrating expertise in stroke care.

ED Assistant Medical Director Brandt Delhamer, MD, says, "We've partnered with EMS and they let us know as soon as they see a patient who has had a possible stroke." This allows physicians in the emergency room to expedite testing and treatment because every second counts. The advanced stroke services at Wellington Regional have "really had a significant impact on the lives of

citizens in the western communities," says Richard Ellis, PBCFR division chief of medical services.

Comprehensive cardiac care.

WRMC is also the only hospital in Palm Beach County to be awarded Chest Pain Center Accreditation with Primary PCI and Resuscitation from the American College of Cardiology (ACC). This means patients have access to advanced treatments, including potentially life-saving hypothermia therapy after cardiac arrest and the Impella® heart pump in select cases. If paramedics suspect a possible heart attack, they can perform an EKG test in the field and transmit the results immediately to ED physicians via a secure line, so that teams can coordinate care in real time.

Sepsis. Emergency protocols are in place that allow EMS staff to quickly recognize sepsis, a potentially fatal blood infection that can especially affect older adults. EMS teams immediately convey information about sepsis to the hospital. "We've recognized that if we can have EMS start treating on the scene and

continue treatment in the ED, these patients can do much better," Dr. Delhamer says.

Fractures. The Fracture Program at WRMC expedites care for patients who experience broken or fractured bones due to falls, equestrian injuries and other sports-related injuries. The faster the fracture is repaired, the better the recovery and less risk of complications, says Adam M. Bromberg, MD, medical director of the ED, and an assistant medical director for Greenacres Fire Rescue.

"Our doctors in the ED have been together for 15 years," says Dr. Bromberg. With this longevity, they've developed strong relationships with EMS personnel, which help enable high-quality care and stabilization for patients.

Ellis and Banks say they are grateful for the support of Wellington Regional, where PBCFR transferred over 8,000 patients in 2017.

"They have a commitment to the community to supporting the best possible patient outcomes, and we feel that," Ellis says. ■

Teaching moments

Each year, WRMC hosts a three-day symposium where emergency physicians, paramedics and other EMS staff meet to discuss how they can work together to benefit patients. Additionally, physicians regularly discuss patient care and provide feedback to EMS staff about outcomes. This follow-up is both an educational opportunity and a chance to recognize first responders for what they do, says Dr. Delhamer. "We want them to know, what you did saved this person's life."

Learn more about our emergency services at wellingtonregional.com/ems.

Making a difference ... *one life at a time*

Wellington Regional Medical Center (WRMC) held its first “Call of the Quarter” event on May 25 to celebrate the life-saving care provided by Emergency Medical Services (EMS) personnel. During the ceremony, heart attack survivor Dennis South was reunited with the rescue team from Palm Beach County Fire Rescue Engine 34, who responded to his 911 call.

Dennis South’s medical emergency occurred this past March, when he began to experience severe chest pain. As his symptoms quickly worsened, his wife called 911 for help.

In accordance with protocol, the EMS team conducted an EKG test on-site to check for signs of a possible heart attack, and they sent a “STEMI-alert” to WRMC, so that doctors could get ready to provide emergency cardiac care. South learned later that he had a 100 percent blockage in one of his vessels. He was treated successfully in the hospital with a catheterization procedure (percutaneous coronary intervention) and stent placement, and his blood flow was fully restored.

Since then, South has continued his recovery with support from cardiac rehab and is getting back to the activities he enjoys, like walking and gardening. He believes he would not be where he is today without God, the first responders and his medical team at WRMC. The EMS crew was very responsive, very fast, he says. “If I had to rate the hospital on a scale of 1 to 10, I would rate it at a 10.” ■



Top: Celebrated guest Dennis South (third from left) and his wife, Leila, with emergency providers and WRMC CEO Robbin Lee (far right).
Bottom: Rescue crew honored at the event.

Secret to success? **CALLING 911 RIGHT AWAY.**

If you have chest pain, sweating, nausea, lightheadedness and other signs of a possible heart attack, call 911 immediately and don’t wait, says Kelly Rente, RN, chest pain coordinator at WRMC. Sometimes people try to ride out chest pain, but that can put them at serious risk, she says. For Dennis South, calling 911 and getting fast care from EMS enabled the hospital team to prepare and helped support a good outcome.





A weight-loss plan designed just for YOU

Get empowered to reach your goals with support from the Weight Management Center.

Opened earlier this year, the Weight Management Center at Wellington Regional Medical Center provides individualized, non-surgical care to help you get on a path to healthy weight-loss. Programs focus on behavioral and lifestyle changes, with support from skilled and compassionate professionals dedicated to your success.

The first step is to understand each patient's unique goals and challenges, says Practice Manager/Coordinator Amy Noe. One-on-one meetings with a physician, registered dietician and health coach can help you identify obstacles that have been holding you back and then develop a customized weight-management plan. For some patients, the focus may be on exercise or nutrition, whereas for others, it may be more centered around stress management or coping skills.

"It's not one-size-fits-all," says Noe. "It's individualized for each person."

Depending on your needs, special testing may be recommended to assess your resting metabolic rate and what this means for your overall wellness plan. For example, how many calories should you consume and burn each day? And what foods should you be eating to achieve your optimal health?

The Weight Management Center is located next to the hospital at 10111 Forest Hill Boulevard, Suite 230. You may be referred by your primary care provider, or you may contact the center on your own. Also, post-bariatric surgical patients are welcome and encouraged to participate. Ultimately, it's about listening and empowering people with the tools they need to be successful, says Noe. "We're here to help you make a healthy behavioral change," she says. ■



A ribbon-cutting ceremony marked the opening of our new facility.

Services at the Weight Management Center

Depending on your specific needs, here are some of the support services available:

- Stress management/coping skills
- Exercise readiness
- Relapse prevention
- Pharmacotherapy, if appropriate
- 30-day fitness membership at a local facility
- A personalized fitness plan
- Behavior therapy
- Mental health counseling
- Nutritional counseling
- Cooking classes
- Support group
- Meal replacement therapy, if recommended
- A healthy lecture series

To schedule an appointment with a health coach at the Weight Management Center, call 561-798-8587. To learn more about the different weight-loss options available at Wellington Regional, visit wellingtonregional.com/weightloss.

Saved by fetal surgery



When their unborn twins' lives were in jeopardy Jennifer and Andrew Garza, of Connecticut, found the hope and the doctor they were looking for at Wellington Regional Medical Center.

"Everything was going well," Jennifer recalls of the start of her pregnancy last August. Then when she reached 15 weeks, there was a sign that something was wrong.

Testing confirmed a diagnosis of twin-twin transfusion syndrome (TTTS), a life-threatening

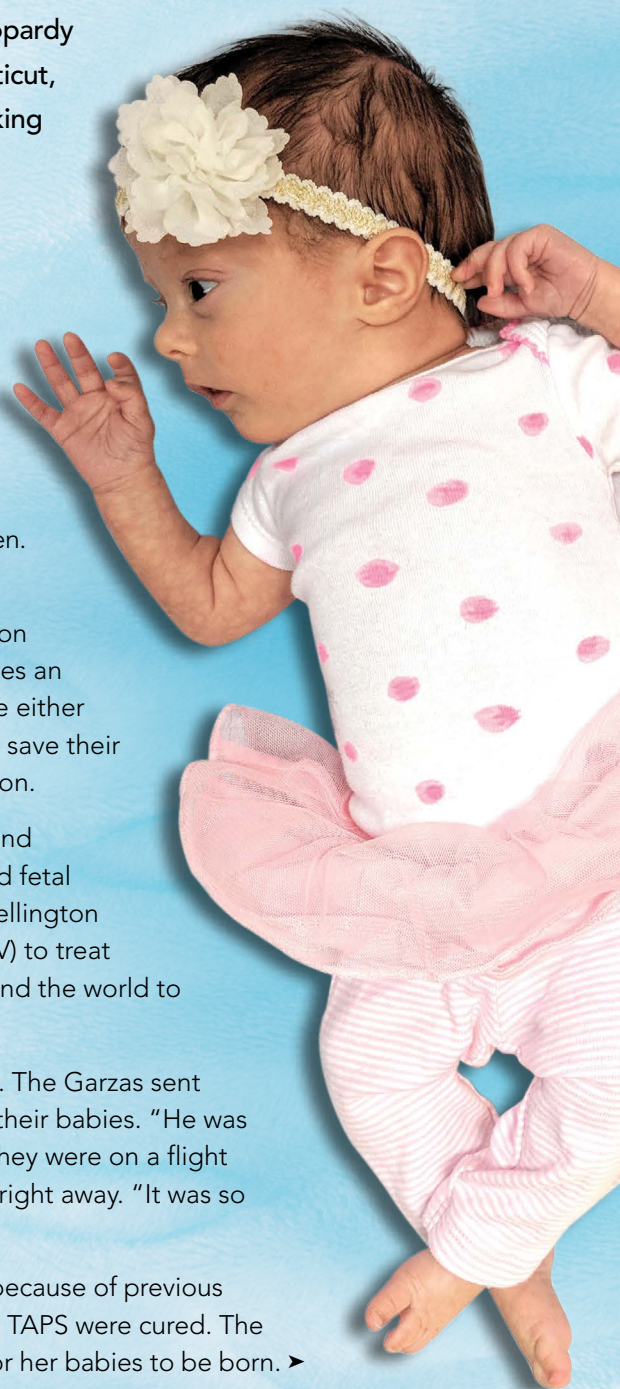
condition that can cause the blood to flow unevenly between identical twin babies. Jennifer underwent laser surgery in Connecticut to stop the transfer of blood between the two fetuses and save their children.

The Garzas thought things were okay, but just days later, they were informed that the laser surgery had failed and that another complication arose called "twin anemia polycythemia sequence" (TAPS). This involves an imbalance in red blood cells between babies. Treatment would require either repeat laser surgery or regular intrauterine fetal blood transfusions. To save their twins, the Garzas decided that repeat laser surgery was their best option.

"I read everything that I could get my hands on," recalls Andrew. He and Jennifer were both familiar with renowned maternal-fetal medicine and fetal surgeon specialist Ruben Quintero, MD. Now caring for patients at Wellington Regional, Dr. Quintero developed the selective laser technique (SLPCV) to treat TTTS and the "Quintero Staging System" that is used by doctors around the world to classify the severity of TTTS.

"We knew Dr. Quintero was on the cutting edge of this," Andrew says. The Garzas sent him an email and he responded immediately, saying he'd operate on their babies. "He was giving us the hope we were looking for," says Jennifer. The next day, they were on a flight headed to Wellington Regional, where Dr. Quintero put them at ease right away. "It was so obvious he cares so much about every single baby," Jennifer says.

Dr. Quintero explains that Jennifer's case was particularly challenging because of previous procedures. Despite that, the surgery was a success, and the TTTS and TAPS were cured. The goal now was for Jennifer to maintain her pregnancy until it was safe for her babies to be born. ➤



The Garza sisters are now growing and thriving thanks to specialized care provided before they were born.



Precious in pink are Alexis Suzanne (left) and Melina Quinn.

While still in Florida staying with relatives close to Wellington Regional for monitoring, a problem arose, putting Jennifer at risk of imminent delivery. She returned to the hospital, where Dr. Quintero performed a procedure using an “amnio patch” that he invented to help prevent patients’ water from breaking prematurely. “Everyone at Wellington Regional went out of their way to make sure we were comfortable,” Jennifer says. “They were wonderful.”

Thankfully, she and Andrew were able to get back home to enjoy Christmas with their two-and-a-half-year-old son and their family. After that, Jennifer began experiencing additional complications and was admitted to a hospital in Connecticut, where she remained to finish out her pregnancy. In a cesarean delivery on February 21, at just over 30 weeks, she gave birth to two beautiful girls – Alexis Suzanne and Melina Quinn – named for special relatives and the doctor who the Garzas believe saved their babies’ lives.

Today, the Garzas consider Dr. Quintero family and say they will be forever indebted. “Keep fighting” is their motto. “We’re so fortunate,” says Jennifer. ■

To learn more about specialized pregnancy care and childbirth services, visit wellingtonregional.com/maternity.



Ruben Quintero, MD



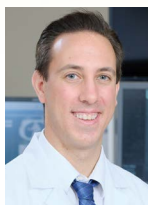
Eftichia Kontopoulos, MD

Renowned pregnancy care in our backyard

Dr. Ruben Quintero and Dr. Eftichia Kontopoulos, of the Fetal Institute in Miami, began performing maternal-fetal procedures at Wellington Regional last summer, giving families in the area access to highly specialized care right here close to home. Patients come from all around the country, and some from outside the U.S., to receive treatment for a wide array of pregnancy complications. Advances in medicine continue to offer greater promise and hope for expectant parents, and Dr. Quintero and Dr. Kontopoulos remain at the forefront of this area of medicine. Dr. Quintero notes that the birth of the Garzas’ beautiful girls was a major reward for everyone involved. “It’s a unique example of what can be done, despite the odds,” he says.

Are you keeping up with your

If your “to-do” list includes a colonoscopy, mammogram or another type of health screening, don’t put it off. Getting the recommended testing could possibly save your life by detecting potential problems earlier, when treatment can be more effective.



**Mark Meyer,
MD**



**Kathleen E.
Minnick, MD**



**Naveen Reddy,
MD**

On these pages, learn about some of the key screening tests for men and women. Ask your doctor about these and others that may be recommended for you based on your age, health history and other factors. Also, remember that Wellington Regional Medical Center is here to support you with comprehensive resources and a caring, skilled staff.

For patients who may need cancer-related care, the Regional Cancer Center at Wellington has advanced technology and a dedicated team of providers who are committed to early detection, diagnosis, treatment and long-term follow-up for each patient.

Wellington Regional’s Comprehensive Lung Program provides specialized care and screenings for people at risk of lung cancer, which is the leading cause of cancer death among both men and women.* Clinical navigators in the program provide individualized support and can guide patients through any testing or care that may be needed. With timely diagnosis and treatment, positive outcomes are possible, says thoracic surgeon Mark Meyer, MD.

Also, the Comprehensive Women’s Imaging Center at Wellington Regional provides dedicated screening for the early detection of breast cancer. Catching cancer early is key to supporting the optimal treatment and outcomes, says surgeon Kathleen E. Minnick, MD. According to the American College of Radiology, mammography has helped to reduce breast cancer mortality in the U.S. by nearly 40 percent since 1990.

As you read about the screenings, be sure to note the recommendations for Hepatitis C, a potentially life-threatening liver disease that can sometimes go undetected. Medical advances have made getting effective treatment easier, with fewer side effects, says gastroenterology specialist Naveen Reddy, MD. Getting tested is important for those at risk, he says. ►

**American Cancer Society*

HEALTH SCREENINGS?

LUNG CANCER

Individuals who can benefit from lung screening include those:

- Between the ages of 55 and 77
- Asymptomatic with no signs or symptoms of possible lung cancer
- Current smokers
- Non-smokers who have a history of smoking at least one pack a day for 30 years
- Smokers who quit within the last 15 years

Low-dose-radiation computerized tomography (LDCT) scans are painless and take less than a minute to complete. To schedule an LDCT scan at Wellington Regional or for more information, contact the clinical navigator at 561-500-5864 (LUNG) or by email at wrmclungprogram@uhsinc.com.

BREAST CANCER

Annual screening mammograms are recommended beginning at age 40. Women with higher-than-average risk for breast cancer should seek expert medical advice about beginning screening before age 40.

Comprehensive services at Wellington Regional include diagnostic mammography, screening mammography, breast ultrasound, breast MRI and more. To schedule an appointment for an imaging procedure, call 561-798-8513.

COLORECTAL CANCER

Regular screening is recommended starting at age 50 for men and women at average risk, and at age 45 for African Americans. Also, it may be advised sooner for individuals with a family history of the disease and other risk factors. Talk with your doctor about what is best for you.

HEPATITIS C

One-time screening is recommended for people born between 1945-1965 and for people with tattoos, a history of injection and IV drug use, and people on dialysis. Just a simple blood test is required.

PROSTATE CANCER

According to the American Urological Association, the greatest benefit of screening appears to be in men ages 55 to 69 years. For men younger than age 55 at higher risk (e.g., positive family history or African-American race), decisions should be individualized. Discuss screening with your doctor. ■



**Together
to End Stroke™**

Save the date for
Strokes for Stroke

**Saturday
October 6, 2018**

The Mall at
Wellington Green

10300 Forest Hill Boulevard
Wellington, FL 33414

Join community leaders & medical experts as we honor stroke survivors. Guests will have an exclusive opportunity to paint alongside an artist instructor from the Art Cellar in Wellington.

The American Heart Association & American Stroke Association invite you to learn more about the signs and symptoms of stroke, the No. 5 killer of Americans and the leading cause of disability.

Nationally sponsored by

Medtronic

Locally sponsored by

**Wellington Regional
Medical Center**

**Our Wellness Series
has started!**

FREE

Join us for an upcoming event to help support your good health!

"Ouch, my aching feet! Treatment options for ingrown nails, calluses, bunions and beyond."

Wednesday, July 25, 3 - 4 p.m.

Featured Speaker: Dina Hansen McCoy, DPM
Greenacres Branch Library
Complimentary first aid kit for attendees

"Anti-aging & nutrition"

Thursday, July 26, 11:30 a.m. - 1 p.m.

Featured Speaker: Andrea Schorr, RD
Wellington Community Center
Lunch will be provided

"Stroke: Managing risks & understanding symptoms"

Tuesday, August 7, 1 - 3 p.m.

Featured Speaker: Alice Cruikshank MSN, RN, CNRN
Brookdale Lake Worth
Free blood pressure screening

For more details or to register, call 561-798-9880 or visit our Events page at wellingtonregional.com. Also, check our Events page for classes on joint replacement, weight-loss, smoking cessation, parenting and more!

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WELLINGTON REGIONAL
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