

HEALTH

ANNIVERSARY ISSUE 2008

Life

 St. Mary's
Medical Center



St. Mary's Celebrates

70 Years of Caring

Find the
apple
and win!

» Details on page 2



**NICU Named
Health Care Heroes**

**House Calls:
The Warning Signs
of Type 2 Diabetes**



Dear Neighbors:

Seven decades ago, the Franciscan nuns from Allegany, New York, came to West Palm Beach to establish a nursing home for the county's underserved population. Within a short period, the Sisters realized they could fill an even greater need by providing medical care to the entire community. From these modest beginnings, St. Mary's Medical Center quickly flourished to become a full acute-care hospital in order to meet the growing healthcare needs of our community. Today, the hospital continues to serve our region with quality care provided by highly skilled physicians and medical staff in the same faith-based environment that was established in 1938.

It is with great pride that we celebrate the 70th anniversary of St. Mary's in 2008. The milestones achieved by the Sisters and the hospital have helped shape health care not only in our community but also all across the country. Throughout the years, as the greater Palm Beach community has grown, so have the services that we provide to our community. We are honored to have the privilege to serve the greater Palm Beaches with quality health care for 70 years, and we look forward to continually growing and working to make St. Mary's Medical Center the best healthcare facility in South Florida.

Sincerely,



Davide M. Carbone, CHIEF EXECUTIVE OFFICER

St. Mary's Medical Center
and the Children's
Hospital at St. Mary's
901 45th St.
West Palm Beach, FL 33407
(561) 844-6300
www.stmarysmc.com

CHIEF EXECUTIVE OFFICER
DAVIDE M. CARBONE

PUBLISHER
LAUREN GILLESPIE

DESIGNER
ERIC JACKSON

MANAGING EDITOR
LISA PRICE

CONTRIBUTING WRITERS
JENNIFER CATHEY,
GABRIELLE FERNANDEZ,
MARY ANNE FLOWERS,
JENNY POOLE HAVRON,
HILLARY MYERS,
DOROTHY PIATT,
ELIZABETH STINCHFIELD,
ANGELA WILLIAMS

Health for Life is published quarterly as a service of St. Mary's Medical Center. It is not intended to provide personal medical advice, which should be obtained directly from a physician. If you have a health issue or concern, please contact your healthcare provider.



St. Mary's Medical Center | Children's Hospital at St. Mary's

2008-2009 MEDICAL EXECUTIVE COMMITTEE

Janis Jones, MD
Chief of Staff

Robert Borrego, MD
*Vice Chief of Staff and
Medical Director of Trauma*

David Kanter, MD
Secretary/Treasurer

Sonya Pease, MD
*Division Director of
Anesthesiology*

Frances Rodriguez, MD
*Division Director of
Emergency Medicine*

Sheela Shah, MD
Division Director of Medicine

Debra Jones, MD
Division Director of OB/GYN

David Abis, MD
Division Director of Pathology

Lawrence Adams, MD
Division Director of Pediatrics

Womesh Sahadeo, MD
Division Director of Psychiatry

Chad G. Kelman, MD
Division Director of Radiology

Andrew Schneider, MD
Division Director of Surgery

Michael Chidester, MD
QA/Improvement Chairman

Timothy Willingham, MD
Utilization Review Chairman

Richard Kaplan, MD, DDS
Member at Large

Robert Wacks, MD
Member at Large

BOARD OF TRUSTEES

Bret Baynam, MD
Verdina C. Baker
Sr. Joan Dawson, O.S.F.
Dennis P. Gallon, Ph.D.
Clinton Glass
William Moss
Denise Nieman, Esq.
Amratlal M. Patel, MD
Walter C. Phillips III
Ronald A. Romear, MD

Janis Jones, MD
*Chief of Staff, St. Mary's
Medical Center*

Davide M. Carbone
*Chief Executive Officer,
St. Mary's Medical Center/
Children's Hospital at
St. Mary's*

Mitch Feldman
*Vice President/Palm
Beach Market, Tenet
Healthcare Corporation*

EXECUTIVE STAFF

Davide M. Carbone
Chief Executive Officer

Joey Bulfin
Chief Nursing Officer

Jeff Davis, DO
Chief Medical Officer

Scott Manis
Chief Operating Officer

Tom Schlemmer
Chief Financial Officer

Find the Apple, Win a First Aid Kit!



Find the apple hidden on pages 3-7, then call (561) 882-9100 or e-mail SMH-News@tenethealth.com with the correct page number, your name and contact information to win a first aid kit.

We welcome your comments and suggestions for *Health for Life* along with your submission.



St. Mary's Welcomes New Primary Care Physicians



St. Mary's Medical Center is pleased to announce the arrival of three new primary care physicians to our medical staff.

Dana Nitke, DO

Dr. Dana Nitke was raised in a small town in northern Minnesota and attended medical school at the University of Osteopathic Medicine and Health Sciences, now called Des Moines University, in Iowa. Dr. Nitke served her internship at Sun Coast Hospital in Largo, Fla. She completed her residency at Mercy Hospital in Pittsburgh, Penn.

After her residency, Dr. Nitke moved to Arizona where she worked for nine years, five of which she spent working in a medically underserved area near Phoenix. She also treated patients in Scottsdale, Ariz., as a physician at Pueblo Family Physicians.

Dr. Nitke's goals for her practice at St. Mary's are to provide quality care and service.

"I want patients to know they are not just another number with me," says Dr. Nitke. "I care about each patient's individual healthcare needs, and I'm excited to share my knowledge and experience with patients at St. Mary's."

Dr. Nitke looks forward to treating patients. To schedule an appointment with Dr. Nitke, call (561) 366-6774.

Madelyn Paredes, MD, and Manuel Paredes, MD

Drs. Madelyn and Manuel "Manny" Paredes are both family medicine specialists and natives of Florida. Madelyn grew up in Tampa and Manny is originally from West Palm Beach. The wife-and-husband team met during their undergraduate studies at the University of South Florida.

They completed their internships and residencies at the University of Florida and are both board certified by the American Board of Family Medicine. They are also members of the American Academy of Family Physicians and the Florida Academy of Family Physicians.

"My goal as a physician is to not only provide excellent health care, but to do it in a manner where honesty, trust and respect are priorities," says Dr. Manny Paredes.

The Paredes also feel they can meet a specific need in Palm Beach County, the place they call home.

"Having grown up in Florida and with Manny being from here, we have strong ties in this community," says Dr. Madelyn Paredes. "My husband and I both speak fluent Spanish and hope to become established as primary care physicians in this area."

The Paredes physicians' goals include building caring and long lasting relationships with their patients and other local healthcare providers. To schedule an appointment with Drs. Madelyn or Manny Paredes, call (561) 882-6226.



Dana Nitke, DO
Family Practice



Madelyn Paredes, MD and Manuel Paredes, MD
Family Practice

Celebrating 70 Years of Caring

In 1938, the Franciscan Sisters of Allegany opened a 50-bed nursing home in Palm Beach County and called it St. Mary's. They started with modest resources but a great vision: to care for the area's growing population with compassion and competence.

With their determined effort,

St. Mary's quickly grew into a full-service hospital during its first year of operation. In less than 10 years, the Sisters added an additional 100 patient beds to the hospital and created the first tumor clinic in the state of Florida in 1947.

Today St. Mary's Medical Center is a 463-bed acute-care hospital with more than 1,550 employees and 500 affiliated physicians who provide medical, surgical, obstetrical, oncology, pediatric, trauma and emergency services for every stage of life, from its very beginnings through every phase of childhood and adulthood. Our combination of advanced medical technologies, highly trained personnel, faith-based heritage and compassionate commitment have led to many "firsts" and "onlys," and St. Mary's has become trusted by families throughout the Palm Beaches and the Treasure Coast for the quality of our medical care and the dedication and warmth of our people.

For seven decades, St. Mary's Medical Center has grown and evolved to meet the changing needs of those we serve. In the days and years to come, we will continue to bring advanced medical technologies and innovative services to our community, in keeping with the faith-based commitment and vision established by our founders 70 years ago.



Serving Community Needs

During the 1970s, population growth made it necessary for the hospital to again expand to continue meeting the needs of the community. St. Mary's created a building fund to help with this endeavor.

"The community has always been involved in supporting the hospital," says Don Chester, Associate Administrator of St. Mary's. "The residents feel a sense of ownership and pride in the hospital, and it is evident in their kindness and interest in helping the hospital grow."

Along with taking dynamic roles in building projects such as the Turner Tower, which was completed in 1990, community members also actively serve on the hospital board. The unique perspective of some board members has encouraged St. Mary's to offer an ever-growing selection of specialized services.

"Before moving to Florida, many of our board members served on the boards of other prestigious hospitals in large cities," says Chester. "Some of the members saw programs offered at those hospitals and proposed that we begin similar programs here, which has led to growth in the healthcare services that we can offer to the community. St. Mary's proud history and promising future allows us to attract the best physicians, nurses, volunteers and board members, and provide our patients with the most compassionate care."



To learn more about St. Mary's past, present and future, visit www.stmarysmc.com and select the "About Us" tab.

Since opening in 1938, St. Mary's has carried out a healthcare mission unique in providing outstanding medical service and compassionate response to the spiritual needs of our patients. This recognition drives the actions our pastoral care staff takes to aid patients, visitors and employees.

timeline



Through the years, St. Mary's Medical Center has continued on a path of growth to keep pace with community needs. This 1940s photo features new construction at the hospital.

1938

Opened by the Franciscan Sisters of Allegany.

1940s

Expanded to 150 beds, ran state-designated polio center, and opened tumor clinic.

1970s

Opened the Schwartz Dialysis Center. NICU II and III began serving critically ill infants. Opened a private maternity room.

1980s

Added Interfaith and Special Care Pavilions and the Kaplan Cancer Center. Expanded the campus with 160,000 square-foot Turner patient tower.

1991

Created the Institute for Mental Health and the Children's Hospital at St. Mary's.

1994

Opened the Kimmel Outpatient Surgery Center and merged with Good Samaritan Medical Center, becoming Intracoastal Health Systems.

Then & Now: A Comparison

For many decades, St. Mary's Medical Center has provided quality healthcare for children, which requires the use of specialty equipment. Here's a look at the cost that St. Mary's paid for pediatric patient equipment from 1948 compared to today's costs.



	1948	2008
Room Furniture	\$400	\$8,167
Wheelchair	\$ 75	\$300
Isolette	\$150	\$39,295
Baby scale	\$ 10	\$681
Platform Scale	\$ 25	\$300
Nursery Crib	\$ 50	\$2,271
Pediatric Patient Bed	\$ 50	\$5,500



Treating Dignitaries

As a result of St. Mary's Medical Center's unflinching pursuit of the most compassionate and advanced care, many dignitaries including American presidents and members of the Kennedy family have sought treatment at the hospital when visiting the area. Indeed, St. Mary's is the designated White House hospital of choice for when the president is in the region.

President Bill Clinton was treated at St. Mary's when he injured his knee while visiting friends at Palm Beach County.

A Lifetime With St. Mary's

St. Mary's Medical Center has played a vital role in the life of Marianne Larson, RN, BSN.

"A year after I graduated from college, I did an internship in Miami," says Larson, a native of Palm Beach County. "After the internship, I came back to Palm Beach and began working at St. Mary's, and I've worked here ever since. This is where I was born and where I met my husband, and my children were all delivered here. My entire family lives nearby. This area and this hospital are what I call home."

During the 35 years Larson has spent at St. Mary's, she has watched the hospital transform. She has seen the original campus multiply to four buildings and has witnessed, firsthand, the transition from a small, community hospital to a major healthcare provider.



Marianne Larson, RN, BSN

Close to the Heart

Of all the growth that has occurred at St. Mary's, the advancement closest to Larson's heart has occurred in the Neonatal Intensive Care Unit (NICU) where she works. When the NICU first opened, there were only four beds. Gradually the unit has grown, and more beds were added. Currently, plans are in the works to further expand the unit.

"St. Mary's NICU is now one of the largest in the region," says Larson. "I am proud to say I was one of the first NICU nurses at St. Mary's."

The NICU at St. Mary's is one of only 12 in the state to be a designated Regional Perinatal Intensive Care Center. After working in the NICU for three decades, Larson sees how the department, now a major provider of care for premature babies, has grown in the past and will continue to grow in the future.

"I could not imagine a more rewarding career path," Larson says. "I'm now helping the children of children I've delivered. I feel honored to say I have been working at St. Mary's for 35 years."

1995

Initiated a 24-hour pediatric ED. Opened the Wound Healing Center.

1996

State designated as only pediatric trauma referral center in a five-county area.

1997

Opened The Rehabilitation Institute, offering specialized treatment for patients recovering from injuries.

1998

Began the Sickle Cell Clinic as part of Children's Medical Service. Opened a memory-loss clinic.

2001

Facility and operations acquired by Tenet Healthcare Corporation, initiating a new era of investment in our hospital and community.

2003

Broke ground for the Children's Hospital at St. Mary's. Began NICU expansion.

2004

Added a second helipad to accommodate trauma traffic. Installed 10 new NICU beds.

2005-2006

Won four awards from South Florida *Parenting* Magazine, including "Best Place for Pediatrics" and "Best Place to Deliver Your Baby."

2007

Won two awards from South Florida *Parenting* Magazine, including "Best of the Best Pediatric Hospitals." Received AHA's "Get With The Guidelines – Heart Failure Initial Achievement" award. Named "Best Critical Care Unit" from the American Association of Critical Care Nurses. Expanded NICU to 45 beds and house-wide bed count to 463.

When Stroke Strikes, Turn to St. Mary's

Stroke—it's the leading cause of disability in the United States, but the professional staff at St. Mary's Medical Center, a Joint Commission certified advanced Primary Stroke Center, is working to help patients overcome limitations brought on by this condition.

After a stroke or "brain attack," patients often have to relearn skills that are lost when the stroke interrupts oxygen flow to the brain. The skilled staff of the Rehabilitation Institute and Stroke Program at St. Mary's Medical Center has helped many stroke survivors regain independence and return to a more productive life through nurturing care and therapy.

Services at the Rehabilitation Institute at St. Mary's include physical, occupational and speech therapies, any combination of which might be used to help patients relearn everyday tasks from bathing and grooming to walking and talking to swallowing and eating.

For more information about the Stroke Program and Rehabilitation Institute at St. Mary's Medical Center, call (561) 844-6300.

Save a Life— Know the Signs

Not only is stroke the leading cause of disability nationally: it's also the third leading cause of death. Defend yourself and loved ones by knowing stroke symptoms and calling 911 immediately when stroke is suspected. Ask to be taken to St. Mary's Medical Center, which has been certified as a Primary Stroke Center by the Agency for Healthcare Administration for following national guidelines designed to optimize outcomes for stroke patients.

Stroke Symptoms

- unexplained numbness in face, arm or leg, especially on one side of the body
- sudden slurred or incoherent speech
- sudden onset of severe headache
- sudden vision difficulty
- sudden dizziness or loss of coordination

Surviving Stroke Together

Rehab Buddies—a new program at St. Mary's Medical Center—brings current stroke patients together with stroke-surviving volunteers to share experiences and help ease the healing process.

Developed through the hospital's Rehabilitation Department, Rehab Buddies is designed so volunteers fill the void caused when stroke patients return home and do not have the constant supervision of hospital staff. Through their experiences as stroke survivors or the caregivers of stroke survivors, Rehab Buddies can provide stroke patients with friendship, guidance and advice as patients transition from hospital to home and adapt to their new circumstances.

"There are a lot of things about life after stroke that you don't learn while you're in the hospital. Many of our patients have told us they've experienced difficulties negotiating day-to-day activities after returning home," says Fiona Komlosy, CTRS, Lead Recreation Therapist at St. Mary's. "Being able to talk with someone who has been in the same situation is a great help and a true comfort."

Volunteers with Rehab Buddies have undergone formal training at St. Mary's so they're well equipped to share their expertise with stroke patients.

To learn more about the Rehab Buddies program at St. Mary's, call Fiona Komlosy at (561) 840-6062.



Giving Back

There are numerous ways volunteers can help at St. Mary's Medical Center and the Children's Hospital at St. Mary's. We are always looking for additional volunteers to assist in these and other areas:

- Volunteer Chaplain Program
- Child Life Institute at the Children's Hospital at St. Mary's
- Cuddler Program
- Pet Therapy
- Rehab Buddies
- Student Volunteers

To volunteer at St. Mary's Medical Center or the Children's Hospital at St. Mary's, call (561) 882-2998 or send an e-mail to david.becker@tenethealth.com.

House Calls

Do you have medical questions?

Send your queries to *Health for Life* to be answered by a St. Mary's Medical Center physician. In this issue, Timothy Willingham, MD, internal medicine physician, answers a reader's question about Type 2 diabetes.

Reader: What are the warning signs of Type 2 diabetes? What can I do to decrease my risk for developing this condition?

Dr. Willingham: Type 2 diabetes is a growing problem in the United States due largely to unhealthy lifestyles. The less active people are, the less efficient the body becomes in using insulin, the hormone that maintains blood sugar levels. With Type 2 diabetes, the body craves more insulin, which raises blood sugar.

Warning signs of Type 2 diabetes include increased thirst, increased appetite, dry mouth, frequent urination and exhaustion. If you have any of these symptoms, speak with your physician. He or she can test you for diabetes and

determine appropriate treatment if you have the condition.

Prevention is also key. Fortunately, lifestyle modifications can reduce your chances of developing Type 2 diabetes. The American Diabetes Association recommends exercising at least 30 minutes most days of the week and adding resistance training to your routine to help prevent diabetes. It's also important to eat the recommended daily amount of vegetables, fruits and whole grains, and stay at your ideal weight to help keep your blood sugar levels regulated.

Send your health-related questions to SMH-News@tenethealth.com. Your question may be chosen to appear in the "House Calls" section of a future *Health for Life* issue.



Timothy Willingham, MD, internal medicine physician at St. Mary's Medical Center

Health Care Heroes at St. Mary's Medical Center



The NICU at St. Mary's was recently named Chamber of Commerce of the Palm Beaches Health Care Heroes Institution/Program of the Year. Attending the awards were (left to right): Jack Bankston, MD, Medical Director of the St. Mary's NICU Transport Team; Joey Bulfin, RN, Chief Nursing Officer; Lori Matich, RN, Director of the NICU; Davide M. Carbone, Chief Executive Officer; Clint Glass, St. Mary's Board of Governors Member and Chamber of Commerce Board Chairman.

Every year, nearly half a million babies across the United States are born prematurely, at less than 37 weeks gestation. Their size and underdeveloped bodies make them more likely than full-term babies to have cerebral palsy, mental retardation and learning disabilities. The staff at St. Mary's Medical Center's Level III Neonatal Intensive Care Unit (NICU) has the privilege of caring for nearly 800 of these tiny babies annually. It's a role that the 145-person NICU team treasures.

Neonatal Transport Team

Approximately 150 of the smallest, sickest babies from five surrounding counties are transported to the St. Mary's Medical Center each year via its helicopter or ground ambulances. To keep up with this demand, St. Mary's recently added a second \$125,000 transportation isolette—the incubator in which preemies travel—to its resources, so that no infant will have to wait for Level III care while another is being transported.

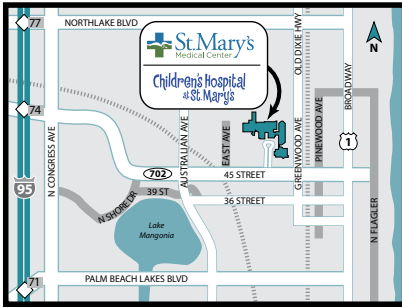
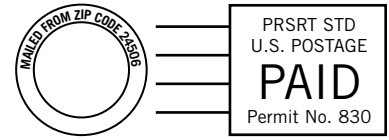


This year, the NICU at St. Mary's celebrates its 30th anniversary. Pictured here are members of the NICU staff.

In addition, St. Mary's annually hosts the Preemie for a Day workshop and a NICU conference, designed to educate staff from St. Mary's and surrounding hospitals on how to treat exceptionally small infants.

For these reasons and more, **the NICU at St. Mary's Medical Center was recently named Chamber of Commerce of the Palm Beaches Health Care Heroes Institution/Program of the Year.** Congratulations to the entire NICU team on this shining accomplishment.

St. Mary's Medical Center
Children's Hospital at St. Mary's
901 45th Street, West Palm Beach, FL 33407
www.stmarysmc.com
Need a physician? Call (561) 882-9100



There are plenty of reasons to choose St. Mary's for maternity and neonatal services. Including caring people, advanced technology and 70 years of experience.

For more information or physician referral, please call **561-882-9100**.

Faith, community and healthcare for 70 years.

MY CHOICE as a woman and a mother.

- Neonatologist and anesthesiologist in-house 24/7
- Offers highest level of Neonatal Intensive Care
- Provides comprehensive child birth education
- One of 12 state-designated centers for high-risk moms and babies
- Delivers more babies than any other Palm Beach County hospital
- Dedicated children's hospital offering specialized services

901 45TH Street, West Palm Beach | stmarysmc.com