

HEALTH CONNECTION

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New Angiojet Procedure at Bay Medical Center

More than seven million people suffer from coronary artery disease each year. This condition is caused by plaque buildup in the heart's arteries, and each year kills more than 500,000 Americans.

A heart attack occurs when blood flow is blocked in a coronary artery. This most often occurs when a coronary plaque ruptures causing formation of a blood clot in the artery, slowing or completely stopping blood flow. This results in chest pain and requires immediate attention, or the heart muscle supplied by that artery will die.

Bay Medical is the only hospital in our area to treat heart attacks caused by coronary blood clots with a new procedure called angiojet. Angiojet is used in conjunction with standard angioplasty (a procedure that allows the cardiologist to inflate the narrowed, clogged artery to clean out buildup and remove blood clots) and in some cases, stenting (placement of a wire mesh to hold the artery open). By using angiojet first, before placing a stent, the cardiologist can quickly remove the blood clot, which will allow blood to flow freely again. Also, by removing the blood clot, the cardiologist can more clearly see the location of the ruptured plaque that must be stented.

Angiojet uses a very small catheter to navigate through the arteries to the area of blockage. When activated, high-speed saline jets create a localized low-pressure zone around the catheter tip. The difference between the low pressure at the catheter tip and the higher pressure in the artery will draw the clot



James T. Cook, M.D., performs a procedure at Bay Medical.

into the catheter and out of the body. One of the benefits of angiojet is that it actually removes the clot from the body as opposed to just dissolving it and sending it downstream where pieces may cause additional blockages and complications.

“With angiojet we can remove a blockage of any size,” says Bay Medical cardiologist James T. Cook, M.D. “Because clots are dissolved and vacuumed out of the artery, no blockage remains in the body.”

Angiojet has been shown to reduce the complications and severity of a heart attack and can decrease the length of stay in the hospital. Used before angioplasty, angiojet cleans out the blood clot in the blocked artery to minimize blockage of smaller arteries downstream by the breakup of the clot during angioplasty.

Cardiologists at Bay Medical Center can also use angiojet and angioplasty to clean out blocked arteries and remove blood clots that certain

medications for blood clots can't break up.

“Angiojet removes much of the clotted, soft buildup in the arteries,” says Frank Hedges, RTR, manager of Invasive and Non-Invasive Cardiology at Bay Medical Center. “Many times clots can cause buildup to return—even after angioplasty. Angiojet can clean out the artery and sometimes make the artery look brand new.”

CARDIAC CARE WHEN YOU NEED IT

“Time is of the essence with heart attack patients,” says Dr. Cook. “Initially angioplasty is the best way to evaluate and treat a person’s heart, but angiojet may be necessary to completely clean out the arteries. At Bay Medical Center, we strive to deliver the best possible care to our cardiac patients, and this procedure is one more way that we’re succeeding.”

While this procedure is excellent for many patients, it is not for everyone. Your cardiologist can determine which procedure is right for you.

The Cardiac Care Team at Bay Medical

CARDIOLOGISTS

Maher M. Ayoubi, M.D.

James T. Cook, M.D.

Bussie A. Evans, M.D.

Thompson C. Maner, M.D.

Hashem A. Mubarak, M.D.

Michael J. Stokes, M.D.

CARDIOTHORACIC SURGEONS

Gregory J. England, M.D.

Reed Finney, M.D.

John Kessinger, M.D.

Charles Voorhis, M.D.

CARDIOLOGIST/CARDIAC ELECTROPHYSIOLOGIST

J.L. Trantham, M.D.

Hari K.R. Baddingam, M.D.

Types of Treatment

Bay Medical Center offers a wide variety of state-of-the-art services and procedures for men and women suffering from coronary heart disease and its complications. Treatments and therapies include the following:

- balloon angioplasty
- stenting
- t-PA/clot-busting medication
- Angiojet system clot-dissolving therapy
- electrophysiology studies /pace-maker implantation
- cardiac ablation
- CABG surgery/open-heart surgery
- AAA endografts
- cardiac resynchronization
- endoscopic vein harvesting

Bay Medical Center is the only medical facility in the area that can provide such a full range of diagnostic and treatment options for cardiac patients suffering from coronary heart disease, stroke, or heart attack.

Brachytherapy

Leading-Edge Treatment for Prostate Cancer

Almost 200,000 American men are diagnosed with prostate cancer each year. Fortunately for men in our area, the Cancer Center at Bay Medical recently became home to the newest, most advanced equipment for a highly effective prostate cancer treatment: brachytherapy.

“Prostate brachytherapy using radioactive seeds is a form of radiation therapy,” explains David B. Hurst, D.M.D., M.D., radiation oncologist and medical director of the Cancer Center. “However, unlike the more common form of radiation therapy that is administered from outside the body, prostate brachytherapy is internal.”

THE SCIENCE OF BRACHYTHERAPY

Brachytherapy uses small radioactive “seeds” (about the size of a grain of rice) to kill or shrink cancer. During a short outpatient procedure, the seeds are implanted into the prostate.

“We place the seeds directly into the prostate,” says Dr. Hurst. “The X-rays from the seeds are concentrated on the area that really needs it, and they don’t travel very far, so we can avoid side effects that are common with external radiation treatment. This form of therapy offers excellent results and a high cure rate.”

Prostate brachytherapy has been in development since the 1970s, and seed implants have been refined over the last 10 years. Bay Medical Center offers the community the most advanced form of this treatment through its new treatment planning and ultrasound equipment.

“We can watch the seed placement procedure in real time and adjust the location and number of seeds immediately using our leading-edge ultrasound equipment,” says Dr. Hurst. “By monitoring the placement of the seeds during the initial procedure, we can improve the results of treatment.”



LESS TIME, FEWER SIDE EFFECTS

In addition to high cure rates, brachytherapy also saves time. When receiving external radiation, men usually have five treatments per week over about seven or eight weeks. Because the treatment may affect more than just the cancer—including the urinary tract, reproductive tract, and the lower digestive system—side effects often include incontinence, impotence, and fatigue.

Conversely, brachytherapy at Bay Medical Center requires only three to four appointments for completion. Patients come to the Cancer Center in the morning and are moved to an operating room where a team including a urologist, radiation oncologist, radiation physicist, and a dosimetrist works together to calculate the necessary dosage of radiation and the design of the seed implant.

“The highly localized treatment with prostate brachytherapy minimizes the common side effects of external radiation,” says Dr. Hurst. “Incontinence, impotence, and bladder and bowel damage are all significantly reduced with implant techniques.”

If you’re interested in learning more about prostate seed implants and want to know if it’s the right treatment for you, call the Cancer Center at Bay Medical Center at (850) 749-6972.

Brachytherapy

Pregnancy Past 35

Are you 35 or older and planning a pregnancy?
Here's what you need to know:

A healthy body makes a healthy pregnancy. "If you're planning a pregnancy, stay as healthy and fit as possible," says Justo Maqueira, M.D., board-certified OB/GYN on staff at Bay Medical Center.

"Talk to your OB/GYN about prenatal care—especially nutrition. As long as you're healthy, there should be no increased health risk in becoming pregnant and carrying an infant to full term."

Chronic diseases? Talk to your doctor. "Chronic health problems like diabetes and high blood pressure (hypertension) become more common with age," says Dr. Maqueira. "These conditions shouldn't stop you from having a baby, but they can have direct and indirect effects on your baby and your pregnancy. Prenatal care can help control the symptoms of these diseases and minimize any risk they create."

If you need help, get it. "Infertility is the biggest challenge women over 35 face when considering pregnancy," says Dr. Maqueira. "If you've been trying to conceive for four to six months without success, talk with your doctor about possible fertility issues."

Dr. Maqueira attended medical school at the University of South Florida in Tampa. He completed his residency and was on the gynecology faculty at Bayfront Medical Center in St. Petersburg, Florida. Now on staff at Bay Medical Center, Dr. Maqueira is currently accepting new patients. For an appointment, call (850) 873-3669.



Justo Maqueira, M.D.

THE BATTLE WITH Borderline Personality DISORDER

Thousands of Americans—two percent of all adults, according to the National Institute of Mental Health—suffer with a mental illness known as borderline personality disorder (BPD). The condition causes problems with the regulation of emotions and tends to strike young women.

"Borderline personality disorder is characterized by an unstable self-image and volatile interpersonal relationships," says Gary Gorman, M.D., psychiatrist on staff at Bay Behavioral. "In addition, people with the disorder see the world as a dichotomy—all black and white with no in-betweens."

Signs and symptoms of borderline personality disorder include the following:

- intense and unstable interpersonal relationships
- recurrent suicide gestures
- inappropriate, intense displays of anger
- frantic efforts to avoid real or imagined abandonment
- marked fluctuation of mood that lasts only a few hours
- chronic feelings of emptiness

The good news for people suffering with BPD is that treatment is improving. If you suspect that you or someone you love suffers from borderline personality disorder, Bay Behavioral can help. Call (850) 763-0017 for more information.

THE Emergency Room



John Gambol, M.D.

DO YOU KNOW WHEN YOU SHOULD GO?

Your son has a high fever. Your spouse is complaining of chest pain. Should you shake it off or call 911? *Health Connections* magazine recently sat down with John Gambol, M.D., board-certified emergency physician at Bay Medical Center, to find out when you should rush to the hospital and when you can wait until morning.

WHAT SHOULD I DO IF I HAVE CHEST PAIN?

Chest pain signals a problem, and you should tell your physician immediately. If you can't reach your physician, you should come to the emergency room and the emergency room staff will evaluate your pain. We can contact your regular doctor as well as a cardiologist, if needed.

IS IT OK TO DRIVE TO THE EMERGENCY ROOM?

It's important to call 911 rather than trying to drive yourself to the hospital. The most common reason for sudden death is cardiac arrhythmia, also known as an irregular heartbeat. If you're in an ambulance, they'll be able to treat the arrhythmia, which can save your life.

It's critical to get to the hospital right away because there's so much we can do to prevent damage to the heart, especially at Bay Medical where we offer everything from thrombolytics (clot-busting drugs) to cardiac cath and from angioplasty to open-heart surgery. You won't lose valuable time having to be transported to another facility if you choose a heart center like Bay Medical.

CAN'T CHEST PAIN JUST BE INDIGESTION?

It can, but it may also indicate a more serious condition. If you're unsure, it's always safer to have your pain evaluated by a doctor.

WHAT OTHER SYMPTOMS SIGNAL A HEART ATTACK?

A fainting spell, pain in the back, nausea, sweating, pain in the left arm, shoulder or jaw—all of these can be symptomatic of a heart attack.

WHAT OTHER SYMPTOMS SIGNAL AN EMERGENCY ROOM VISIT?

Neurologic symptoms such as numbness on one side of the body, blurred vision, slurred speech, and confusion could signal a stroke. Again, it's critical to call 911 immediately, because there is a three-hour window to administer the clot-busting drugs. These drugs can literally prevent someone from paralysis and loss of speech. Bay Medical has a stroke team that works together to evaluate and administer care immediately. Time is brain, and we want to save as much brain tissue as possible.

HOW SERIOUS IS SHORTNESS OF BREATH?

It can be quite serious. In an area such as ours where we have a lot of pollen, red tides, and other environmental irritants, shortness of breath could indicate an asthma attack. Many people die each year from asthma, and if they were in the emergency room, we could easily treat their problem. Shortness of breath could also signal pneumonia, severe bronchitis, a blood clot in the lungs, or even a collapsed lung. Most people think that a lung can only collapse after trauma, but actually, it can happen spontaneously, especially in tall, thin, adolescent males.

SHOULD YOU ALWAYS COME TO THE EMERGENCY ROOM WITH A HIGH FEVER?

Again, I encourage everyone to call their family physician, but speaking in general terms, a high fever by itself is not cause for an emergency room visit. In fact, a high fever with a skin rash in children is likely viral and should be seen by your pediatrician. However, fever accompanied by other symptoms such as confusion, non-responsiveness, shortness of breath, a severe headache, seizures, or stiffness in the neck should be evaluated immediately.

"Bay Medical is the area's leading emergency room treating the majority of serious trauma, heart attacks, and other life-threatening conditions. Bay Medical recently tripled the size of its emergency room, occupying the entire first floor of the new West Tower."

Conquering Urinary Incontinence

The uncontrollable urge. The disturbing leaks. The awkward protection.

If you're all too familiar with the inconvenience caused by urinary incontinence, you need to know that it doesn't have to continue to embarrass you. According to the National Institute of Diabetes & Digestive & Kidney Diseases, more than 13 million Americans—young, old, male, and female—suffer from urinary incontinence. But you no longer have to suffer in silence.

"Many people take for granted that they'll eventually have to deal with incontinence," says Carlos Ramos, M.D., board-certified urologist on staff at Bay Medical Center. "However, that's simply not the case. Urinary incontinence always results from a medical condition, and in the majority of cases, treatment is available. Sometimes, we can even provide a cure." Urinary incontinence is the involuntary release of urine from the bladder, and it takes many forms.

STRESS INCONTINENCE

"The most common form of urinary incontinence, stress incontinence can be triggered by anything that creates pressure on the bladder. Reactions like sneezing, coughing, and laughing can all trigger stress incontinence," says Warren Hitt, M.D., board-certified urologist on staff at Bay Medical Center. "Physical changes in a woman's body such as pregnancy or menopause may eventually lead to stress incontinence."

URGE INCONTINENCE

Another common type of incontinence, urge incontinence, is characterized by the sudden release of urine for no apparent reason. Caused by inappropriate bladder contractions, urge incontinence occurs randomly and without warning. Those who suffer may be affected any time—during sleep, when water is running, or after drinking small amounts.

OVERFLOW INCONTINENCE

"People with overflow incontinence have no sensation of bladder fullness, which causes the bladder to leak urine unexpectedly," says Dr. Ramos. "It's often the result of a lack of neurological impulses to the brain caused by diabetes or other disorders." Overflow incontinence is less common in women.

FUNCTIONAL INCONTINENCE

Unlike the other forms of urinary incontinence, functional incontinence usually doesn't stem from problems with the bladder or urinary tract. Instead, it's caused by other conditions that make it difficult for a person to think, move, or express oneself—often preventing him or her from reaching the bathroom in time. Most of the conditions that cause functional incontinence are associated with advanced age.

HELP IS HERE

"The good news about urinary incontinence is that it can be treated," says Dr. Hitt. "We offer a wide range of treatment options to help you overcome the struggle with incontinence."

The urologists at Bay Medical Center offer options for the treatment of urinary incontinence including medication and both minimally invasive and open surgery.

For more information on how Bay Medical Center can help you beat incontinence, call (850) 747-6354.

Urologists on Staff at Bay Medical Center

John P. Adams, M.D.

Jay C. Beiswanger, M.D.

Neal P. Dunn, M.D.

J. Nicole Eisenbrown, M.D.

Denis E. Healey, M.D.

Warren T. Hitt, M.D.

James S. Kyker, M.D.

Carlos E. Ramos, M.D.



Stopping Stress at Bay Medical's HealthPlex

Tired? Tense? Sick of stress? Relief may be closer than you think.

"The advantages of regular exercise are almost limitless," says Lori Pippin, aerobics coordinator at Bay Medical HealthPlex. "In addition to warding off health problems and giving you more energy, exercise can boost your self-confidence and put you in a better frame of mind. All these benefits lead to reduced stress."

But some forms of exercise are especially effective at eliminating tension and stopping stress before it starts. Yoga, pilates, and other exercise strategies that use focused movements and a heightened awareness of

the body can provide the perfect release on a particularly stressful day. And because yoga incorporates breathing strategies, meditation, and relaxation techniques, it can reduce the effects of a stressful day before it even begins.

"These exercises also provide quiet time for yourself and can be quite calming," says Pippin. "They're great for all body types, and at HealthPlex, we offer classes for every fitness level."

So find time today for a little—or a lot of—exercise and improve your mind and spirit as well as your body.

For more information on yoga and pilates classes at Bay Medical HealthPlex or to join, call (850) 914-9844.



BAY MEDICAL CENTER

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