

"I am Living Well by fearlessly walking the road to recovery."

Kate Roman,  
Past South Bay Hospital Patient

FEBRUARY 2012

"ONLY Hospital in Hillsborough County Recognized as a Top Performer by the Joint Commission"



# On the Path TO Living Well

South Bay Hospital  
Caring for You

| 4016 Sun City Center Blvd. |

Sun City Center, FL 33573

# TO LIVING WELL



**“What really keeps you going is attitude. And that’s very hard because every other minute is taken up by cancer. But I have to continue to always focus on the positive.”**

*- Kate Roman*



*Dear Neighbors,*

February is American Heart Month and we at South Bay Hospital encourage you to celebrate by learning how to keep your heart healthy. Cardiovascular disease is the leading cause of death in the U.S. and there are many steps that can be taken to prevent it.

This month we will introduce a new series titled “Matters of the Heart.” We will feature articles in each newsletter related to prevention and treatment of heart disease. We hope that this series will help you make lifestyle choices to improve the health of your heart. If you have experienced cardiovascular disease, consider visiting our Heart Failure Support Group or Stroke Support Group. Information on the support groups can be found in this newsletter, or by calling 1-888-685-1595.

Valentine’s Day is also celebrated in February. I hope that this Valentine’s Day you will have the opportunity to spend time with those you love. Healthy relationships are just as important as healthy hearts.

*Sharon L. Roush*

**Sharon L. Roush**  
CEO - South Bay Hospital

Last summer Kate Roman was busy planning a road trip with her husband Bill. Right before the planned vacation, Kate noticed a dimple in her breast as she was putting deodorant on one morning. She rushed over to her physician’s office to have him take a look. Her physician immediately scheduled her for a digital mammogram at South Bay Hospital’s Outpatient Diagnostic Center.

Shortly after the mammogram she got a call from her physician. “I remember him calling me and saying ‘Kate, it’s not that I don’t want to speak with you. But I need you to hang up the phone right now and schedule an ultra sound and a consultation with a surgeon,’” says Kate.

In addition to the ultra sound, Kate had to have a PET scan, MRI and a biopsy. She meticulously records appointment dates and notes in a leather journal. “Here’s August 10th,” says Kate. “About 10 minutes before I went into my appointment I spoke

with one of my family members. They told me that my maternal grandmother had died of breast cancer. I never knew that about her. Then I went to my appointment and that was the day they diagnosed me with breast cancer.”

When asked what she has learned since being diagnosed, Kate talks about living life to the fullest, being aware of your body and touts the importance of preventative medicine. “It had been way too long since my last mammogram,” says Kate. “My goal is to live and help anyone that will listen to me. Get your mammograms and screenings. Eat healthy, exercise and enjoy good health.”

Kate also credits her family and friends for being a huge support system for her. “I’ve learned that my husband is incredible. He’s been at every appointment.” Her husband Bill cooks for her and makes videos for her to watch during her chemo treatments. “I’m so lucky that I have Bill,” says Kate.

Her diagnosis also reunited her with one of her best friends from high school, Julie Dardick Kellogg, who was also battling breast cancer. “Reuniting with Jules was great,” says Kate. “We texted each other every day and kept each other positive.” Kate was able to take a trip to South Florida to meet up with Jules. “I’ve always loved to take pictures and I had a lot of pictures of Jules. When I went to see her, we looked at all of my old pictures together.” Jules had been battling cancer for 10 years when she passed away this December.

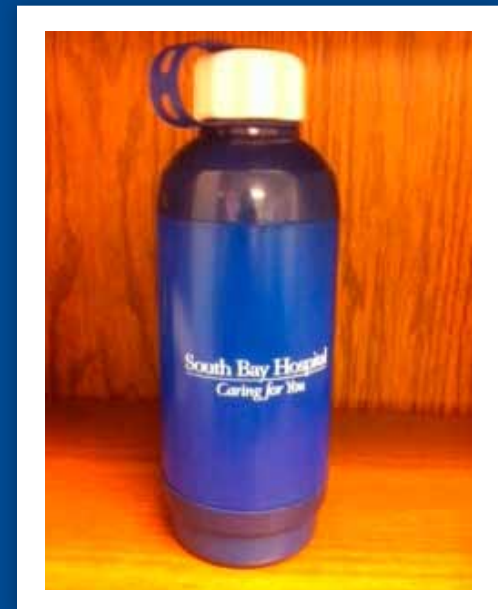
Since being diagnosed, Kate has been determined to share her story in the hopes that it will motivate women to have their yearly screening mammograms. “I’ve had so many women tell me that they don’t want to have a mammogram because they don’t think they could handle cancer. But it’s better to know and to be able to fight. Knowledge is power.”

In Memory of Julie “Jules” Dardick Kellogg

### Benefits of Digital Mammography

- Produces high resolution, digital images that can be enhanced and manipulated
- Physicians can zoom in on questionable areas and make adjustments to the image
- Ideal in detecting breast abnormalities in women with dense breast tissue, who are often at higher risk for breast cancer
- Faster; patients spend less time in exam room
- Patients are able to get results sooner

To schedule your digital mammogram, please call 1-866-463-7002



### FREE Water/Pill Bottle

The first 50 callers to 1-888-685-1595 who mention On the Path to Living Well will receive a FREE Water/Pill Bottle. Once you have registered, the bottle can be picked up at the South Bay Hospital Outpatient Rehab Center and recipients can get a FREE Blood Pressure screening at the same time.

**Limit one per caller.**

# February

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 PVD Screenings  Silver Sneakers @ h2u	3 PVD Screenings  Bingo @ h2u	4
5  Alcoholics Anonymous	6 PVD Screenings  Silver Sneakers @ h2u	7 PVD Screenings  Free Blood Pressure Screening	8 PVD Screenings  Bingo @ h2u  Stroke Support Group	9 PVD Screenings  Silver Sneakers @ h2u  Free Blood Pressure Screening	10 PVD Screenings  Bingo @ h2u  Cancer Concerns Group	11
12  Alcoholics Anonymous	13 PVD Screenings  Silver Sneakers @ h2u  Diabetes Support Group	14 PVD Screenings  Free Blood Pressure Screening	15 PVD Screenings  Bingo @ h2u  Joint Replacement Class	16 PVD Screenings  Silver Sneakers @ h2u  Free Blood Pressure Screening	17 PVD Screenings  Bingo @ h2u  Parkinson's Support Group	18
19  Alcoholics Anonymous	20 PVD Screenings  Silver Sneakers @ h2u	21 PVD Screenings  Free Blood Pressure Screening	22 PVD Screenings  Bingo @ h2u	23 PVD Screenings  Silver Sneakers @ h2u  Free Blood Pressure Screening	24 PVD Screenings  Bingo @ h2u	25
26  Alcoholics Anonymous	27 PVD Screenings  Silver Sneakers @ h2u  Joint Replacement Class	28  Free Blood Pressure Screening	29	<b>For more information or to make a reservation for an event, please call 1-888-685-1595.</b>		

## Classes & Screenings

### Senior Health and Fitness Classes @ H2U Center.

YMCA's SilverSneakers (MSROM). Mondays at 11:00 am to Noon and Thursdays from 9:30 am – 10:30 am; 3909 Galen Court, Suite A, Sun City Center. For information or questions, call Kavita at 684-1371 ext. 212. For RSVP & Sign Up, call Paula at 634-0187.

**"Bingo"** at h2u Wednesdays and Fridays 11:45 pm – 2:00 pm. 3909 Galen Court, Suite A, Sun City Center. For more information or questions regarding h2u membership please call Paula at 634-0187.

**Yoga for a Stress Free You** – H2U and Homewood Residence have partnered for your health. Providing Beginners Yoga Classes with Certified Yoga Instructor: Every Thursday at the H2U office 3909 Galen Court suite A from 5:30pm – 6:30 pm. Cost is \$5.00 per session.

**Joint Replacement Class** – New Dates and Times – Wednesday, January 11th at 6:00 pm and Monday, January 23rd at 2:00 pm. Learn more about your hip or knee replacement procedure and openly discuss pre/post operative concerns. Meetings are held the 2nd Wednesday at 6:00 pm and the 4th Monday of each month at 2:00 pm. Reservations are required. Call 1-888-685-1595 to RSVP.

**FREE Peripheral Vascular Disease (PVD) Screenings** - Monday through Friday, 9:00 am-10:00 am, at the Outpatient Rehab & Diagnostic Ctr, 4051 Upper Creek Dr, Suite 103, Sun City Center. To set up an appointment call 1-888-685-1595.

**Free Blood Pressure Screenings** – Held Every Tuesday and Thursday from 10:00 am – Noon in Outpatient Rehab. No registration needed. Held at the Outpatient Diagnostic and Rehab Center, 4051 Upper Creek Drive, Suite 103, Sun City Center.

## Support Groups

**Alcoholics Anonymous** – February 5th, 12th, 19th and 26th; 1901 Haverford Plaza, Suite 106 – Behind South Bay Hospital. Meetings are held each Sunday at 7:30 am.

**Better Breathers Club** – February 23rd at Noon; 1901 Haverford Plaza, Suite 106 – Behind South Bay Hospital. Contact Sabina at 633-7777 for reservations and information. Meetings held the 4th Thursday of the month at Noon – 1:30 pm.

**Diabetes Support Group** – February 13th at 10am; Redeemer Lutheran Church; Meetings are held the 2nd Monday of each month.

**Heart Failure Support Group** - February 8th at 10:30 am; 1901 Haverford Plaza, Suite 106 – Behind South Bay Hospital. Contact Robin Mason at 634-0498 for information. Meetings held the 2nd Wednesday of the month at 10:30 am-Noon.

**Parkinson's Support Group** – February 17th at 1:00 pm; United Community Church. Meetings held the 3rd Friday of each month.

**Stroke Support Group** – February 1st at 1:00 pm in the East/West Social Rooms at Kings Point Clubhouse. Meetings are held on the 1st Wednesday of the month 1:00 pm- 2:00 pm. Contact Kim McKell (813) 634-0249 for more information.

**Cancer Concerns Group** – Friday, February 10th, 1:00 pm. Held on the 2nd Friday of the month at United Community Church of Sun City Center, 1501 LaJolla Avenue.

**For all events needing RSVP or Appointments:  
To make a reservation, please call  
1-888-685-1595.**

HEART HEALTHY Word Search

A	I	M	H	T	Y	H	R	R	A	T	I	L	K	O	E	Y	K
H	K	F	G	F	X	F	Y	L	T	Y	P	E	T	W	O	N	Q
R	A	N	I	G	N	A	X	S	U	Q	F	E	S	K	H	T	W
G	L	T	G	T	N	A	L	U	G	A	O	C	I	T	N	A	R
E	R	U	S	S	E	R	P	D	O	O	L	B	H	G	I	H	A
G	Q	K	S	E	T	E	B	A	I	D	A	V	X	D	L	C	L
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G	O	C	S	L	V	R	P	S	A	Q	W	D	O	M	A	Q	S
A	A	D	M	D	V	H	E	A	R	T	A	T	T	A	C	K	A
M	Q	W	O	E	A	S	P	I	R	I	N	N	N	A	O	J	V
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S	T	C	G	P	K	S	V	R	K	I	K	E	P	U	T	A	R
B	C	L	W	Y	F	S	M	S	S	U	B	L	V	F	W	L	A
Q	D	O	V	T	F	C	H	O	L	E	S	T	E	R	O	L	C
M	O	S	T	R	I	G	L	Y	C	E	R	I	D	E	S	Y	Y

Angina

Anticoagulant

Arrhythmia

Aspirin

Cardiovascular

Cholesterol

Diabetes

Exercise

Fatty Foods

HDL

Healthy

Heart Attack

High Blood Pressure

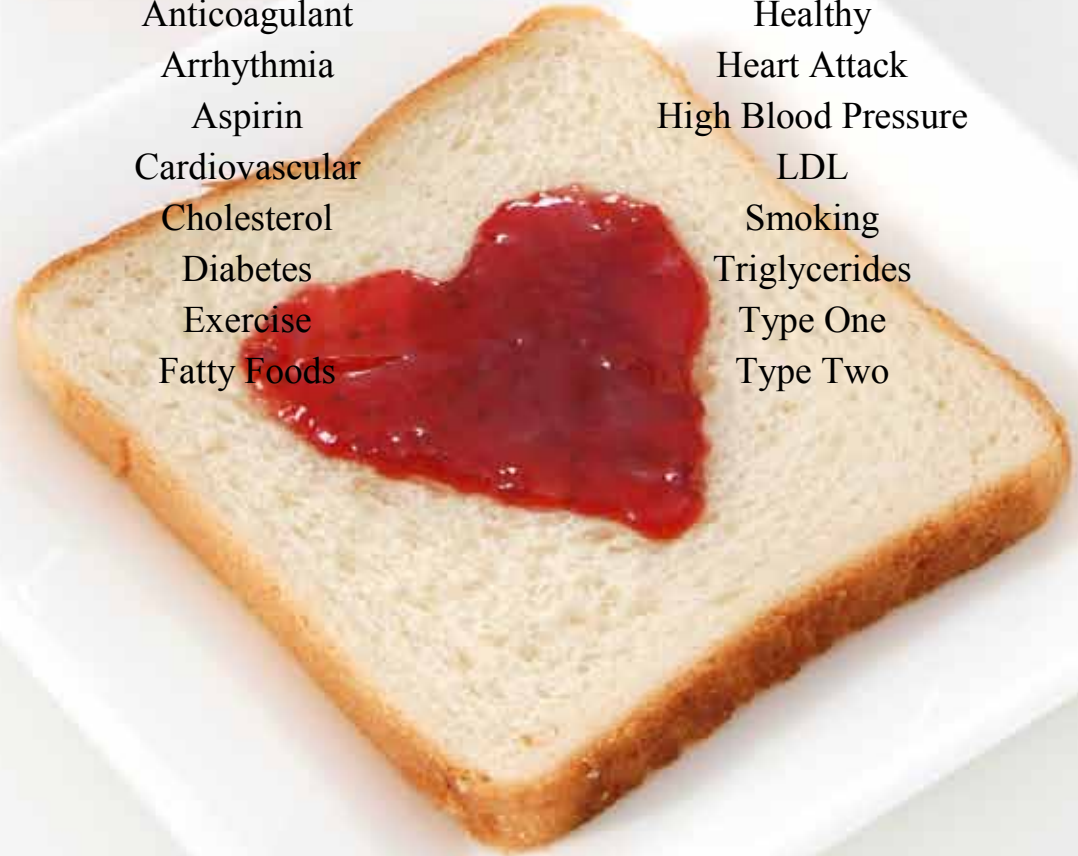
LDL

Smoking

Triglycerides

Type One

Type Two



## Heart Healthy Valentine Favorite: Salmon with Strawberry Salsa



**Serves: 6**  
6 salmon filets (skinless, 3-4 Oz.)

**Sauce:**

- ¼ stick of unsalted butter
- 1 garlic clove, minced
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. honey
- 1 Tbsp. low sodium soy sauce

**Salsa:**

- 1 medium cucumber, peeled, seeded and chopped fine
- 2 green onions, sliced thin
- 3-4 Tbsp. rice wine vinegar
- 2 Cups strawberries, diced
- 1 yellow bell pepper, diced

Mix cucumber, green onion, yellow pepper and vinegar. Cover and chill at least an hour. Add strawberries 10 -15 minutes before serving.

In a saucepan, melt butter with garlic over low heat. Stir in honey, soy sauce and lemon juice.

Brush sauce on salmon and bake at 350°F for about 10 minutes or until done. Or grill for 4-5 minutes each side until done. Transfer to serving platter and top with salsa.

**Calories:** 292/**Cholesterol:** 21 grams/**Fat:** 15 grams/**Sodium:** 184 mg

**DID YOU KNOW?**

SOUTH BAY HOSPITAL OFFERS SEVERAL RESOURCES TO KEEP YOU HEALTHY. MONTHLY HEALTH EDUCATIONS EVENTS AND LECTURES, SUPPORT GROUPS AND SILVERSNEAKERS FITNESS CLASSES ARE JUST A FEW OF THE RESOURCES AVAILABLE. CALL 1-888-685-1595 FOR MORE INFORMATION.

# Matters of the **HEART:** How Diet Affects Your Heart



According to the Centers for Disease Control and Prevention, cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. February is American Heart Month and it's important to understand how lifestyle choices such as diet affect your heart.

The heart is a muscle that pumps oxygen and nutrient rich blood through the body. In order for the heart muscle to perform at its best, it needs a high fiber, low fat and low sodium diet. According to the American Heart Association, less than 1% of the U.S. population follows a heart healthy diet.

Foods high in fat and cholesterol can have a devastating impact on the heart by causing plaque to build up in blood vessels. The plaque interferes with the blood flow to the heart and can lead to coronary artery disease, the leading cause of heart attacks in America. A heart attack typically occurs when a blood clot forms on top of the plaque and restricts the blood flow to and from the heart.

Sodium chloride, also known as salt, can have a negative impact on the heart. Too much salt can increase your blood pressure. The added pressure on the walls of the blood vessels causes them to weaken which can lead to the blood vessels to rupture. The ruptures are what cause strokes and aneurysms. High blood pressure can also lead to tiny tears in the blood vessels. The tiny tears and scars behave similar to nets that catch plaque and cholesterol.

Sugar is another nutrient that can affect the health of your heart. Excess sugar is turned into triglycerides by the body. Triglycerides circulate in your blood stream and can develop into plaque and cause coronary artery disease.

The good news is that you can take steps to improve your diet and the health of your heart. Try limiting the amount of processed foods, animal fats (such as butter and lard) and salt in your diet. Increase your intake of soluble plant fiber, found in fruits and vegetables. Fiber binds cholesterol in your intestines and helps to eliminate it before it enters your blood stream.

The American Heart Association recommends these tips for a heart healthy diet:

- Fruits and vegetables: At least 4.5 cups a day
- Fish (preferably oily fish): At least two 3.5-ounce servings a week
- Fiber-rich whole grains: At least three 1-ounce-equivalent servings a day
- Sodium: Less than 1,500 mg a day
- Sugar-sweetened beverages: No more than 450 calories (36 ounces) a week
- Nuts, legumes and seeds: At least 4 servings a week
- Processed meats: No more than 2 servings a week

Our bodies are fueled by the foods we eat. Even simple choices can make a difference. Make the right diet choices and improve the health of your heart.



## South Bay Hospital Awarded Certification in Total Joint Replacement



South Bay Hospital has earned The Joint Commission's Gold Seal of Approval for its Total Hip and Total Knee Replacement programs by demonstrating compliance with national standards for healthcare quality and safety in disease-specific care. The certification award recognizes South Bay Hospital's dedication to continuous compliance with The Joint Commission's state-of-the-art standards.

South Bay Hospital underwent a rigorous on-site survey in December 2011. The Joint Commission evaluated the hospital for compliance with the standards of care specific to the needs of patients and families, including infection prevention and control, leadership and medication management.

"In achieving Joint Commission certification, South Bay Hospital has demonstrated its commitment to the highest level of care for its patients with hip and knee replacement surgery," says Jean Range, M.S., R.N., C.P.H.Q., Executive Director, Disease-Specific Care Certification, The Joint Commission. "Certification is a voluntary process and I commend South Bay Hospital for successfully undertaking this challenge to elevate its standard of care and instill confidence in the community it serves."

"With Joint Commission certification, we are making a significant investment in quality for our patients," says Sharon Roush, Chief Executive Officer, South Bay Hospital. "Joint Commission certification in Total Hip and Total Knee Replacement is a major achievement in maintaining excellence and continually improving the care we provide."

For more information on South Bay Hospital, contact Natalia Diaz at 813-634-0496.

## About South Bay Hospital

South Bay Hospital is a 112 bed, acute care hospital serving Sun City Center, Ruskin, Wimauma, Riverview, Apollo Beach, Gibsonton and the surrounding areas. South Bay is Joint Commission Accredited, Joint Commission Top Performer in Key Quality Measures, Certified in Total Hip and Total Knee Replacement by the Joint Commission, Accredited by the Society for Chest Pain Centers in Chest Pain and Heart Failure, a Joint Commission Certified Primary Stroke Center, Accredited in Ultrasound by the American College of Radiology and a Blue Distinction Center for Knee and Hip Replacement. South Bay offers a wide range of services including general and vascular surgery, urology, cardiology, orthopedic, and spine surgery.



## Relay for Life Update

By: Evelyn Lunsford, Relay for Life Committee Member

Evidence of the Relay for Life of Sun City Center is being seen throughout the community and will continue through April 10 -11, the date of the event. Fourteen teams are currently signed up to participate. January marked the kick-off of "Paint the Town Purple" a project designed to show community support for the American Cancer Society's signature program. Purple ribbons are already showing up on lampposts, golf carts, bicycles, and cars and the committee and teams hope that the effort will continue to build through mid-April.



A community yard sale will be held on February 25th from 9:00 'til 2:00, in the Payant parking lot. All monies raised by the participating teams will be donated to Relay.

March 28th will give residents the opportunity to enjoy a performance by Armand and Angelina at Community Hall. The duo provides an exciting blend of rock and roll and classical music. Again, proceeds will benefit the Relay of Life of Sun City Center.

The Relay committee thanks sponsors who have contributed to the \$40,000 goal of the event. To date, they include the Sun City Center Lion's Club, an anonymous donor within the Community Foundation of Greater Sun City Center, Manatee Eye Clinic, Curves, family dentist Dr. Chi T. Nguyen and South Bay Hospital.

Contact numbers for the event are Event Chairman Vivian Hodgkin at 634-3992, and American Cancer Society representative Cathy Vallientos at 685-0670 ext, 5457. Individuals wishing to donate to this important cause or to an individual team can do so on-line at [www.relayforlife.org/suncitycenterfl](http://www.relayforlife.org/suncitycenterfl)

## Letters of Gratitude

"I have lived in Sun City over eight years. In that time I have been admitted to South Bay Hospital numerous times, for varying reasons. I have always had the best care you could expect from any hospital."

"I had wonderful care throughout my short stay. Everyone was always smiling and so polite. I could not be happier!"

"The staff scheduled the earliest possible date for my CT guided liver biopsy. The staff went the extra mile by persistently calling the doctor's office to make sure they got the necessary paperwork in time. The nurses were compassionate and caring during the procedure and they kept my wife informed of what was happening during the procedure."

"They made me feel like I was the only patient in the hospital. They listened to my concerns and gave me options. Thank you so much for all of your hard work."

## Volunteers Needed for South Bay Hospital Cancer Resource Center

South Bay Hospital is recruiting volunteers for its new American Cancer Society Cancer Resource Center. Volunteers will provide visitors and caregivers with information about prevention and detection, treatment guidelines and support groups. They will also help visitors find resources that suit their needs such as wigs, prosthetics, camisoles, hats and more.

Volunteers are needed on weekdays and hours are flexible. No experience necessary and training will be provided. If you are interested in volunteering, or for more information on the Cancer Resource Center, please call 813-634-0496.

**Fun Fact** - According to the Corporation for National and Community Service, there are many health benefits to volunteering. Research shows that volunteering leads to greater functional ability, lower mortality rates and lower rates of depression. The research states older volunteers are more likely than younger volunteers to reap the health benefits of volunteering.

# South Bay Hospital *Caring for You*

4016 Sun City Center Blvd.  
Sun City Center, FL 33573

(813) 634-3301

[www.southbayhospital.com](http://www.southbayhospital.com)

# HAPPY HEART MONTH

**From South Bay Hospital!**



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Shawn Gregory

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