

WINTER 2009

Health Connection

THE MAGAZINE OF NORTH OKALOOSA MEDICAL CENTER

**Women and
heart disease**

**The right
medical staff
for your family**

**Early detection
saves lives**
Advances in
breast imaging

**Clinic now
available in
Baker!**

 **NORTH OKALOOSA
MEDICAL CENTER**

www.northokaloosa.com

Advanced healthcare, right here at home

As 2009 begins, North Okaloosa Medical Center (NOMC) looks forward with great anticipation to our continued growth in healthcare. In 2008, we welcomed our new Medical Executive Committee (MEC) and added several advances in technology.

MEDICAL EXECUTIVE COMMITTEE

The MEC is a formal group of physicians elected to provide leadership in our hospital. Focused primarily on the activities related to self governance of the medical staff, the committee will also look at ways to improve professional services provided by all practitioners authorized to practice at NOMC.

Darren L. Cook, D.O., Medical Director of the Emergency Department (ED) at NOMC, will serve as the 2009 Chief of Staff and Chairman of the MEC. Dr. Cook has already provided the leadership to develop the services in our ED and to enhance the level of healthcare received. The MEC also consists of Vice Chief of Staff David E. Mann Jr., M.D., 21st Century Oncology; Secretary/Treasurer Kimberly K. Hood, M.D., Emerald Coast Women's Center; Immediate Past Chief of Staff Glenn Bankert, D.O., Emerald Coast Women's Center; Chairman of the Department of Medicine Joseph W. Heflin Jr., M.D., NOMC hospitalist; Chairman of the Department of Surgery John D. Carlson, M.D., gynecology; and Physician Advisor Michael G. Foley, M.D., internal medicine.

We look forward to the leadership provided by this outstanding group of physicians.

NEW TECHNOLOGY AND SERVICES

2008 brought new technology and many new services to NOMC. In September, we completed the addition of

a computed tomography (CT) scanner located in our ED. The addition of the hospital's second scanner met the national standards set for the emergency needs of stroke patients. Additionally, this equipment enhanced the overall quality of healthcare provided in the ED.

Joining in the celebration of Cancer Survivors Day, NOMC unveiled the new positron emission tomography/computed tomography (PET/CT) scanner in the Physicians Medical Plaza. Cancer patients now benefit by having this technology close to home.

Late in 2008, we completed the total replacement of one of our two catheterization labs. This new equipment and technology will provide faster and more accurate cardiology and vascular care for our community.

The hospital renovation will continue through 2009. While a great deal of the public area renovations will be completed in March, renovation of the patient room areas will continue through most of the year.

We're pleased to continue striving to improve healthcare for you and your family.

Sincerely,

DAVID S. SANDERS
Chief Executive Officer
North Okaloosa Medical Center



David S. Sanders
Chief Executive Officer

Heart disease

What every woman needs to know



Almost 218,000 American women die from coronary heart disease (CHD) each year—more than those who die from breast, cervical and ovarian cancers combined.

Yet, most women still think of cancer as the greatest threat to their health and many believe that CHD is a “man’s disease.” (On the research side, women participants make up only one-quarter of all heart-related studies.)

THE DIFFERENCES BETWEEN THE SEXES

CHD affects women differently than it does men. It tends to occur in women about 10 years later than in men. Women are also usually about 20 years older than men are when they experience more serious cardiac events such as a heart attack. One reason is that women have built-in hormone protection in their premenopausal years: Estrogen helps shield women from heart disease by helping to raise HDL (good) cholesterol levels and lower LDL (bad) levels. Once a woman reaches menopause, her estrogen levels drop and her CHD risk rises.

Women don’t always suffer the same heart attack symptoms as men and, therefore, may deny they’re having a heart attack. Women take about a half-hour longer to seek help at an emergency room. While women may be aware of the classic signs of a heart attack—such as chest pain radiating down the left arm and difficulty breathing—they aren’t aware of symptoms they’re most likely to experience. In fact, one-third of women have the following symptoms, often with no chest pain:

- sudden onset of severe weakness
- stomach upset or nausea with passing weakness

▲ North Okaloosa Medical Center (NOMC) is proud to provide women and their loved ones with faster and more accurate vascular care in our new cardiovascular catheterization lab. The Philips Allura X-ray system is a vital component in the future of medicine and brings a new level of detail to NOMC images.

- mild burning sensation in the middle of the chest, which extends outward
- vague chest discomfort
- palpitations, cold sweats or paleness

WHAT’S A WOMAN TO DO?

Both women and men can improve their heart health by getting back to basics:

- Don’t smoke. Women who smoke risk having a heart attack 19 years earlier than nonsmokers.
- Maintain a healthy body weight.
- Eat a low-fat, low-cholesterol diet and limit your salt intake.
- Lower high cholesterol.
- Control high blood pressure.
- Keep diabetes under control. Women with diabetes are two to three times more likely to have heart attacks.
- Limit alcohol use.
- Exercise regularly.

! Need a physician?

Our physicians can help you stay healthy. Visit www.northokaloosa.com and click on “Find a Physician” to make an appointment with one today!

A better kind of mammography

North Okaloosa features digital imaging

Breast cancer often makes itself known in its early stages, when there's a good chance for a cure. But here's the catch: You need the right screenings to detect breast cancer. Women who undergo routine mammograms at North Okaloosa Medical Center (NOMC) have the latest diagnostic technology available—digital mammography. “We're pleased to offer our patients advanced mammograms because they provide the least hassle and disruption to their lives. There've been many advances in mammography, and NOMC is excited that you no longer have to drive out of town for this service,” says Tammy Clark, director of diagnostic imaging at NOMC.

BENEFITS OF GOING DIGITAL

While digital imaging feels almost identical to conventional screening from the patient's perspective, digital mammography has several benefits, including shorter exam times and a significant reduction in call-backs to obtain more images.

With digital mammography, the radiologist reviews electronic images of the breast using special high-resolution monitors. The physician can adjust the brightness, change contrast and zoom in for close-ups of specific areas. Because digital mammography images are electronic, they can be transmitted quickly across a computer network. Digital images also can be easily stored, copied without loss of information and transmitted and received in a more streamlined manner, eliminating dependence on one set of original files.

STEREOTACTIC BREAST BIOPSY CAPABILITIES

To supplement this technology, NOMC added stereotactic breast biopsy capabilities. Stereotactic breast biopsy is a minimally invasive outpatient procedure that obtains tiny samples from abnormal areas found on a mammogram. A sample of suspicious breast tissue is precisely located with computer-guided imaging and removed with a small needle. A hospital stay or surgical incision isn't required, and only local anesthesia is used. “As we seek more innovative solutions for the early detection of breast cancer, we know we need to seek the best clinical tools available to take care of the next step in detecting and treating cancer,” says David S. Sanders, chief executive officer at NOMC.



! Get screened today!

Schedule your mammogram at North Okaloosa Medical Center by calling (850) 682-2475.

Improving access to healthcare

The Okaloosa Medical
Group–Baker Clinic
is now open



Marianne W.C. Tullus, M.D.
Family Practice

Okaloosa Medical Group, an affiliate of North Okaloosa Medical Center (NOMC), has opened a practice located at 1200 Henley Lane in Baker. Marianne W.C. Tullus, M.D., comes to the Baker Clinic after serving as a naval medical officer in Meridian, Miss., before working in family medicine in Pensacola.



Naval Medical Center in Bethesda, Md., and her residency in family medicine at Eastern Virginia Medical School in Norfolk, Va.


ABOUT DR. TULLUS

Board certified in family medicine and a member of the American Academy of Family Physicians, Dr. Tullus attended the Medical College of Virginia in Richmond, Va. She completed an internship in pediatrics at National

BAKER CLINIC

This family practice is the right step toward taking care of the medical needs of the community of Baker. The clinic's affiliation with NOMC provides good resources for our patients.

"A community hospital strives to provide comprehensive healthcare to everyone. This expansion of our services into Baker demonstrates that commitment," says David S. Sanders, chief executive officer at NOMC.



Time is life!

Heat attack treatments are most effective when given within one hour of the start of symptoms. Acting fast can save your life and limit heart damage. NOMC is here for you.

! Make an appointment today!

The Baker Clinic is open from 7 a.m. to 4 p.m., Monday through Friday. Dr. Tullus is now accepting new patients and can be reached at **(850) 537-9312**.

THE RIGHT PHYSICIANS FOR YOU

The dedicated, experienced medical staff members of North Okaloosa Medical Center can help keep your family healthy. We'd like to introduce two of them to you.



HELEN NICHOLE JOHNSONWALL, M.D.
Hospitalist Medicine

North Okaloosa Medical Center
151 East Redstone Ave.
Crestview
(850) 689-8100



MARIANNE W.C. TULLUS, M.D.
Family Practice

Okaloosa Medical Group–Baker Clinic
1200 Henley Lane
Baker
(850) 537-9312

Accepting new patients



Team up for fitness

Lack of time, motivation and enjoyment are among the top reasons people don't exercise. One way to get around those barriers is to recruit someone to work out with you and make it fun. Try these ideas:

- **Find hidden ways to move.** If you can't get your partner to start moving, find local events to

attend together that make a perfect excuse to go for a walk.

- **Explore the power of two.** Many communities have adult coed recreation teams, such as volleyball, bowling or soccer. Find one you both enjoy.

- **Learn a new sport or activity together.** When you're both beginners, it eliminates the tension that can arise when one person is the expert and the other is the novice. Consider trying kickboxing or ballroom dancing.
- **Make a difference.** Join fitness events for worthy causes important to both of you, such as Walk MS for the National Multiple Sclerosis Society.

! A new year, a new you!

Start the year off healthy! Make an appointment with your physician or find a physician close to home by visiting www.northokaloosa.com.

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