

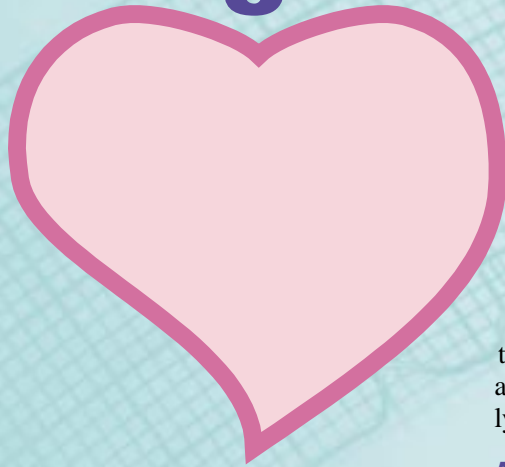
HEALTH CONNECTION

Vol. VI, No. 1

A Publication of Bay Medical Center

Spring 2002

Congestive Heart Failure: not the final word



explain to them the seriousness of the condition and reassure them that they play an important role in their health care. It is a combination of education, medication, compliance to physician's orders, and medical advice, as well as controlling the underlying causes."

MUGA scan (a nuclear medicine study) to see how much weakness is present in the heart muscles. They also use an ejection fraction formula, which measures the contractions of the heart, to determine the degree of congestive heart failure.

It is a medical diagnosis that can leave a patient cold with fright.

"Congestive heart failure" sounds to many people as if the heart has stopped working altogether. What it really means is that the heart isn't pumping the way it should, due to an underlying health problem that has made it weak. And while it is rarely "curable," with the right treatment and lifestyle changes, it is something patients can learn to live with and remain functional in their lives with little or no anxiety.

"Patients primarily react to the diagnosis of congestive heart failure with shock, fear, and worry regarding their prognosis," says Hashem Mubarak, M.D., cardiologist on staff at Bay Medical Center. "But once they learn more about the subject, patients learn that they can improve their health with the help of their physician."

"We calm patients' fears through education," Dr. Mubarak says. "We

A Condition of Multiple Causes

Almost 5 million Americans have congestive heart failure, and about 500,000 more cases will be diagnosed this year. But not all of them share the same cause. Congestive heart failure may be caused by

- **Uncontrolled high blood pressure**
- **Coronary artery disease**
- **Heart valve disease**
- **Long-term alcohol use**

In rare cases, a disease called myocarditis (an inflammation of the heart muscle) may be the culprit. You could also have what doctors call "high output heart failure" due to anemia or hyperthyroidism or other rare disorders. And sometimes, doctors cannot determine a specific cause.

Diagnosing the Disease

Physicians use several tests to evaluate a patient with suspected congestive heart failure, including an echocardiogram, cardiac catheterization, and a





Pictured Left to Right: Clark Stream, PA-C, Maher Ayoubi, M.D., N. Reed Finney, M.D., Thompson C. Maner, M.D., James Cook, M.D., John Kessinger, M.D., Joey Trantham, M.D., and Michael Stokes, M.D.

Not Pictured: Gregory England, M.D., Bussie Evans, M.D., Mohamed Jasser, M.D., Hashem Mubarak, M.D., and Charles Voorhis, M.D.

Patients are then rated on the following scale to classify the severity of their condition:

No shortness of breath with normal activity

Shortness of breath with modest activity, such as walking a block or two

Shortness of breath with minimal activity, such as walking across a room

Shortness of breath even at rest

Living with Congestive Heart Failure

Patients with congestive heart failure may suffer from shortness of breath, fatigue, persistent cough, and swelling of the legs (edema). Normal activities may become difficult, and patients have a hard time climbing stairs, cleaning house, or raking leaves. Even walking can become stressful. Some activities must be curtailed, but exercise is still prescribed.

“They need to avoid strenuous activities, but exercise is good for patients with heart failure,” explains Thompson Maner, M.D., a cardiologist at Bay Medical Center. “It improves their endurance by increasing blood flow and their body’s ability to use oxygen in their muscles. This makes the muscles more efficient so they require less oxygen. However, I tell my patients that fatigue or shortness of

breath are good indicators of when to stop any activity. They have to listen to their bodies.”

Types of Treatment

In many cases, how well congestive heart failure can be treated rests with the patient. Sometimes, the condition can even be reversed.

EDUCATION

“Patient education is extremely important,” stresses Dr. Maner. “We teach people how to keep track of their daily weight, monitor their intake and output, and adjust their diuretics as needed.”

“It is important that patients follow certain restrictions established by their physicians regarding fluid, salt, and alcohol intake,” adds Dr. Mubarak.

MEDICATION

Medications, such as those used to dilate blood vessels, are also important. “It’s easy to imagine that the heart is a pump, pumping whatever resistance is in that actual system. So if the arteries are dilated, there’s less resistance, less work on the heart, and better heart function,” explains Dr. Maner.

Since fluid accumulation also adds additional stress on the heart, Dr. Maner notes that doctors usually prescribe

diuretic medications, which flush out salt and fluids.

Beta-blockers are used to reduce the workload on the heart and can help patients remain more active. ACE (angiotensin-converting enzyme) inhibitors keep the body from producing a hormone that forces the heart to work harder.

Anticoagulant medicines, sometimes as simple as plain aspirin, are used to reduce the risk of stroke and heart attack. Physicians are now using a new drug that helps patients get over their first episode of congestive heart failure, and there are several experimental drugs that may soon prove to be helpful.

A Brighter Future with Bay Medical

Some congestive heart failure patients may fare best with a heart transplant. To be considered a candidate, the patient should be under 65 years of age and healthy aside from heart disease. Those patients are referred to transplant centers where they can receive the proper evaluation and follow-up care.

In addition, cardiologists at Bay Medical Center are performing a new treatment in which the patient receives a pacemaker to pace both ventricular chambers of the heart at the same time, which will improve the pumping force of the heart.



Hashem Mubarak, M.D.



Thompson Maner, M.D.

A combination of the modern medical care available at Bay Medical Center and a commitment from patients can provide the best outcome for patients with congestive heart failure. “Patients can and do get better if they follow their physicians’ orders,” says Dr. Mubarak. “This can dramatically affect their prognosis.”

breathing better at Bay Medical

Chronic Obstructive Pulmonary Disease

If you were asked to identify a disease that causes suffering to 16 million Americans and has no cure, your first guess might be cancer or heart disease.

You may be surprised to learn that chronic obstructive pulmonary disease (COPD) is the fourth leading cause of death in the United States. It robs its victims of the ability to breathe, claiming more than 100,000 lives a year. But patients in the central Panhandle area are finding hope in the latest treatment methods at Bay Medical Center's Pulmonary Unit.

What Causes COPD?

The number one cause of COPD is cigarette smoking. But some cases of COPD are the result of exposure to toxic substances, such as industrial pollutants, aerosol sprays, smoke from sources other than tobacco, and exhaust from automobiles.

"COPD refers to several diseases including chronic bronchitis, asthma, and emphysema," explains Victor M. Ortega, M.D., critical care pulmonologist and head of the Pulmonary Unit at Bay Medical. "These diseases produce an inability to expel air, and in turn, affect the victim's ability to inhale enough air to supply the oxygen needed by the body."

Symptoms of COPD

- coughing
- sputum (saliva) production
- sensation of breathlessness
- wheezing
- chest tightness or pain

In the early stages, the symptoms can be so mild that the patient does not realize the disease is present. But those symptoms may become more severe over time, as COPD causes gradual, irreversible damage to the lungs.



Victor M. Ortega, M.D.

"These symptoms progress through the years until heart failure occurs, and that can lead to eventual death," says Dr. Ortega.

"Heart failure is manifested by intense breathlessness at rest, swelling of the legs, and blue discoloration of the skin, called cyanosis."

According to the American Heart Association, COPD can also cause high blood pressure in the lungs. This can lead to a form of heart disease.

Taking Steps to Save Lives

Though there is no cure for COPD, current medications to help treat the disease include bronchodilators, which keep airways open, and corticosteroids, which help with inflammation. However, patients achieve the best results when they modify the behaviors that are affecting the disease.

"If they smoke, they need to quit," explains P.J. Dotson, RRT, Bay Medical Center's Pulmonary Unit manager. "They need to reduce their risk factors, become educated about the disease, and visit their physician regularly. The next step is pulmonary rehab."

Dr. Ortega agrees. "Pulmonary rehab can make a significant difference in a patient's quality of life. If muscles are in shape, they require less oxygen. Rehab trains patients to breathe properly."

Bay Medical Center Offers Hope and Healing

COPD is a serious and often fatal disease, but many patients are living and breathing better thanks to leading-edge



Bay Medical HealthPlex offers a pulmonary rehab program as well as a comprehensive exercise and wellness center.

treatment at Bay Medical Center. The hospital's 22-bed Pulmonary Unit treats patients with a variety of diseases, but COPD is an important focus.

"Our program continues to provide the highest quality care and the latest medical advancements to treat COPD patients," says Dotson. "We've decreased hospital stays and improved patient satisfaction, and our respiratory care staff is second to none. At Bay Medical Center, we offer sufferers of COPD hope for a better tomorrow."

Pulmonologists on Staff at Bay Medical Center

Donald G. Cvitkovich, M.D. William W. Dent, M.D.
Timothy G. Moriarty, M.D. Marwan Obid, M.D.
Victor M. Ortega, M.D. Jesus M. Ramirez, M.D.
Kamal H. Zawahry, M.D.



Douglas Stringer, M.D. (L) and Merle Stringer, M.D. (R) performing a kyphoplasty at Bay Medical Center.

Back pain affects everything. Anyone who has ever suffered from back pain knows how debilitating it can be, causing you to give up activities you enjoy and miss out on life. Fortunately for those dealing with back pain caused by vertebral compression fractures (VCF) due to osteoporosis, relief is in sight. A new procedure called kyphoplasty—now being performed at Bay Medical Center—is offering help and hope.

“Vertebral compression fractures can be caused by injuries and tumors, and they often occur in patients who have osteoporosis because their bones have been weakened and are easily broken,” explains Merle Stringer, M.D., board-certified neurosurgeon on staff at Bay Medical Center. “These fractures of the spine can be extremely painful and cause significant loss of movement.”

VCFs can also result in a spinal deformity known as kyphosis. After a patient suffers a VCF, the risk of more fractures greatly increases. “As more vertebrae are broken, the spine actually shortens and falls forward, causing a ‘hunched’ back and compressing the abdominal cavity,” says Cory Gaiser, D.O., orthopedic surgeon on staff at Bay Medical Center. This spinal deformity can have serious consequences, such as decreased lung function and an increased risk of falling due to a shifted center of gravity.

New Procedure Provides back pain relief

More than 700,000 VCFs occur each year. Traditional treatment options for this painful condition have included reduced activity, pain medication, and possible use of a back brace. Invasive surgery has been another treatment option for compression fractures, but it

has typically been used as a last resort because of the risk that any surgery on the spine involves.

In recent years, a procedure called vertebroplasty was introduced to treat vertebral compression fractures. Vertebroplasty uses surgical bone cement to fuse the broken pieces of bone together. The cement is injected into the broken bone, stabilizing it and helping to prevent further collapse. Vertebroplasty revolutionized treatment of compression fractures, but today, kyphoplasty is improving on this remarkable procedure.

“Kyphoplasty is similar to vertebroplasty in that bone cement is injected into the spine to stabilize the fracture,” says Dr. Stringer. “However, before we inject the cement, a small balloon catheter is inserted into the collapsed vertebral body. This special balloon catheter is then inflated and restores vertebral height to the collapsed portion of the bone. This leaves a defined cavity that can be filled with the cement.” By adding the balloon step to the process, physicians are able to reverse kyphosis, which is the progression of the forward curvature of the spine.

Kyphoplasty is minimally invasive and is typically done under general anes-

Physicians Certified to Perform the Kyphoplasty Procedure at Bay Medical Center

Cory R. Gaiser, D.O., orthopedic surgeon
Merle L. Stringer, M.D., neurosurgeon
Douglas L. Stringer, M.D., neurosurgeon

thesia in the operating room, with just an overnight visit to the hospital required. The procedure is performed under the guidance of specialized X-ray equipment, allowing doctors to pinpoint exactly where the needle and catheter should be placed.

“Before the procedure, many patients are in terrible pain,” says Dr. Gaiser. “But afterward, they experience immediate pain relief and should be able to resume normal activity within a few days. In addition, the use of the balloon to restore height takes this procedure a step beyond anything we could do before. This is truly an amazing advance for patients with vertebral compression fractures.”



Cory Gaiser, D.O., performing a kyphoplasty at Bay Medical Center.

Get Back to Life with Total Joint Replacement

Does chronic joint pain prevent you from enjoying the activities you love? If so, you don't have to live with joint pain any longer. Total joint replacement surgery is revolutionizing the lives of thousands of joint pain sufferers.

The Damage Done

In healthy joints, a smooth layer of cartilage covers healthy bones and reduces friction in the joint. But disease or damage can strip away that protective cartilage, causing your bones to rub together. This creates the pain, stiffness, and inflammation usually associated with aching joints. Total joint replacement is an option for many who suffer from arthritis, osteonecrosis (a condition that causes tiny breaks in the bone until it eventually collapses), or collapsed fractures.

A High-Tech Fix

"In total joint replacement, we resurface the joint to eliminate pain," says Samuel Combs, M.D., board-certified orthopedic surgeon on staff at Bay Medical Center. "The procedure is similar to retreading a worn-out tire."

Designed for patients whose joint pain cannot be controlled with moderate exercise or medications, more than 400,000 joint replacements are performed annually in the U.S. While the patient is under anesthesia,



Samuel Combs, M.D., board-certified orthopedic surgeon, performs a total joint replacement at Bay Medical Center.

the surgeon removes the surface bone and substitutes it with a prosthesis—part plastic polyethylene, part metal.

Results You Can Live With

The new joint, which looks and feels like a natural joint, is a combination of bone ingrowth and porous metal secured in place with bone cement. The prosthesis replaces the natural joint and usually lasts 15 years or longer.

After the procedure is complete, many patients stay in the hospital for only a few days. Their physician then may recommend a physical therapy regimen to rebuild strength and restore patients to full function. Patients typically fully recover from total joint replacement in two to three months.

"In the 26 years I have been offering this procedure, I have seen excellent results. In fact, total joint replacement is successful in 90–95 percent of patients," says Dr. Combs. "It eliminates joint pain, and for many patients, gives them a complete change in lifestyle."

Orthopedic Surgeons on Staff at Bay Medical Center

Samuel L. Combs, M.D. David R. Dietrich, M.D.
Cory R. Gaiser, D.O. Joseph P. Grace, M.D.
W. Roland McArthur, M.D. T. Chad Mitchell, M.D.
Michael X. Rohan, M.D. Mark Shaieb, M.D.
Kenneth W. Smith, D.O.

Arthritis

According to the American Academy of Orthopaedic Surgeons, more than 40 million Americans suffer from some sort of arthritis or joint inflammation. Medical experts have identified more than 100 types of arthritis, a joint disorder characterized by joint pain and inflammation. The most common form of arthritis is osteoarthritis. Osteoarthritis is caused by natural wear and tear on joints but also can be aggravated by trauma to the joint caused by accident or injury.

Rheumatoid arthritis is another kind of arthritis that affects many Americans. Unlike osteoarthritis, rheumatoid arthritis is caused by an overactive immune system. This makes the lining of the joint swell and creates discomfort. Rheumatoid arthritis affects people of all ages.

The Dangers of adolescent depression

Despair.

Hopelessness.

Unexplainable sadness.

These words could spell more than just unwanted emotions for your teen. They could mean major depression.

“Depression is a clinical syndrome characterized by mood changes like sadness or irritability. Though often triggered by stress, depression can be caused by genetics. Children and teens are just as likely to get depressed as adults,” says Karen Chason, D.O., a child and adolescent psychiatrist on staff at Bay Medical Center.

“Depressed teens can be dangerous to themselves and others because of their tendency to be impulsive.”

Psychologists estimate that as much as 30 percent of the adolescent population experiences depression. If your child exhibits one or more of the

following symptoms, consider having him or her evaluated:

- prolonged sadness
- irritability
- difficulty sleeping
- change in weight or appetite
- fatigue or decreased energy level
- impaired memory or concentration
- loss of interest in enjoyable activities

“If not properly treated, depression can significantly affect your teen’s developing personality and academics,” says Dr. Chason. “It can create difficulties building relationships leading to alienation from peers and adults that could stay with them throughout their lives.”

The staff at Bay Behavioral is trained to care for the mental health needs of children, adolescents, and

adults with both inpatient and outpatient treatment and counseling. For more information on how they can help you, please contact (850) 763-0017.



migraine or Just a Pain?



Have you been taking more than your share of aspirin lately? Each year Americans spend more than \$2 billion on over-the-counter pain relievers, yet many people don’t realize that their pain could be more than a headache—it might be a migraine.

“Migraine is a common condition that affects nearly 33 million people in the U.S.,” explains Kamel Elzawahry, M.D., a neurologist on staff at Bay Medical Center. “A migraine can greatly affect a person’s quality of life, but fortunately medication is available to help. At the onset of migraine symptoms, sufferers can use vasodilators such as DHE-45 nasal spray or Naratripton to narrow the blood vessels to the brain and abort the attack. There are even medications such as Propranolol and Sansert, which contract the blood vessels in the brain and prevent future migraine attacks.”

Some warning signs of migraines include

- sensitivity to light or sound
- mood changes
- food craving or loss of appetite
- fatigue
- constipation or diarrhea

“Migraines are serious,” says Karin Maddox, M.D., neurologist at Bay Medical, “but you can decrease the frequency and severity of your migraine attacks by identifying the sounds, smells, foods, or habits in your lifestyle that trigger the migraine.”

Neurologists on Staff at Bay Medical Center

Kamel Elzawahry, M.D. Eacharangad Jacob, M.D.
Bashar Lutfi, M.D. Karin S. Maddox, M.D.
Mutaz Tabbaa, M.D.

lithotripsy: A Shocking Treatment

If you are one of the millions of Americans who suffer from kidney stones, you know how painful they can be. Bay Medical Center offers a safe, painless way to end the discomfort—lithotripsy.

What are kidney stones? Kidney stones are hard masses that develop from crystals that separate from the urine and build up on the inner surfaces of the kidney. While excruciating pain in the back and side is the hallmark of kidney stones, they

may also produce blood in the urine or nausea and vomiting.

What is lithotripsy? Extracorporeal shock wave lithotripsy (more commonly known as ESWL or lithotripsy) is a minimally invasive technique that treats kidney stones. Using ultrasound technology, focused shock waves locate and shatter the stone.

This procedure is usually performed on an outpatient basis and

requires only mild sedation instead of anesthesia. And because the shock waves focus on the stone, the skin and internal organs are not damaged.

Urologists on Staff at Bay Medical Center

John P. Adams, M.D. Jay C. Beiswanger, M.D.
Neal P. Dunn, M.D. Denis E. Healey, M.D.
Warren T. Hitt, M.D. James S. Kyker, M.D.
Carlos E. Ramos, M.D.

Sorting Out Your Birthing Options

“When considering how to deliver your baby, educate yourself and talk with your OB/GYN to determine the options that suit you and your baby best,” says Bryce Jackson, M.D., board-certified OB/GYN on staff at Bay Medical Center.

Common Birth Options Include

NATURAL CHILDBIRTH

There are many drug-free ways to reduce labor pains. These include changing positions during labor,

massage, and listening to soothing music. Also, deep, slow breathing can ease pain during the early stages of labor, while light, short breaths can help when contractions become more frequent.

NATURAL CHILDBIRTH WITH MEDICAL PAIN RELIEF

The most common medical pain relief during childbirth is epidural block, which prevents pain from spreading from your uterus. Most epidurals will remove all sensation from your waist to your knees, and you will remain alert.

CAESAREAN SECTION

While some Caesareans are planned, others occur after a prolapsed umbilical cord, hemorrhage, or fetal distress makes an emergency Caesarean delivery necessary. Most Caesareans are performed using an epidural, meaning you'll be awake when your baby is delivered.

Advantage: Caesarean babies have smoother features and more rounded heads than vaginally delivered babies.

Disadvantage: The trip through the birth canal gives babies more time to adjust to the outside world, stimulates circulation, and clears amniotic fluid from their lungs.

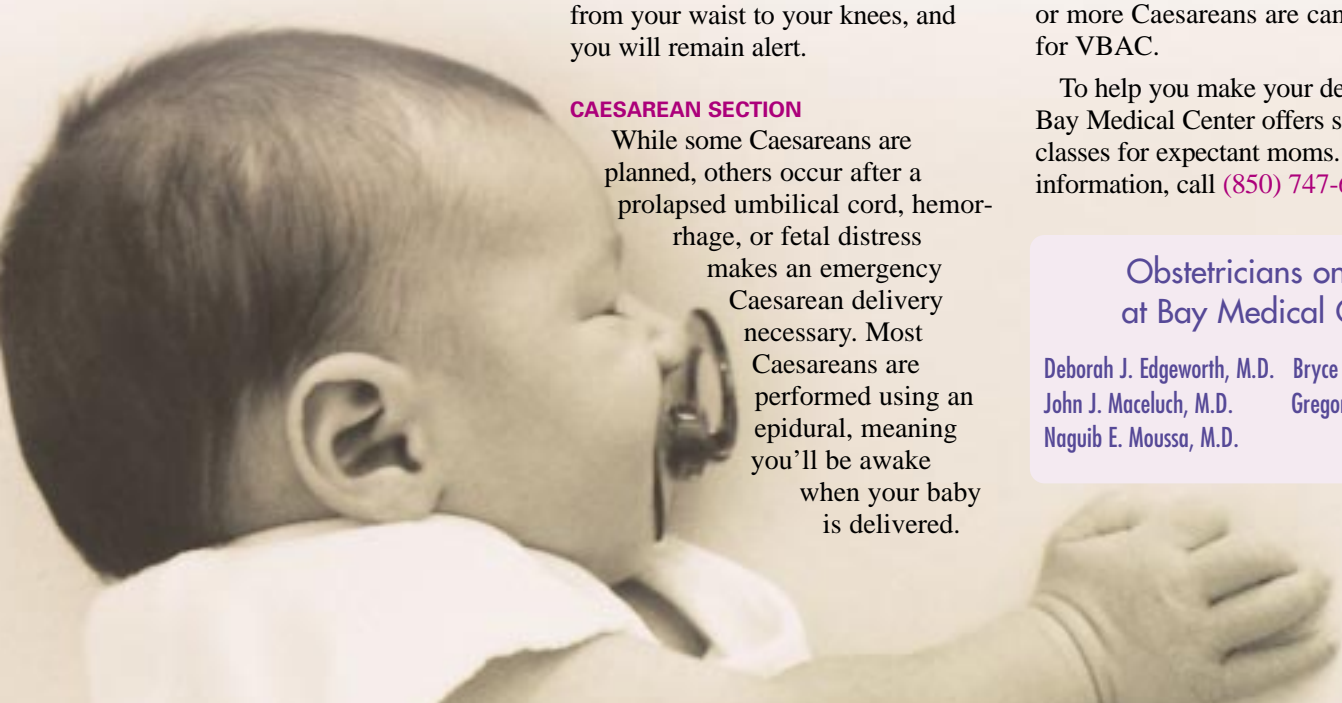
VAGINAL DELIVERY AFTER A PREVIOUS CAESAREAN SECTION (VBAC)

VBAC is a safe option for many women. In fact, approximately 90 percent of women who have had one or more Caesareans are candidates for VBAC.

To help you make your decision, Bay Medical Center offers several classes for expectant moms. For more information, call (850) 747-6789.

Obstetricians on Staff at Bay Medical Center

Deborah J. Edgeworth, M.D. Bryce V. Jackson, M.D.
John J. Maceluch, M.D. Gregory K. Morrow, M.D.
Naguib E. Moussa, M.D.





Bay Medical Center's West Tower: Opening Soon

Construction on Bay Medical Center's new five-story West Tower is expected to be completed late this summer.

The plan for the West Tower is

First floor: Expanded Emergency Room with a new "Fast-Track" for minor emergencies

Second floor: New Surgical Suites

Third floor: Inpatient Hemodialysis Unit

Fourth floor: Heart Institute services including new Cardiac Cath Labs and an Intensive Care Unit

Fifth floor: Patient rooms including many new private rooms

Other services expanding or moving into the West Tower include Registration and Admission, Security, Imaging Services, and the Chapel.

"We're excited about showing off our beautiful new facility to the public," says Steve Johnson, president and CEO. "We took a close look at our services and found that technology and the needs of our community have changed over time. As a result, we're including more private rooms and expanding our facilities, and we believe that this addition will improve operations and increase both patient and physician satisfaction."



What's Inside?

Congestive Heart Failure	1
Chronic Obstructive Pulmonary Disease	3
New Procedure Provides Back Pain Relief	4
Total Joint Replacement	5
Adolescent Depression	6
Migraine or Just a Pain?	6
Lithotripsy: A Shocking Treatment	7
Sorting Out Your Birthing Options	7

Check out our Web site at www.baymedical.org.

Nonprofit Organization
U.S. Postage
PAID
Permit No. 12
Panama City, FL 32401