

# HEALTH *for* Life

SPECIAL EDITION ISSUE 2008

 St. Mary's  
Medical Center

**SPECIAL  
Kids Health  
Section  
Inside!**

**PEDIATRIC CANCER CARE  
at Children's Hospital  
at St. Mary's**

**Healthy Holidays**  
Toy Safety, Recipe  
Makeovers and More

**Kids  
Health  
Questions?**

**We've Got  
EXPERT ANSWERS!**

**Find the  
block  
and win!**

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Dear Neighbors:

Being part of the growth and development of pediatric medical care in our community is one of the most rewarding aspects of my job. Many in the community know of the award-winning, specialized pediatric services historically offered at St. Mary's Medical Center, and it was with great pride and excitement that St. Mary's pediatric services were consolidated into our 81-bed Children's Hospital at St. Mary's.

Our staff continues to work to determine areas for growth and improvement to our pediatric services. Our investment and focus have resulted in admission growth of almost 20 percent in 2008. Future plans include continued inpatient and outpatient program development, recruitment of new pediatric physician subspecialists and improving overall pediatric healthcare access for the community.

This issue of *Health for Life* focuses on essential health information that every parent should know. Many parents ask our staff how they can detect and prevent health issues in their children, so we have featured these answers and more on pages 4 and 5. In addition, we have highlighted our specialized pediatric cancer program, which is the only one of its kind in Palm Beach, Martin, Indian River, St. Lucie and Okeechobee counties.

In celebration of the holiday season, this issue also features ideas for keeping the holidays happy and healthy with toy safety info, recipe makeovers, party strategies and more.

On behalf of everyone at St. Mary's Medical Center, I wish you and your family a blessed holiday season.

Sincerely,



Davide M. Carbone, CHIEF EXECUTIVE OFFICER  
St. Mary's Medical Center | Children's Hospital at St. Mary's



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*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.

ON THE COVER: Sarah Fitzgerald, RN, nurse at the Children's Hospital at St. Mary's, is pictured with Ashley.

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

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### Find the Block, Win a First Aid Kit!

Find the block hidden on pages 3 through 15, then call (561) 882-9100 or e-mail SMH-News@tenethealth.com with the location, your name and full address to receive a free first aid kit. **We welcome your comments and suggestions for *Health for Life* along with your submission.**



# Fun Food for Kids *from*

*It's a fact.* Kids would rather eat food that's fun. Here are some ideas to make meal time more enjoyable for your children.

- Cut whole-wheat bread sandwiches into fun shapes using cookie cutters.
- Create "pinwheel" sandwiches by rolling lean meats and colorful, raw vegetables (bell peppers, cucumbers, tomatoes, etc.) in a soft, low-fat, whole-wheat tortilla. Cut the rolled-up sandwich into bite-size sections.

- Spread cream cheese on half of a mini wheat bagel then decorate it with raisins, nuts and chunks of fruit.
- Freeze grapes and blueberries before packing them so they're still chilled at lunchtime.
- Add crunch to lunch with air-popped popcorn or pretzels instead of potato chips. Carrot and celery sticks also make tasty, crunchy substitutes. Include low-fat ranch dip or hummus for a delicious treat.



Glenn Hixson,  
Executive Chef



## Welcome, New Pediatric Physicians!

The Children's Hospital at St. Mary's is pleased to welcome these highly skilled and compassionate pediatric physicians to the hospital's emergency and surgical staff:

**Lisa Ameer, DMD**, Pediatric Dentistry  
**Charmaine Chibar, MD**, General Pediatrics  
**Derrick Clunis, MD**, Pediatric ER  
**Lenard Hughes, MD**, Pediatric Surgery  
**Jennifer Goodwin, MD**, General Pediatrics  
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**Marcie Berger, DMD**, Pediatric Dentistry  
**Sharon Skaletzky, MD**, Pediatric ER

## Pre-Surgery Tour

Before your child's operation, you'll want to get familiar with the hospital, and we'll want to get familiar with you, too. Come take a pre-surgery tour and meet other parents preparing for their child's operation, learn more about anesthesia and what to expect on the day of surgery.

The Children's Hospital at St. Mary's pre-surgery tour will help you and your child envision how the day of the operation will be. Tours are led by a staff member, take approximately one hour, and are held on Thursdays at 4 p.m. We recommend taking the tour no more than two weeks in advance of the operation. For more information or to register for the tour, call (561) 882-9100.

# Kids Health

# Q&A

A *Health for Life* panel of expert pediatric specialists answers some of the most frequently asked questions heard from parents.

*You strive to keep* your children healthy, and it can be a challenge. Discover what four pediatric physicians have to say about four common questions that parents ask.

## 1 What are some common dangers for school-age children, and what can I do to keep my child out of harm's way?

*Answered by Jessica Prince, MD, board-certified pediatrician and pediatric emergency medicine physician on staff at the Children's Hospital at St. Mary's*



Jessica Prince, MD, Pediatrician

School-age kids often do a lot of walking to and from the bus stop and school, and keeping them safe is everyone's responsibility. Generally, kids are having fun or talking to friends and aren't paying attention to the world around them, so drivers should exercise extra caution, go slowly and obey all traffic laws.

Parents should also teach kids to cross the street only at crosswalks, walk with a group of friends or siblings and never get

in a car with someone they don't know. You want to keep your child safe and encourage an environment where they can have good experiences at school. These steps can help make that happen.

In addition, make sure your children know proper emergency information: your home, work and cell phone numbers; where you work; your home address; their pediatrician's name; medications they are taking; and any allergies. As a backup, place a laminated card in the child's backpack with this information. Such measures make it easier for medical personnel to locate parents in the event of an emergency and ensure children receive safe care.

## 2 How important are vaccinations, and which ones do my children need?

*Answered by Kisha Marzouca, MD, MSPH, FAAP, board-certified pediatrician on staff at the Children's Hospital at St. Mary's*

In general, vaccinations are the most efficient way of protecting kids from diseases that create severe illness and even death. Other medical advances do very little in terms of preventing illness when compared to vaccines.

If kids are healthy, they're able to attend school and other activities. If they're not healthy, they're not at school, and they can fall behind academically. Vaccines help keep them healthy. That's



Kisha Marzouca, MD, MSPH, FAAP, Pediatrician

why most schools mandate vaccinations.

In Florida, all infant series vaccinations are required prior to entering kindergarten: diphtheria, pertussis and tetanus (DPT); polio booster; and measles, mumps, rubella (MMR). There is also a required tetanus booster for rising seventh graders. Additionally, certain vaccines are recommended but not mandated. These include chicken pox boosters, meningitis boosters, a new tetanus booster that protects against whooping cough and the cervical cancer vaccine for females age 9 and older.

I also recommend an annual flu vaccine, whether administered nasally (for children 6 months and older) or through an injection. Studies now show if you vaccinate all school-age children against the flu, it impacts the health of the whole community as kids come in frequent contact with individuals of all ages.



### 3 How can I keep my children safe and healthy?

*Answered by Ivy Faske, MD, pediatrician on staff at the Children's Hospital at St. Mary's*

One of the biggest health concerns for children is the transmission of germs at school, camp and daycare. To keep your children free from unnecessary illness, teach them good personal hygiene and hand-washing habits.

Children should wash their hands throughout the day, especially before lunch and after using the restroom. Teach your children to cough or sneeze into their elbow, instead of their hand, to decrease germ transmission and not to put toys, pencils or pens in their mouth.

In terms of safety, ensure your children know to use crosswalks and look both ways before crossing the street or parking lot. If riding a bus, encourage them to behave so as not to distract the bus driver.



### 4 How much of a problem is obesity in kids, and what can I do to help my child avoid it?

*Answered by Mary Vaccarello-Cruz, MD, board-certified pediatric endocrinologist on staff at the Children's Hospital at St. Mary's*

Some experts say the current generation of kids won't outlive their parents if childhood obesity progresses. Predictions forecast an increase in morbidity in kids, resulting in Type 2 diabetes, hypertension, stroke, high cholesterol, sleep apnea, asthma, depression, poor self-esteem and many other health conditions, as well as higher mortality rates.

I've been practicing medicine for nearly 15 years and, during that time, I've seen an incredible rise in children being

diagnosed with Type 2 diabetes. This was once considered an adult disease, but not any more, and it's due to childhood obesity. The good news is that childhood obesity can be avoided.

Parents should ensure their children get at least 30 minutes of enjoyable, moderately intense physical activity every day. Additionally, they should monitor their children's food intake: snacks should be healthy and portion sizes should be considered, as kids are often fed double what their bodies require. An ideal portion of carbohydrates is half a cup of rice. An appropriate portion of protein like chicken or fish is the size of a child's palm. Making these changes isn't easy, and parents need education and support. Consult a registered dietitian at Children's Hospital at St. Mary's for professional nutritional advice.

**To schedule an appointment with a physician from the Children's Hospital at St. Mary's Medical Center, call (561) 841-KIDS.**

# + Pediatric Cancer Care



Nurses who work for the Children’s Hospital at St. Mary’s Medical Center are expertly trained to care for pediatric cancer patients.

*As home to the only* pediatric cancer program in Palm Beach, Martin, Indian River, Saint Lucie and Okeechobee counties, the Children’s Hospital at St. Mary’s provides inpatient and outpatient cancer treatment for children. All nurses in the unit are certified with special training to care for patients who need education, biotherapy and chemotherapy for cancer and diseases of the blood.

## Making a Difference

“The nurses at Children’s Hospital at St. Mary’s who care for pediatric cancer patients know the diseases, drugs and dynamics of hematology and oncology,” says Sarah Fitzgerald, RN, at the Children’s Hospital at St. Mary’s, who left a nursing director position to return to the cancer floor because she missed the one-on-one interaction with patients.

Additionally, the Child Life Institute nurses and the hospital’s Pediatric Oncology Support Team (POST) encourage families to support each other.

“There are both happy and sad times for cancer patients and their families,” says Fitzgerald. “I derive a great deal of satisfaction from using my nursing skills, being an advocate and helping patients and families through some of the most difficult times of their lives.”

If you have questions about the children’s cancer program at the Children’s Hospital at St. Mary’s, call (561) 841-KIDS.

## Child Life Institute

Singing fun and light-hearted children’s songs one moment and explaining technical medical procedures to a child the next is all part of a day’s work for Karen Hansen, Child Life Specialist and Jane Miller, Child Life Assistant at the Children’s Hospital at St. Mary’s Medical Center.

The six-member Child Life Institute team at the Children’s Hospital at St. Mary’s exists to help reduce the stress and anxiety that many children experience in health-care settings. Although children commonly experience psychosocial upset during and after hospitalization, these responses can be modified through intervention in the form of Child Life services.

“We advocate for family-centered care, trying to look at how hospitalization affects the family as a whole,” says Rachel Wood, CCLS, Child Life BEAR Program Manager for the Child Life Institute at the Children’s Hospital at St. Mary’s. “Child Life programs

work with siblings, as well, expanding their understanding of hospitalization.”

“Child Life programs can reduce the stress experienced by children and families and enhance their abilities to cope effectively with and gain from potentially stressful situations,” explained Jane Miller, Child Life Assistant.

Knowledge and application of foundations in theories of child development, play, stress and coping, and family systems are the basis for Child Life practice.

**For more information about the Child Life Institute at the Children’s Hospital at St. Mary’s, call (561) 882-6334.**



## Play It Safe

Special playrooms isolated from the possibility of communicable disease are located in the Pediatric Oncology unit of the Children’s Hospital at St. Mary’s. These offer a haven for children with compromised immunity to play and socialize with other patients.

# Keeping Kids Healthy



SPECIAL  
KIDS HEALTH  
SECTION

By teaching your kids healthy habits while they're young, you may offer them a shortcut to maintaining healthy lifestyles as adults.

*"We tend to carry* the behaviors we learn as kids with us into adulthood," says Jodi Mettel, MS, RD, LD, chief clinical and pediatric dietitian at St. Mary's Medical Center. "So, it's critical for parents to teach their kids to appreciate a wide variety of fruits and vegetables and encourage them to be physically active on a regular basis."

## Eat Right

Mettel offers these tips to help children learn to eat healthfully.

- When it comes to food, guide your family's choices rather than dictating them. Make a wide variety of healthful foods available and don't offer unhealthy choices.
- Encourage your children to eat slowly. This will allow them time to realize when they are full.
- Sneak healthy foods into favorite dishes: For example, add chopped vegetables to spaghetti sauce for extra nutrients, texture and flavor.
- Plate food before taking it to the table and leave remainders on the counter

or stovetop. If you have to get up for seconds, you're less likely to indulge in them.

- Plan for a small, healthy snack in between breakfast, lunch and dinner. Choose foods with lots of fiber, such as a handful of mixed nuts, some carrots or an apple.
- Don't allow eating in front of the television or the computer as the distraction can lead to overeating.

## More Sound Advice

Good nutrition is important, but what about good hygiene? It is equally important, and parents play a large role in teaching their kids how to perform simple tasks that can help keep them healthy throughout life.

"Most kids need lessons on how to properly brush their teeth and wash with soap and water," says Ronald Romear, MD, pediatrician with Infants and Children's Pediatric Association, and on the medical staff at St. Mary's. "Teaching them will help ensure they're doing these things effectively."

It's also a good idea to coach them to use a tissue when coughing or sneezing. There are some instances, however, in which Dr. Romear suggests parents can take a few shortcuts without negatively affecting their child's health.

"One trend parents can get away from is giving their children multivitamins. Vitamin deficiency is almost unheard of in America," says Dr. Romear. "Also, parents can get a little carried away with hand sanitizers. Part of being a kid is getting dirty once in a while."

When it comes to the occasional hygienic mishap, Dr. Romear has a few more tips.

"If your child accidentally gets the wrong bottle at daycare or manages to pop a pacifier back into his mouth after it's fallen on floor, it's not likely to hurt him, but at the same time, it's important to teach children to avoid sharing eating utensils or putting things in their mouths that have been on the floor."

To find a Children's Hospital pediatrician, call (561) 841-KIDS or visit us online at [www.stmarysmc.com](http://www.stmarysmc.com).

## Teaching Healthy Habits

Ronald Romear, MD, pediatrician with Infants and Children's Pediatric Association, and on the medical staff at St. Mary's Medical Center encourages parents to teach children these healthy habits:



Ronald Romear, MD,  
Pediatrician

- **Exercise.** Schedule physical activity and play time for your kids every day. Stress the importance of exercise in keeping their bodies healthy.
- **Communicate.** Carving out time to talk to your kids makes them feel valued and teaches them social skills. On busy days, use travel time or mealtime to talk with your children. Need a topic? Inquire about their day, friends, teachers or schoolwork.
- **Read.** Take a high-tech break from the television, computer and video games to read. Reading stimulates creativity and problem-solving skills.



# Babies 101

SPECIAL  
KIDS HEALTH  
SECTION



## Family Education

*As you await the* birth of your child, you may have questions about where you will deliver and what comes next. Maternity Services at St. Mary's Medical Center have the answers with a tour of the Birthplace at St. Mary's and education classes.

### Maternity Tours

Expectant couples can tour labor and delivery areas, operating rooms, the postpartum unit, the Neonatal Intensive Care Unit (NICU) and the mother/baby unit. An epidural education session completes the tour.

*Tours are offered four times monthly. Registration is required; cost is free.*

### Childbirth Education

In this prenatal class, mothers learn about relaxation and breathing techniques, support person role, labor process, and techniques and options for managing pain during labor.

*Registration is required. The \$10 fee is waived if you plan to deliver at St. Mary's.*

### Breastfeeding

Certified lactation specialists teach expectant parents the benefits of breastfeeding, how to breastfeed and how to overcome common problems.

*Registration is required. The \$10 fee is waived if you plan to deliver at St. Mary's.*

### Boot Camp for New Dads

This inspiring, practical and popular class helps men learn to confidently engage with their infant, support their mates and navigate the transition to fatherhood.

*Boot Camp is held every other month on the fourth Saturday. The \$20 fee covers the cost of a workbook and other materials.*

### Siblings Class

The arrival of a new baby can be a difficult for older children. In this class, geared to help children ages two through eight adjust to new arrivals, siblings-to-be tour the maternity unit, as well as practice basic baby care.

*Classes are offered monthly. Registration is required.*

### Infant/Child CPR

Parents and grandparents of infants or small children are encouraged to attend this Basic Cardiac Care Life Support Heartsaver course, which is certified by the American Heart Association.

*The course is offered four times monthly.*

*Registration is required. Cost is \$10 per couple—free to parents of NICU infants.*

For more information or to sign up for maternity education classes, call (561) 882-9100 or visit us online at [www.stmarysmc.com](http://www.stmarysmc.com).

# Caring for the PEDIATRIC SPINE

**Bret O. Baynham, MD**, pediatric orthopedic surgeon on the medical staff of St. Mary's Medical Center, treats spinal problems common in children.

"I see children with sprains, strains and fractures, but I also see children with more serious conditions including rotational deformities, neuromuscular disease, hip dysplasia and congenital malformation," says Dr. Baynham. "Scoliosis of the spine is one of the most common problems I treat."

Scoliosis occurs in roughly three in every 100 people. No definite causes for the disease are known; though there is some evidence that



No parent wants to hear their child needs spinal surgery, but in some cases—including with severe scoliosis—spinal surgery may be the best option to ensure a healthier life for your child. Thankfully, St. Mary's Medical Center has services to meet your needs.

scoliosis can be a hereditary condition. It is more common in girls than boys.

Having scoliosis doesn't necessarily mean your child will need surgery. Other treatment options are available—and some cases don't require treatment at all.

If your child does need surgery, however, options are often available that can have your son or daughter home within a few days and back to normal activities within a few months.

For more information, visit [www.stmarysmc.com](http://www.stmarysmc.com), select "Medical Services" then "Children's Surgical Services."



**Bret O. Baynham, MD**,  
Pediatric Orthopedic Surgeon

## Children's Diabetes Education

If *your child* has recently been diagnosed with diabetes, with support from you and help from specialists at the Children's Hospital at St. Mary's Medical Center, they can live healthy, active lives.

### Taking Control

Children with diabetes depend on their parents for support well into their high school years. Diabetes education can help you form a team that can successfully manage your child's condition as he or she grows into adulthood.

### Learning More

St. Mary's provides diagnosis, inpatient counseling, treatment and follow up for pediatric patients with diabetes. A certified diabetes educator in nutrition and nursing will help educate you and your child, providing the necessary tools to successfully manage the disease, such as:

- carbohydrate counting
- glucose level pattern management
- insulin adjustment
- ketone monitoring
- label reading: looking for fiber, sugar and alcohols
- monitoring blood glucose highs and lows
- nutrition designed to control blood glucose levels
- ongoing care issues

Need a doctor for your child? To speak with a helpful person who can assist with making a referral to the Children's Hospital at St. Mary's, call toll free, (561) 841-KIDS (5437).



# 8 Medical Tests Women Might Not Know They Need +



Today's women lead busy lives, which is all the more reason why good health should be a top priority. Schedule some time for these often overlooked screenings that can help you lead a healthier life.

❶ **Body Fat Measurement:** This reading of body mass more accurately predicts health than weight alone. No matter what your weight or fitness level, this is a key number to know.

“It’s important to know if your body fat is within the healthy range,” says Gloria Hakkarainen, MD, FACOG, ABAAM, obstetrician/gynecologist on staff at St. Mary’s Medical Center. “Everyone’s body burns calories at varying rates. Learning your body mass and measuring your basal metabolic rate can help you determine how many calories you need to maintain a healthy weight and level of body fat.”

❷ **Bone Mineral Density (BMD) Test:** Osteoporosis is a major concern for women everywhere; that’s why having a BMD test should be high on your medical to-do list. The earlier you detect signs of bone loss, the sooner you can protect against it in the future.

You can develop osteopenia, or lowered bone mass that isn’t quite as low as osteoporosis, at a very young age. A BMD test can detect loss before it becomes critical.

If your physician recommends a bone density screening, you can typically have it done at the same place where you get your yearly mammogram. Many physician’s offices also offer it.

“Most women should have a bone density screening at least once in their life,” says Karen Gebo, RT(R)(M), Imaging Center Supervisor for St. Mary’s Medical Center. “If possible, it’s a good idea to have one every year or at least every two years. Your initial screening will determine whether you need to be tested more or less frequently.”

❸ **C-Reactive Protein (CRP) Test:** The test measures levels of CRP, which is produced in the liver and often

elevated in people with rheumatoid arthritis and other diseases resulting in chronic inflammation. Several studies indicate that increased levels of CRP in otherwise healthy people are linked with an greater risk of heart attack, stroke and other cardiovascular problems.

“We can also use the CRP test as an indicator of obesity,” Dr. Hakkarainen says. “Unhealthy body mass is a serious issue among women today.”

**4 New Lipid Profile:** Cardiac risk assessment tests such as the lipid profile can indicate the likelihood of a coronary event. The profiles measure cholesterol, tryglycerides, HDL (“good” cholesterol) and LDL (“bad” cholesterol).

“Ask your physician about an LPP test,” Dr. Hakkarainen says. “This particular kind of lipid profile is more effective than traditional cholesterol tests.”

The LPP™ test determines the specific number of particles in each lipoprotein subclass (HDL and LDL). The varying amounts come with very different treatment options. A physician can better treat a patient’s cholesterol with the information the LPP profile offers.

**5 Mercury Level Reading:** You can be exposed to mercury through breathing air, eating food or drinking water contaminated with mercury compounds. Mercury can also enter the body through contact with the skin, and is often found in metal dental fillings.

Many women have been exposed to mercury, especially through fillings. There are easy ways to detoxify after exposure, and your physician can help.

**6 SpectraCell FIA™ Test:** The Functional Intracellular Analysis (FIA) test is a blood screening that measures specific vitamins, minerals and other essential nutrients in the white blood cells.

The SpectraCell test can reveal if you are getting too much of some vitamins, which can be hard on your kidneys and liver. On the flip side of that, prescription drugs often deplete vitamins and minerals, so we use it can be used to check for deficiencies, too.



## Don't Forget the Basics

### Clinical Breast Exam and

**Mammogram:** The American Cancer Society recommends that women in their 20s and 30s have clinical breast exams at least once every three years. After age 40, you should also have yearly mammograms.

“The most comfortable time to have a mammogram is about seven days after your period has ended,” says Karen Gebo, RT(R)(M), Imaging Center Supervisor for St. Mary’s Medical Center. “While timing isn’t crucial for test accuracy, breasts are less sensitive at that time.”

**Pap Smear:** This standard test for detecting signs of cervical cancer should begin once you become sexually active or by age 18. After the initial test, a Pap smear should be done annually during gynecological exams.

**Comprehensive Eye Exam:** The Prevent Blindness America organization recommends getting a comprehensive eye exam every one to five years, depending on age and genetic factors. Ask your eye doctor how often he or she recommends having a check-up.

St. Mary’s Medical Center’s dedicated, certified mammographers and radiologists use digital mammography and state-of-the-art bone density scanning equipment. Ask your physician about a referral and call 561-881-2828 to schedule your appointment.

The test helps doctors advise patients about the supplements they should be taking more or less of, and how to balance their nutrient intake for optimum health.

**7 Total Skin Exam:** The skin is the largest organ on the body and should be carefully monitored. There are numerous things to watch out for, such as yeast infections that can develop under the breasts.

Moles should also be examined periodically to track size, shape and color. If changes occur, make sure to tell your physician.

**8 Thyroid:** The thyroid is an endocrine gland that makes and secretes hormones that the body’s cells need to regulate metabolism.

Every woman between the ages of 35 and 45 should ask her physician about a thyroid test.

If the thyroid isn’t working properly, multiple symptoms can arise, including being overly tired or listless, feeling cold when other people are comfortable and having dry skin, depression or a fast or slow heart rate. Women are eight to 10 times more likely to suffer from thyroid problems than men.

To find a St. Mary’s Women’s Services Physician, please call (561) 882-9100 or visit us online at [www.stmarysmc.com](http://www.stmarysmc.com).

# Celebrating 30 Years of a Growing Service

On July 1, 1978, St. Mary's Medical Center opened Palm Beach County's first Neonatal Intensive Care Unit (NICU). The facility, which initially had two beds to care for sick and premature infants, has been an asset to the community from the very beginning.



*Three decades, thousands of* babies and several expansions later, St. Mary's 45-bed Level 3 NICU is continuing to provide the highest quality care to sick infants.

"Everyone who works here is amazed at the growth we've experienced," says Lori Matich, RN, BSN, Director of St. Mary's NICU. "This past December, we had 70 babies in the unit—our highest number ever. Now, we are saving babies born as early as 23 weeks, thanks to the technology available here."

Growth in the Palm Beach County area has prompted the hospital to plan another NICU expansion in the near future.

Beyond serving the community for three decades, the NICU has recently had even more reason to celebrate. Last year, the NICU staff cared for its first set of quadruplets.

"The percentage of multiple births has definitely risen," says Matich. "Recently, we had eight sets of twins in the unit. Many moms in the region who have high-risk pregnancies turn to St. Mary's to deliver their children because of the exceptional technology found in our NICU and the superior standard of care provided by our highly skilled staff."

For more information about St. Mary's Medical Center's NICU, call (561) 882-9100 or visit us online at [www.stmarysmc.com](http://www.stmarysmc.com). See page 8 for a list of our maternity and parenting education classes.

## Rediscovering Holiday Cheer

*If you have experienced* a loss or extra stress that affects your mood around the holidays, it is healthy to talk about and acknowledge it, but don't let these feelings become obstacles to enjoying all the season has to offer.

### Get Involved With New Traditions

If you are feeling blue or lonely, start some new holiday traditions by reaching out to those around you. You could:

- Create a special holiday for children in need by donating toys to a local toy and/or clothing drive.
- Volunteer. Get involved with your local hospital or homeless shelter.

- Go caroling or lead a craft workshop at a retirement or nursing home.
- Make a donation to a departed loved one's favorite charity in his or her name.

### Fend Off Stress

With holiday preparation can come extra stress—cooking, baking, shopping and wrapping—the list goes on. You can do it all and still be relaxed enough to enjoy the festivities by following these tips to preserve your holiday spirit:

- Stick to a normal routine as much as possible. Make sure mealtime and bedtime routines remain constant.
- Discuss schedules with the entire family and prioritize the most important events.
- Schedule time every day to relax.
- Take care of yourself. Get plenty of exercise and avoid overindulging in the abundance of food and drink that tends to be available during the holidays.

For a referral to a physician who can help with depression, please call (561) 882-9100.

A baby is crawling on a white floor, looking down at a blue ring-shaped toy. There are other colorful toys scattered around, including a yellow ring, a red ring, and a blue cube with letters. The baby is wearing a white diaper.

# Great Toys for Tots

One of the best parts of the holiday season is watching your child's eyes light up because you've selected the perfect toy. But with news reports, recalls, and barrage of information, how can you be sure that the toy is safe?

*Every year, dozens of* children are rushed to the emergency room because of injuries connected to toys. While the United States Consumer Product Safety Commission (CPSC) plays a role in regulating children's toys, parents and gift-givers can also help by purchasing gifts that are safe and age appropriate.

Read labels to ensure that the suggested age range corresponds to your child's age but also take into account your child's specific preferences, temperament, and habits.

## Federal Regulations

In 1995, the CPSC developed standards that manufacturers must meet in order to sell toys within the United States. These standards are updated regularly, and there is a new addition that will be effective in 2009.

Starting in 2009, any children's product can only contain miniscule amounts of three types of phthalates, which are commonly found in plastics.

Other, conventional guidelines that have been set out by the CPSC include suggestions that stuffed toys

should be washable, toys should be painted with lead-free paint, and art material should be nontoxic.

## How Parents Can Help

Parents should expect to supervise play and to teach children how to safely use their toys. Parents and caregivers should also encourage children to put toys away and regularly scan them to make sure they are still in good condition.

Outdoor toys, such as bicycles or tricycles, should be free from rust and should be stored inside during inclement weather. Stuffed animals should have eyes and noses that are securely fastened and should not have any ripped seams or exposed stuffing.

Any toys that are in any way broken or not working as intended should be immediately either repaired or discarded.

Parents should also clean toys according to the manufacturer's instructions.

Speak with your pediatrician for more information on how to keep your holiday season happy and safe.

For a Children's Hospital physician referral, call (561) 841-KIDS.

## Checklist for Infant and Toddler Gifts

Are you shopping for baby's first Christmas? Here are some things to look out for:

- Toys, especially ones that include little parts, such as eyes, noses, or buttons, should stay in one piece following a great deal of pulling and twisting.
- Ensure that teething toys are large enough so they can't become stuck in a child's mouth or throat.
- Avoid toys with long strings or cords, toys that might break into small, sharp or jagged pieces, and toys that include small parts that a child could choke on if swallowed.



# Good Health Gift Baskets

Give your friends and family gifts they'll love and contribute to their well-being.

*Putting together* a Christmas gift basket isn't as difficult as you might think, and items that are both fun and functional can be found everywhere from discount retailers to mall specialty stores. Whether you are planning to spend \$10 or \$100, you can make an attractive gift basket that will not only be useful, but also impress people with that homemade touch.

Here are a few gift basket options that are sure to suit someone on your list.

## First Aid First

Do you have an avid outdoor adventurer on your list? Put together a first aid package for them. By pulling together items that might be useful for someone sustaining a scrape on a hike, you show that you're not only thoughtful,

but also know them well enough to give a gift that will get plenty of use.

Items in a first aid-themed gift basket might include:

- first aid book
- aspirin
- antibiotic ointment and antibacterial wipes
- bandages and gauze
- a reusable water bottle
- an easy-to-carry, durable container like a small tackle box or a canvas belt bag

## Tidings of Comfort and Joy

Does someone in your life really need to relax? Put together a basket filled with items dedicated to helping them kick back in a nice bubble bath. Assemble:

- soothing, scented bath salts or bubble bath
- a book by his or her favorite author

- a CD of relaxing tunes
- scented candles
- a sleep mask
- chamomile tea bags

## Just for Kids

Are there children or teenagers on your list who need a healthy and fun gift? For kids, the best way to put together a gift basket is to shop for items that match their stages in life. Shop for:

- vitamins
- dried fruits and nuts
- iTunes gift card or an MP3 player for teenagers
- small, age-appropriate toys for young children
- age-appropriate comic book or movie on DVD
- miniature backpack or carry-all bag

## Especially for Seniors

Give a special senior in your life a thoughtful gift by filling a basket with:

- comfortable slippers
- lotion or aftershave
- latest issue of a favorite magazine
- neck massager
- reading glasses
- fresh fruit and nuts

## Wrap It Up

Load the basket with basket filler (cut-and-crinkled paper strips or scrunched-up tissue paper), then arrange the gifts in a pleasing manner on top of the filler. Use traditional wrapping paper or clear cellophane basket wrap to dress up the gift basket and hold your gifts inside. Adorn with a festive bow and gift tag to finish.



# NUTRITIONAL MAKEOVER for Holiday Favorites

When your family gathers for the holidays, you deck the halls and clean your plates. Can you enjoy holiday favorites without adding inches to your waistline?

*With a few substitutions, you can make the foods your family loves to eat during the holidays a little less fattening and more nutritious. Here are two recipes to start you on your way to healthy holiday eating.*

## Holiday Party Survival Guide

The invitation for your office holiday party has been stuck to your refrigerator door for weeks. Tonight's the big night. How can you keep from going overboard with all the delicious foods available?

- **Eat beforehand.** To avoid overeating once you arrive at the party, eat a small snack or meal shortly before the event. Try eating fruit, yogurt or a piece of cheese to keep hunger pangs away.
- **It isn't all or nothing.** You don't have to try every item on the buffet table or at the potluck. Instead, choose a few foods that you want to try and pass up others that you can get year-round in favor of special holiday goodies. If you are still hungry following round one, fill your plate with fruits and vegetables the second time.
- **Watch what you drink.** Alcohol is high in calories, so limit your intake to one or two alcoholic beverages, including wine, beer and mixed drinks, per event. Soft drinks, fruit punch and eggnog are also loaded with calories, so if you choose any of these, switch to water after one drink.

## Green Bean Bake

### INGREDIENTS

- 4 cups French-style frozen green beans
- 10¾ ounces of canned condensed *Healthy Request* cream of mushroom soup (or similar)
- ½ cup fat-free or light sour cream
- 1 tablespoon diced pimento
- ¼ cup chow mein fried noodles

### DIRECTIONS

1. Lightly cook green beans.
2. Preheat oven to 350 degrees. In a 1-quart casserole dish, combine soup, sour cream and pimento. Add four cups of green beans and stir.
3. Bake for 20 minutes or until bubbly. Sprinkle noodles on top and bake an additional five minutes.

### NUTRITIONAL INFORMATION

(per serving)  
Servings: 6  
Calories: 102  
Fat: 2g  
Cholesterol: 2mg  
Dietary Fiber: 3g  
Carbohydrates: 16g  
Protein: 4g  
Sodium: 337mg

Recipe source: [www.webmd.com](http://www.webmd.com)



## Pumpkin Pie

### INGREDIENTS

- 16 ginger snaps
- 16-ounce can pumpkin
- ½ cup egg whites (about 4)
- ½ cup sugar
- 2 teaspoons pumpkin pie spice
- 12-ounce can evaporated skim milk

### DIRECTIONS

1. Preheat oven to 350 degrees. Lightly coat a 9" glass pie pan with cooking spray. Grind or crush ginger snaps and pat crumbs evenly into bottom of pan.
2. Mix other ingredients. Pour into crust and bake until knife inserted into center comes out clean (about 45 minutes).
3. Allow to cool, then slice. Serve with fat-free whipped cream for an additional 15 calories per two tablespoons.

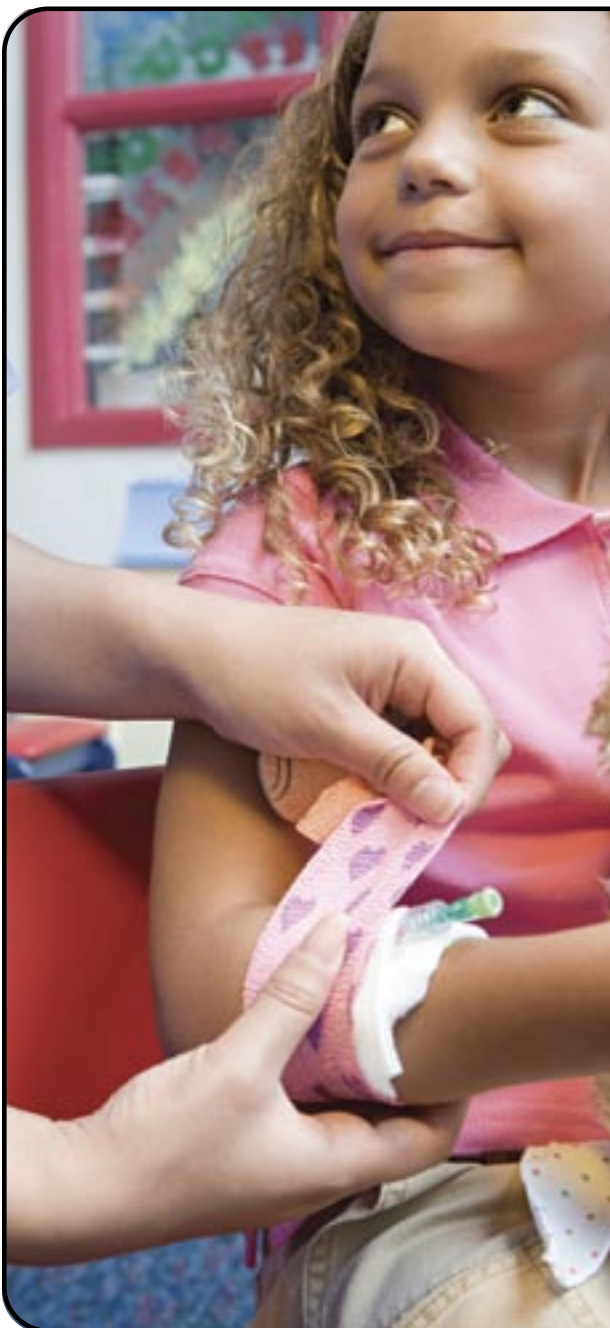
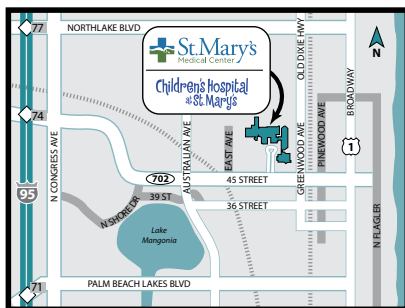
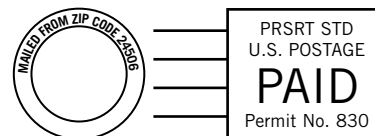
### NUTRITIONAL INFORMATION

(per serving)  
Servings: 8  
Calories: 165  
Fat: 1.5g  
Cholesterol: 1.5mg  
Dietary Fiber: 2g  
Carbohydrates: 32g  
Protein: 6g

Recipe source: [www.foodandhealth.com](http://www.foodandhealth.com)



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The Children's Hospital is located on the campus of St. Mary's Medical Center.