

HEALTH NEWS *from*

Summer 2017

# wellington

## REGIONAL MEDICAL CENTER



### *Surviving* THE UNEXPECTED

Mom Cheryl Kovalsky (center) is happy to be with her family and fully recovered after undergoing an emergency procedure for a stroke last November.

#### *Inside:*

#### **A higher level of heart attack care**

What our ACC accreditation means

#### **Earlier lung cancer diagnosis**

The benefits of advanced techniques

*Compliments of*

 **Wellington Regional**  
**Medical Center**

## FROM THE CEO



I speak for all the exceptional employees, physicians and volunteers at Wellington Regional Medical Center when I say we are completely committed to making every resident proud to say, "Wellington Regional is my hospital!"

We began this journey several years ago when we identified the need to transform from a boutique hospital into a facility that can meet our community's healthcare needs. In addition to

adding services, we are the only hospital in Palm Beach County to be awarded Chest Pain Accreditation with Primary PCI and Resuscitation from the American College of Cardiology and have been recognized as a Comprehensive Stroke Center. These achievements mean that our residents no longer need to be taken to a hospital outside of our community when they experience cardiac or neurological issues.

In this edition of *Health News*, you will learn how these and other services make a difference in our patients' lives. I want to highlight, in particular, the story on page 10 about our new Comprehensive Lung Program. As the daughter of a heavy smoker, I have been affected by exposure to secondhand smoke, and I am proud that Wellington Regional helps patients detect cancer earlier when it has the best chance of being treated.

I am always excited to hear from the community. If there is anything I can do for you or if you have any questions, please reach out to me on our website at [www.wellingtonregional.com](http://www.wellingtonregional.com) or call 561-798-8500.

Here's to your good health!

**Robbin Lee**  
Chief Executive Officer

## Spreading the word about **stroke**

Wellington Regional Medical Center (WRMC) is proud to support the American Heart Association/American Stroke Association's *Together to End Stroke™* initiative. Pictured (left) from WRMC with members of the American Heart Association are: Vice Chief of Staff Adam M. Bromberg, MD; CEO Robbin Lee; Chief Operations Officer Pam Tahan; Stroke Coordinator Alice Cruikshank; and Assistant Administrator Elizabeth Paine. WRMC has toured Palm Beach County, inviting residents to sign their names on the giant-sized FAST letters, which represent the warning signs of a possible stroke.

**For more information about stroke warning signs and WRMC's stroke services, please see the story on page 4.**

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# *Opening August 1, 2017*

## Wellington Physicians Urgent Care

Our community is growing, and so is the need for quality medical services to support residents and visitors to Wellington.

Wellington Physicians Urgent Care will provide timely, quality care for non-life-threatening medical conditions at 13421 South Shore Boulevard, Suite 101, Wellington. The walk-in clinic will treat minor illnesses and injuries, as well as provide convenient health and wellness services for the whole family. It will be open 7 days a week, including holidays, from 8 a.m. to 8 p.m.

**Watch for more information about the new facility. Also, to stay up to date, be sure to visit us on Facebook and online at [www.urgentcarewellington.com](http://www.urgentcarewellington.com).**

### *What to expect at the new urgent care facility*

#### Treatment for conditions such as:

- Allergies and asthma
- Cough, colds, fever, flu and pneumonia symptoms
- Cuts, burns, sprains and fractures
- Eye and ear infections
- Migraines
- Nose bleeds
- Skin rashes, poison ivy and insect bites
- Sports injuries
- Urinary tract infections
- Wound care

#### Health and wellness services including:

- Flu shots
- School and sports physicals
- Worker's comp
- Employment physicals
- Digital X-rays



13421 South Shore Boulevard  
Suite 101, Wellington



# *Life-saving stroke care*

## WHEN EVERY MINUTE COUNTS

*Cheryl Kovalsky has had migraines in the past, but when severe pain and pressure in her head persisted last November, she knew there was something else going on.*

*“I told my husband, ‘This isn’t like anything I’ve felt before’,”*

*Cheryl says. The pain that had started the night before was even worse when she woke up in the morning. “We decided to go to Wellington Regional,” she says. ►*



The Kovalskys enjoy some family time together.



Juan Gomez,  
MD

At the ER, doctors quickly determined that Cheryl had a hemorrhagic stroke caused by a ruptured aneurysm. This condition can be life-threatening if it causes bleeding into the brain, as Cheryl's did.

"Cheryl's condition was a medical emergency with a high mortality rate," says Neurointerventionalist Juan Gomez, MD, who explained to Cheryl that she would need an advanced procedure right away. At the time, it was just days before Thanksgiving, and all Cheryl could think about were the things she needed to do at home. "I don't think I realized how serious it was," she says.

Within just a few hours of arriving at the ER, Cheryl was taken to the hospital's new neurological suite – a meticulously equipped space with a biplane angiography system to provide detailed views of the brain and blood vessels.

The procedure Dr. Gomez would perform is called endovascular coiling. It involves entering the body through a small incision in the groin

and guiding a catheter up to the brain, where tiny wires, shaped like little springs, are released into the aneurysm to cause clotting. This prevents blood flow from entering the aneurysm and causing another rupture, Dr. Gomez explains.

After the procedure, Cheryl spent 15 days in the hospital recovering, with her family supporting her every step of the way. Because the procedure was minimally invasive, there was no big incision. Mostly, she just needed to rest and take it easy. "I felt very lucky and very thankful," she says. "The staff at Wellington was far beyond anything I could ever ask for," she adds. "They were just so caring."

Today, Cheryl is feeling 100 percent. "I have no disabilities, no setbacks," she says. Dr. Gomez notes that Cheryl will need to be followed regularly, but she should have no long-term effects.

Because her condition is hereditary, Cheryl is working on having her children, Amy and Alex, and her siblings tested to help ensure they don't go through a life-threatening experience as she did. She says her husband, Jim, put it best when he said, "I had never heard of a neurointerventionalist before, but after meeting Dr. Gomez, I was thankful that he was at Wellington and saved Cheryl's life." ■

**If you need a referral to a physician at Wellington Regional Medical Center, please call our free Direct Doctors Plus® referral service at 561-798-9880.**

## Proven protocols

Wellington Regional Medical Center (WRMC) is one of only five hospitals in Palm Beach County to have earned designation as a Comprehensive Stroke Center from the Florida Agency for Health Care Administration. This demonstrates that WRMC follows recognized guidelines for stroke care, and it enables patients who previously had to be transported out of the area to be treated right here in the community, close to home.

**To learn more about stroke services at Wellington Regional Medical Center, please visit [www.wellingtonregional.com/stroke](http://www.wellingtonregional.com/stroke).**

## Recognize these signs of stroke and act **FAST**



**FACE:** Ask the person to smile. Does one side of the face droop?



**ARMS:** Ask the person to raise both arms. Does one arm drift downward?



**SPEECH:** Ask the person to repeat a simple phrase. Is it slurred or strange?



**TIME:** is critical! If you see any of these signs, call 9-1-1 immediately.

**If these symptoms appear, DON'T WAIT! Call 9-1-1 or seek medical attention right away.**



# *Going “above and beyond”*

## FOR HEART ATTACK CARE



In recognition of its commitment to treating patients with cardiac emergencies, Wellington Regional Medical Center (WRMC) was recently awarded Chest Pain Center Accreditation with Primary PCI and Resuscitation from the American College of Cardiology (ACC). The accreditation was based on a rigorous onsite assessment of the staff's ability to evaluate, diagnose and treat patients who may be experiencing a heart attack. WRMC is the first hospital in Palm Beach County to achieve this recognition. ➤

Adam M. Bromberg, MD, pictured left, says, "The accrediting bodies recognize Wellington Regional Medical Center as a premier site."

### What sets WRMC apart?

There are two key parts to the accreditation that distinguish care at WRMC, notes Adam M. Bromberg, MD, Vice Chief of Staff and Chairman of the Department of Emergency Services. The first is percutaneous coronary intervention (PCI), also known as coronary angioplasty. This is a non-surgical procedure that uses a balloon to open blocked arteries for patients who have suffered a heart attack.

"We've shown excellence in getting patients to the cath lab quickly and effectively for a coronary intervention," says Dr. Bromberg. "Time is muscle." In other words, the longer it takes for a patient to receive care, the greater the risk of potential damage to the heart.

Additionally, WRMC has gone "above and beyond" to earn designation for Resuscitation in treating patients who experience cardiac arrest, Dr. Bromberg notes. This includes access to potentially life-saving hypothermia therapy, if needed.

### What is cardiac arrest, and how can specialized care help?

Cardiac arrest is different from a heart attack and occurs when the heart suddenly stops beating because of an electrical malfunction. It can be more common after a heart attack and can cause brain damage or be fatal, so getting prompt, effective treatment is critical, Dr. Bromberg

notes. For select patients, lowering the body's temperature through hypothermia therapy can support recovery and reduce the risk of damage to the brain, Dr. Bromberg explains.

As described by the ACC, "The addition of the Resuscitation designation to Chest Pain Center with PCI accreditation enhances outcomes because the facility will have initiated early strategies such as early recognition, CPR and defibrillation, early intervention with Primary PCI simultaneously with post arrest hypothermia treatment."

### Promoting awareness

To help ensure the most timely, effective care, it's essential that people know the signs of a possible heart attack and call 9-1-1 right away if they recognize any of the symptoms, Dr. Bromberg emphasizes. With this in mind WRMC continually works to educate the community and has also conducted training throughout the hospital.

"Early recognition is key," notes Dr. Bromberg. It's vitally important that people who are experiencing a possible heart attack get the right care right away at a facility like WRMC that is specially equipped to support the best outcomes, he says. ■

**To find out more about emergency services at WRMC for cardiac issues and other conditions, please visit [www.wellingtonregional.com/heart](http://www.wellingtonregional.com/heart).**

## POSSIBLE HEART ATTACK SYMPTOMS VARY BETWEEN MEN AND WOMEN\*

### Men

#### Classic heart attack symptoms\*

- Chest pain or discomfort
- Discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Cold sweat, nausea or light-headedness



\*American Heart Association

### Women

#### Common heart attack symptoms\*\*

- Unusually heavy pressure on the chest
- Sharp upper body pain in the neck, back and jaw
- Severe shortness of breath
- Cold sweats (not hot flashes from menopause)
- Unusual or unexplained fatigue
- Unfamiliar dizziness or light-headedness
- Unexplained nausea or vomiting



\*\*Centers for Disease Control and Prevention (CDC)

**If you have any of these signs, call 9-1-1 and get to a hospital right away.**

# How does WRMC support *equestrians*?



Equestrian sports are a special part of the local culture, and Wellington Regional

Medical Center (WRMC) is fully committed to serving the unique needs of competitive riders and their families. **Nicholas Sama, MD**, Chairman of the Department of Orthopedic Surgery at WRMC, has taken care of some of the sport's top athletes and understands the challenges and demands they face. He explains how WRMC provides specialized care.



## **Q: What are some of the common conditions you treat?**

We see a wide variety of conditions, from minor lacerations, bumps and bruises to sprains, concussions, major fractures and other orthopedic issues. We also provide care to athletes' friends and family members who may need treatment for general illnesses and chronic conditions like blood pressure and diabetes. We are here to support any medical needs that arise and have even had many babies delivered here from the equestrian community.

## **Q: How is care provided in the event of an emergency?**

To expedite care while still ensuring patient privacy protection, we have special technology that enables us to communicate directly with people at the showground; so we can be made aware of a fall or other injury and anticipate the athlete's arrival if he or she chooses to come to WRMC for care. This supports expeditious, secure, quality care.

## **Q: What makes caring for this community different?**

Equestrian athletes must follow many specific rules and regulations, and we are well-versed on the requirements and expectations. We know that competing is a passion for some people and a livelihood for others. Different departments within the hospital work to expedite the treatment process and get competitors back on the field as safely and quickly as possible, while ensuring that they achieve the best medical outcomes.

## **Q: What other services are available?**

WRMC offers the "high-tech" advantages of a big-city hospital right here in the local community, providing advanced care for cancer, joint replacement, heart attack, stroke and many other medical conditions. We know that many members of the equestrian community consider Wellington their "winter home," and we want people to know that our highly skilled providers are here if they need us. ■

To find a doctor, call Direct Doctors Plus,<sup>®</sup> our free physician referral line, at 561-798-9880.



# Intraoperative radiation therapy for *breast cancer* comes to WRMC



Traditionally, radiation following a lumpectomy requires weeks of treatment. But for qualifying patients, intraoperative radiation therapy can be completed in a single session.



Kathleen E. Minnick, MD

Candidates for this therapy include women age 50 or over who have a small, low-grade, early tumor in the breast, says Surgeon Kathleen E. Minnick, MD. With a lumpectomy, the tumor and some surrounding breast tissue are removed, and the rest of the breast is left intact. Radiation treatment is then given to reduce the risk of cancer recurring.

Conventionally, radiation is given in frequent small doses over a period of weeks. But with intraoperative radiation therapy, doctors are able to give a smaller, one-time dose of radiation at the same time as the lumpectomy. "We're only treating about 2 centimeters around the lumpectomy cavity," Dr. Minnick says. "That is the area most highly at risk for recurrence."

Some patients may still need to take a pill as part of their treatment, Dr. Minnick notes, but otherwise their treatment is done. "For patients, it's a tremendous sense of relief when they've treated their cancer," she says. Patients have also been pleased with the cosmetic results, she says, and the lower radiation dose can help to protect underlying organs. ■

**Screening is important to diagnose cancer early, when it is more treatable. For information about women's imaging services at WRMC, visit [www.wellingtonregional.com/womensimaging](http://www.wellingtonregional.com/womensimaging).**

## *Are you a candidate?*

As mentioned, this procedure is recommended only for select patients. It cannot be used for multiple tumors and is not recommended for advanced or aggressive cancers, Dr. Minnick notes. Early diagnosis is key. "The tinier the tumor, the more likely we are to be able to treat it this way," she says.

To find out if you are a candidate, Dr. Minnick says it's essential that you talk with your oncologist, radiation oncologist and surgeon before you have your breast cancer surgery. Collaboration can help ensure that you get the best, most customized treatment for you, she says.



*It's never too  
late TO QUIT.*

WRMC offers a smoking  
cessation class. To learn  
more, see the back page  
or call 877-848-6696.

# For *love* of your *lungs*

## Advanced procedures support earlier lung cancer detection

The Comprehensive Lung Program at Wellington Regional Medical Center (WRMC) now offers navigational bronchoscopy and endobronchial ultrasound (EBUS), which can enable earlier detection of lung cancer using an advanced, minimally invasive approach. These procedures can help doctors make a diagnosis if they find something concerning identified on a low-dose computerized tomography (CT) scan or other screening test, explains Interventional Pulmonologist Adam Wellikoff, MD, FCCP. The goal is to find and diagnose lung cancer earlier, when it is more treatable, so patients can experience the best possible outcomes, he notes. ►



**Adam Wellikoff,  
MD, FCCP,  
Interventional  
Pulmonologist**



**Mark Meyer,  
MD, Thoracic  
Surgeon**

### How are these diagnostic tools different?

In order to make a lung cancer diagnosis, doctors must obtain cell samples and examine them under a microscope. Traditionally, this has involved conventional surgery and a hospital stay; but with advanced techniques, diagnosis can now be achieved in an outpatient procedure that provides even greater precision.

Both navigational bronchoscopy and EBUS are performed non-surgically by inserting a thin, flexible tube into the airways. Navigational bronchoscopy uses electromagnetics and advanced imaging to help locate tumors in the lungs. "It can reach remote spots that may not be accessible with conventional methods," explains Dr. Wellikoff.

With EBUS, which is supported by ultrasound technology, doctors are able to obtain lung samples and determine right away if cancer exists. They can also use the findings to determine the "staging" or severity of cancer. This enables doctors to more effectively determine the best, most appropriate treatment.

**To contact a Clinical Navigator, call 561-500-5864 (LUNG) or email [wrmclungprogram@uhsinc.com](mailto:wrmclungprogram@uhsinc.com).**

*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.*

### What if lung cancer is diagnosed?

Patients at the Comprehensive Lung Program are guided throughout the treatment process by a caring, dedicated staff. Director of Clinical Operations Sonia Polack, RN, MSN, OCN, notes that she and Clinical Navigator Chris Collins can help with things like setting up appointments, connecting patients with community resources or just providing a shoulder to lean on. They can also follow up with patients' primary care providers, as needed. "We're on this road with patients together," says Collins. "It's our job to make the next step the easiest it can be."

Because the hospital has a comprehensive program, patients can get all the care and resources they need in one place, says Thoracic Surgeon Mark Meyer, MD. In addition to traditional surgery, treatments may include minimally invasive procedures that can support shorter recoveries, as well as stereotactic radiation – which is a more intense, targeted therapy – for patients who are not candidates for surgery.

All of the pieces are in place to ensure that patients are treated appropriately and optimally, starting with screening and diagnosis to help detect cancer as early as possible, Dr. Meyer says. "We want to catch it at an early stage," he notes. ■



*Sonia Polack and Chris Collins work together to help guide patients.*

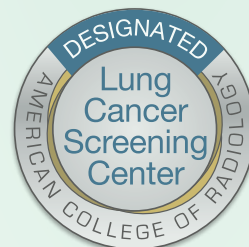
### Should you be screened?

The Centers for Medicare and Medicaid Services (CMS) lists the following criteria for lung cancer screening:

- Age 55 to 77 years
- Asymptomatic (no signs or symptoms of lung cancer)
- Have smoked a pack or more of cigarettes a day for at least 30 years
- Currently smoke or have quit within the past 15 years

Wellington Regional Medical Center is designated a Lung Cancer Screening Center by the American College of Radiology (ACR).

**To find out more about our lung care program, visit [www.wellingtonregional.com/lung](http://www.wellingtonregional.com/lung).**







## *calendar of events*

### **Preoperative Joint Replacement Class**

If you are preparing for a hip, knee or shoulder replacement at our hospital, this class will teach you what to expect before and after surgery.

**Every Wednesday, 1:30 to 2:30 p.m.**  
**Location: Wellington Regional Medical Center (WRMC) Community Room**  
**Call 561-798-9880 to register.**

### **Weight-loss Surgery Seminars**

Meet the Weight Management Center staff and learn about bariatric options at WRMC, including insurance and costs.

**Aug. 14, Sept. 11, at 6 p.m.**  
**Location: WRMC Weight Management Center, 10111 Forest Hill Blvd., Wellington. For a reservation, call 561-798-8587.**

### **Weight-loss Support Group**

For individuals who have had weight-loss surgery or are considering it.

**Aug. 28, Sept. 25 at 6 p.m.**  
**Location: WRMC Weight Management Center (see address above). For a reservation, call 561-798-8587.**

### **Quit Smoking Now Classes**

Most Wednesdays at 6 p.m. at WRMC.

**For more information, call 877-848-6696 or visit [www.tobaccofreeflorida.com/quityourway](http://www.tobaccofreeflorida.com/quityourway).**

### **The Birthing Center Tour**

Come see everything we offer to help get the new addition to your family off to a great start. You'll learn about the comprehensive care we provide and meet some of our dedicated staff. Each tour is limited to eight expectant mothers and her partner. Parents-to-be will meet in the main entrance lobby.

**Sundays at 9:30 and 11 a.m., and Tuesdays at 5:30 and 7 p.m. To register, call 561-798-9880.**

### **Childbirth and Parenting Classes**

We offer a variety of classes, including Lamaze Childbirth Education, Baby Care Class, Infant CPR, ABC's of Breastfeeding, Infant Massage Class, Siblings Class and Bootcamp for Dads.

**Dates, times and locations of each class vary. For more information or to register, call 561-798-9880, or visit [www.wellingtonregional.com](http://www.wellingtonregional.com), and click on "Events and Programs."**

### **Prenatal Yoga**

Learn from a certified instructor how to safely practice prenatal yoga. Free to expectant mothers who are registered to deliver at WRMC. Bring a mat, blanket, towel and water bottle.

**Mondays at 7 p.m. in Conference Room A. To sign up for Prenatal Yoga classes, call 561-798-9880.**

## *Connect WITH US!*



**[www.wellingtonregional.com](http://www.wellingtonregional.com)**  
**561-798-8500**

#### **HEALTH NEWS FROM WELLINGTON REGIONAL MEDICAL CENTER**

**Robbin Lee**  
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Officer

**Jamie Taylor**  
Director of  
Marketing

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