

HEALTH NEWS *from*

Spring 2019

wellington

REGIONAL MEDICAL CENTER

Our new **ER** is
NOW OPEN!



Inside:

Treating aortic aneurysms

Find advanced care close to home

Dedicated care for equestrians

A patient shares her story

Compliments of

 **Wellington Regional**
Medical Center

FROM THE **CEO**



Hello, and welcome to our spring issue! I'm pleased to introduce myself as the new CEO of Wellington Regional Medical Center, serving in this role since former CEO Robbin Lee retired. Many of you know me as the Chief Operating Officer at the hospital and from working with many of our community organizations. I'm excited to continue working with the community and building on the comprehensive care we provide.

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As our population grows, we remain focused on bringing innovative technology and treatment to residents so that you don't have to travel far to get the care you need. We want to make sure you receive healthcare close to home, and even in your own neighborhood.

We're excited about our new freestanding emergency department, ER at Westlake, which will enhance access to advanced emergency treatment. We're also honored to again serve as the official hospital for many equestrians who compete in Wellington. We know how important it is to get swift, quality care, and we've worked hard to put the systems and people in place to support the unique needs of our equestrian community.

Whether we're helping a rider get back into the show ring, providing advanced treatment for a serious health condition, or working with EMS to provide emergency care, we are committed to providing the best possible patient experience. We want you to stay informed about all that's going on at Wellington Regional, including new services and programs, so make sure you follow us on Facebook. Thank you for making Wellington Regional your hospital.

Pam Tahan
Chief Executive Officer

Your **NEW** doctor is just a phone call or click away

NEED A DOCTOR? Our physician referral line and online physician directory are available to help you find a primary care provider or specialist.

Call 561-798-9880 for personal help in English and Spanish, Monday through Friday from 8 a.m. to 8 p.m. EST, except for holidays.

After hours, visit wellingtonregional.com/doc where you can search our physician directory and request an appointment.

EASY AND CONVENIENT

NOW SERVING THE COMMUNITY!

ER is getting easier thanks to Wellington Regional

As the official healthcare provider for the City of Westlake, Wellington Regional Medical Center has opened ER at Westlake to offer a full complement of services, staff and technology 24 hours a day, 7 days a week, 365 days a year.

As the closest emergency services provider to the Westlake area, you can receive stabilizing treatment and if your condition warrants admission to a hospital, our staff will make arrangements for you and help you get to the hospital of your choice. Because we are part of Wellington Regional Medical Center, we can assist you in a direct admission to our hospital.

At ER at Westlake, residents can receive the care they have come to expect from Wellington Regional Medical Center.

The new freestanding emergency department offers:

- 8 treatment rooms
- 3 rapid medical exam bays
- 1 triage room
- 24-hour on-site lab services
- A large waiting area
- Computed tomography (CT)
- Digital radiology
- Ultrasound



ER at Westlake An Extension of Wellington Regional Medical Center

16750 Persimmon Boulevard, Westlake, FL 33470

*At the corner of Seminole Pratt Whitney Road
and Persimmon Boulevard East*

Learn more at wellingtonregional.com.



A ribbon-cutting ceremony attended by city officials and hospital representatives was held March 25, 2019 at the new ER at Westlake.

Advanced care for aortic aneurysms, *right here close to home*

If you or someone you love has been diagnosed with an aortic aneurysm, then you may know that this is a dilation of the main artery that runs from the heart through the center of the chest and abdomen. If the aneurysm ruptures, this condition has a very high mortality rate.

Certain aortic aneurysms may be managed non-surgically. If a complex medical repair is needed, doctors at Wellington Regional are equipped to deliver high-level treatment. "We have all the different subspecialties capable of treating complicated aortic aneurysm cases, in addition to the ultimate technology to provide superior care," says Juan Gomez, MD, medical director of the hospital's Neurointerventional Radiology Program and director of the Vascular Institute. "We're capable of doing high-end procedures which are rarely performed in a community hospital."

One team, one goal: A positive patient outcome

Dr. Gomez leads highly skilled teams in providing advanced care, and has worked collaboratively with vascular surgeon Agustin Ibarrola, MD, FACS, and neurosurgery specialist Joshua Kouri, MD, to perform complex aortic aneurysm treatment. As an interventional specialist, Dr. Gomez uses a less-invasive, endovascular approach that involves inserting a catheter through a vessel in the groin or another location, depending on the specific case. With guidance from advanced imaging, a stent is then placed in the affected section of the aorta to reinforce the vessel wall.



Juan Gomez,
MD



Agustin Ibarrola,
MD, FACS



Joshua Kouri,
MD

Dr. Ibarrola plays a crucial role by providing access to the vessels and collaborating in these procedures. One of the challenges is making sure that key vessels are not blocked. This may require advanced techniques to preserve essential arteries and maintain blood supply to vital organs.

Depending on the particular repair, other potential complications may arise. In a case where spinal cord injury was a concern, Dr. Kouri placed a lumbar spinal fluid drain to reduce the risk of possible paralysis and stroke, and support a positive outcome.

"Here at Wellington Regional, we're focused on giving patients the best possible treatment," says Dr. Gomez. Thanks to advanced care and collaboration, patients may avoid needing to be transferred and instead get the critical care they need right here in the community. ■

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

Aortic aneurysms can occur in the chest (thoracic aortic aneurysm) or the abdomen (abdominal aortic aneurysm). Talk with your doctor about your risks and screening recommendations.



For help finding a doctor, visit [wellingtonregional.com/doc](https://www.wellingtonregional.com/doc).



Cheri Roberson before weight-loss surgery (left) and after (right).



How healthy is your *heart*?

When it comes to improving your heart health, sometimes a little extra help can make all the difference. For Cheri Roberson, joining the American Heart Association's "BetterU" Challenge helped her get started in the right direction. It provided a chance to get together with other women and discuss different wellness topics. That experience led her to the Weight Management Center at Wellington Regional Medical Center and then to the hospital's weight-loss surgery program. "I made the best decision I ever made, to have gastric sleeve surgery."

Since her procedure – and with a lot of hard work – she's down 12 pant-sizes and 93 pounds. She's feeling better, sleeping great, and has gotten back to healthy cholesterol and blood sugar levels, without medication.

As director of cardiovascular services at Wellington Regional, she works hard to promote heart health. She notes that diet and lifestyle are important, but so are genetics. "Heart disease doesn't discriminate," she says, noting that even people who look great and exercise every day may be at risk. "That's why it's important to get your yearly checkup," she says.

The Weight Management Center

The Weight Management Center at Wellington Regional Medical Center is ready to get you on the road to better health and a healthier weight. We look forward to serving you with: physician-directed, personalized programs; a dedicated treatment team; exercise physiologist and fitness instruction; and nutrition management. ■

For more information about the Weight Management Center or to get started, please call 561-798-8587 or visit wellingtonregional.com/weight.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if bariatric surgery is right for you.

Do you need a pacemaker or other heart device?



Marcelo Jimenez, MD

Electrophysiology services at Wellington Regional can provide life-changing care for patients with electrical problems of the heart, such as irregular or

slow heartbeats, or poorly pumping hearts (heart failure). If a cardiac device is recommended, knowing what to expect is important. Here, electrophysiologist Marcelo Jimenez, MD, addresses key questions.

Do device implants involve a long hospital stay?

No, procedures are typically done under general anesthesia and most people go home within 24 hours.

Will my lifestyle be affected?

Depending on the kind of device you receive, your doctor can talk to you about certain activities you may need to avoid and what to expect. The goal is to help you get back to the activities you enjoy.

How is care changing and improving?

Advances in care are providing exciting opportunities to implant devices in a way that more closely mimics the body's natural functioning. Also, better imaging, less radiation and integration with electrical mapping can help to support the best possible outcomes and patient experience. ■

Learn more about cardiac services at wellingtonregional.com/heartcare.

Honoring our first responders

Call it fate. Last fall paramedics just happened to be passing a local high school when they noticed people running from the stadium during a football game.

It turned out to be a worst-case scenario: gun shots heard at the game. But like the heroes they are, the crew responded and ran into the stadium to help. The crew was later honored in a "Call of the Quarter" ceremony hosted by Wellington Regional Medical Center, where they were reunited with the patient they helped rescue that day.

"They were my angels," says Kimberly Briard, who was at the game to watch her daughter on the varsity cheer squad when the chaos broke out. She fell down on a narrow ramp while rushing to get to her daughter and couldn't get up. "People were running over me," she says. When the paramedics arrived, they took Briard to Wellington Regional, reassuring her all the way and keeping in touch with her husband to let him know she was okay.

Orthopedic surgeon Nicholas Sama, MD, explains that Briard fractured her femur bone near her hip and needed a total hip replacement. Learning she'd need surgery was scary, but Briard was comforted by her caring, professional medical team. "The nurses were there around the clock, they were all awesome ... Physical therapy was amazing. Everything from the cafeteria bringing up my meals to doctors coming in to check on me was amazing." Dr. Sama praised the actions of the

paramedics, who went to the school not knowing what they might encounter. "If you ask any of them, they would say, 'It's our job,'" says Greenacres Fire Rescue Assistant Fire Chief Brian Fuller. "But in this case, it wasn't in their jurisdiction, and they could easily have mistaken the commotion for something else and just drove back to the station. However, their instincts told them otherwise and they didn't hesitate to act."

Briard is grateful to everyone who helped her get through this event, both physically and emotionally. "From the moment they got the stretcher to the moment I was discharged from the hospital, I felt safe." ■



Pictured is Kimberly Briard with Greenacres Fire Rescue firefighter/paramedics (from left) Sheridan Hause, Zac Schroeder and Dion Ambrogio.



**Wellington Regional is proud to work closely with local rescue crews.
Learn more at [wellingtonregional.com/ercare](https://www.wellingtonregional.com/ercare).**

Unbridled support for our equestrian community



Nicholas Sama,
MD

The team at Wellington Regional Medical Center is dedicated to serving equestrians and their families during peak competition season and all year round. Wellington Regional is honored to again be the “official hospital” and sponsor of the International Polo Club Palm Beach for 2019, as well as the official hospital of the Winter Equestrian Festival and the Adequan® Global Dressage events. This means riders receive care from medical professionals who understand their unique needs and are equipped to provide comprehensive, advanced treatment, if needed.

Alex Welles has been competing in show jumping in Wellington for more than 10 years, and in that time, she relied on highly skilled orthopedic care to help her successfully overcome two separate injuries. The first involved a break of the upper part of her tibia (shinbone). She was quickly connected with orthopedic surgeon Nicholas Sama, MD, who has extensive experience caring for the equestrian community. Getting treatment that was both thorough and aggressive was important to Welles, so that she could get back to competition as soon as possible and know that her condition was treated correctly the first time. She recalls the attentive care she received and the aggressive physical therapy that followed to support a complete recovery. “Wellington Regional was great about following up,” she says, “and I can’t say enough about Dr. Sama and his team. They’re fantastic.”

Less than two years after that, she broke her shoulder and again received specialty surgical care from Dr. Sama and the hospital team. “They really got me in quickly,” she says, noting that she was riding again after eight weeks. “I think it’s incredibly valuable,” she says of having Wellington Regional close by for support. “The hospital feels brand-new, and the nursing staff is fantastic. Couple that with having an orthopedist, Dr. Sama, who cares so much. It’s not your generic kind of care. It’s really tailored to riders and their successful return to the show ring.” ■



Amateur showjumping competitor Alex Welles. Photo courtesy of Katherine Hay.

“We are incredibly fortunate to have Wellington Regional Medical Center as a resource for our community’s medical needs throughout the year. The treatment and care are world-class and the doctors at Wellington Regional have helped me personally overcome physical injuries I’ve sustained with great results.”

Paige Bellissimo, Co-Founder of the Great Charity Challenge and an active equestrian.



To learn more in a Q&A with Dr. Sama, visit wellingtonregional.com/ride.

Urgent care walk-in clinics

Open every day, no appointment needed. Walk in any day of the year, even holidays. The team at our Urgent Care Clinic is waiting to treat any member of your family.

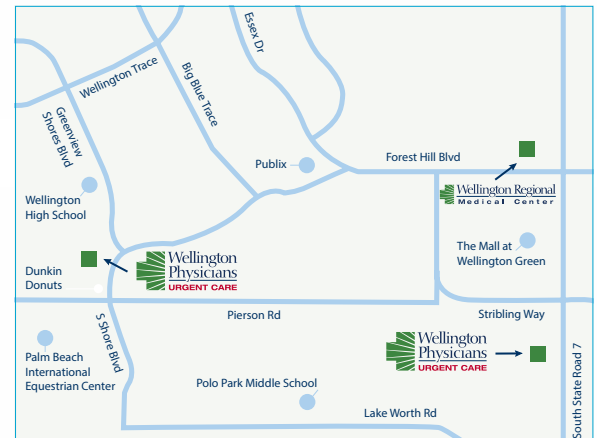
Treatment for:

- Minor emergencies
- Specialized equestrian care
- Allergies and asthma
- Colds, cough and fever
- Flu and pneumonia
- Cuts and burns
- Sprains and fractures
- Infections and rashes
- Sports injuries
- Health and wellness needs
- Flu shots
- Sports, school and employment physicals
- Concussion baseline screenings
- Concussion testing

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**HEALTH NEWS FROM
WELLINGTON REGIONAL
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Pam Tahan
Chief Executive Officer

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