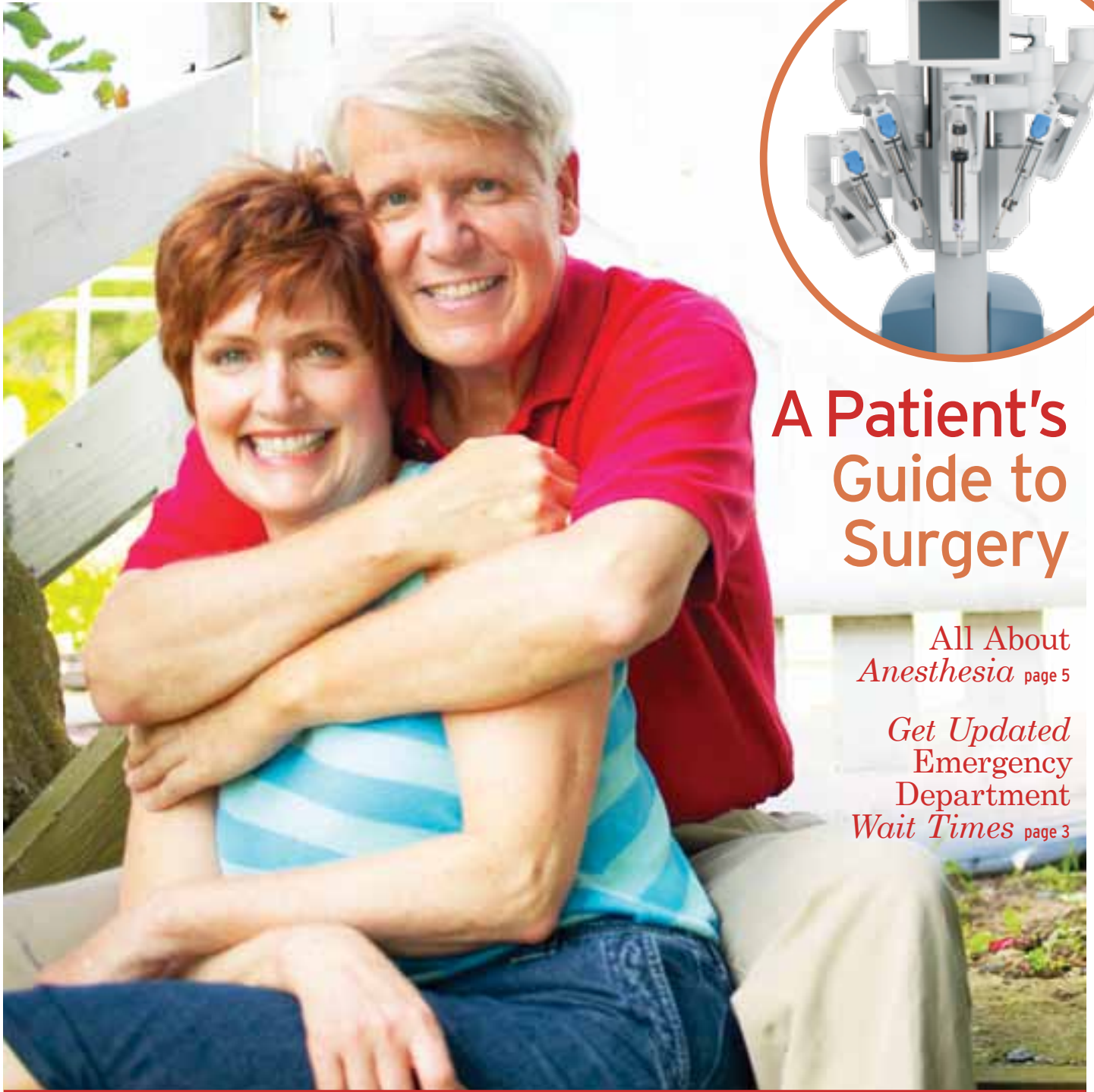


HCA West Florida Pinellas

Healthy Living

at a higher standard

Fall 2009



A Patient's Guide to Surgery

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Get Updated
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Department
Wait Times page 3

Blake Medical Center
Brandon Regional Hospital
Central Florida Regional Hospital
Community Hospital
Doctors Hospital of Sarasota

Edward White Hospital
Englewood Community Hospital
Fawcett Memorial Hospital
Largo Medical Center
Northside Hospital

Oak Hill Hospital
Osceola Regional Medical Center
Regional Medical Center Bayonet Point
South Bay Hospital
St. Petersburg General Hospital





Easy As

A B C

For your Annual Breast Checkup and other actions against breast cancer, turn to the hospitals you trust for personalized, passionate care.

The Breast Center at St. Petersburg General Hospital and the Florida Breast Institute at Largo Medical Center provide advanced screening and diagnostic imaging services in a tranquil environment. Our experienced medical staff provides the best in women's health services that include:

- bone densitometry
- breast ultrasound and magnetic resonance imaging (MRI)
- care coordination of breast health services
- comprehensive assessment and support
- consultation scheduling
- continuing education and disease information
- digital mammography with computer-aided detection (CAD)
- help in identifying support resources
- minimally invasive stereotactic biopsy
- minimally invasive ultrasound-guided biopsy
- multidisciplinary care as needed



THE BREAST CENTER
St. Petersburg General Hospital

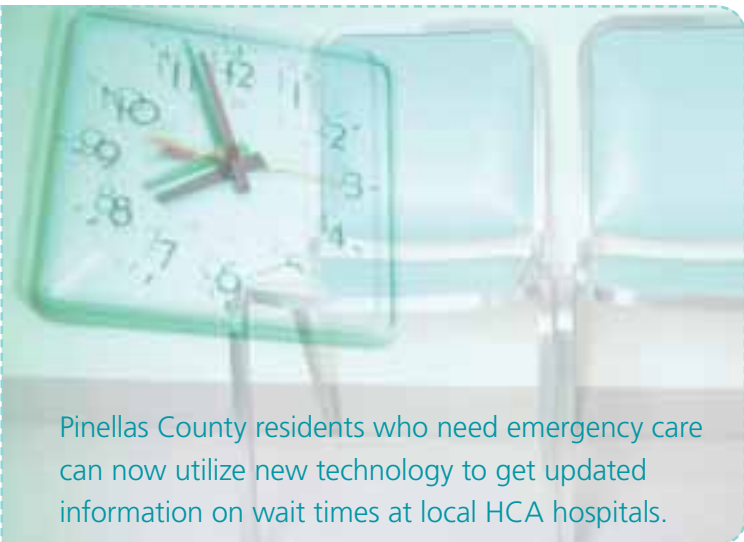
» For an appointment at The Breast Center at St. Petersburg General Hospital, call 727-341-4999.



FLORIDA BREAST INSTITUTE
AT LARGO MEDICAL CENTER

» To reach scheduling at the Florida Breast Institute at Largo Medical Center, call 727-588-0700, ext. 3.

Just the Touch of a Button



Pinellas County residents who need emergency care can now utilize new technology to get updated information on wait times at local HCA hospitals.

VISITING THE HOSPITAL'S website or sending a text message inquiry will allow you to easily find out how long it will take you to be seen in a local HCA hospital emergency department (ED). The posted information, which gives the average wait time in the ED over the past four hours, is updated every 30 minutes.

How It Works

To access wait times via text messaging, potential patients send the word "ER" to 23000 from any cell phone. The text message response will ask for their zip code and provide instant information about the nearest ED wait times.

To locate wait times online, visit www.hcawestflorida.com or a specific HCA hospital's main website (see the list below).

Local HCA hospitals and medical centers participating in the program and their websites are:

- Blake Medical Center (www.blakemedicalcenter.com)
- Brandon Regional Hospital (www.brandonhospital.com)
- Community Hospital (www.communityhospitalnpr.com)
- Doctors Hospital of Sarasota (www.doctorsofsarasota.com)
- Edward White Hospital (www.edwardwhitehospital.com)
- Englewood Community Hospital (www.engagewoodcommhospital.com)
- Fawcett Memorial Hospital (www.fawcetthospital.com)
- Largo Medical Center (www.largomedical.com)
- Northside Hospital & Tampa Bay Heart Institute (www.northsidehospital.com)
- Oak Hill Hospital (www.oakhillhospital.com)
- Regional Medical Center Bayonet Point (www.rmchealth.com)
- South Bay Hospital (www.southbayhospital.com)
- St. Petersburg General Hospital (www.stpetegeneral.com)
- Sun Coast Hospital, a facility of Largo Medical Center (www.suncoasthospital.net)

Navigating an Emergency

How do you know if you or your loved one needs emergency care? What can you expect once you get there? Read on to learn more.

"A TRIP TO the emergency room is appropriate if a situation raises any concern about loss of life or limb," says Henry Kurusz, III, MD, medical director of the Emergency Department (ED) at St. Petersburg General Hospital. "For example, difficulty breathing, chest pain, loss of speech, inability to move an extremity, suspected broken bones, head injuries, lacerations, persistent fevers, or any change in mental status warrant a visit to the ED."

Be aware that unnecessary visits to the ED decrease the number of beds available for those experiencing true emergencies. If your medical concern is not a life-threatening emergency, call your personal physician. In a true emergency, come to the ED immediately for care or call 911.

What to Expect

No appointment is necessary at an ED, where a doctor or team of doctors and nurses with special training in emergency medicine will assess your condition, order any tests needed to diagnose your problem, and either treat you or admit you, if necessary, for specialized care.

"Treatment does not work on a first-come, first-served basis in an ED," says Dr. Kurusz. "Patients can expect prompt care based on a triage system, whereby the sickest patients receive care first."

To learn more about emergency services at HCA West Florida facilities or for a free physician referral, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

Bring your physician's contact information and a complete list of any medications you take with you when you come to a hospital emergency department.

Surgery: A Patient's Guide

Preparing yourself emotionally for surgery—whether it will be major or minor—can be disconcerting, especially if you have never experienced anything similar. Knowing what to expect before, during, and after a procedure can help put your mind at ease.



ONE OF THE first things a patient scheduled for surgery should expect is to undergo a series of appointments, diagnostic tests, and requests to fill out paperwork. During a pre-operative meeting with your surgeon, expect to receive a complete list of discharge instructions as well as information about what to expect on the day of surgery.

“Pre-operative appointments can be held any time from one week to the day before surgery, depending on the procedure,” says Kevin Huguet, MD, general surgeon at Edward White Hospital. “At that meeting, we make sure patients have all of the forms and prescriptions they need.”

Pre-admission testing may include blood work, a chest X-ray, and an electrocardiogram.

Day of Surgery

Most surgeons will ask a patient to be at the hospital two to three hours prior to the time his or her surgery is scheduled to start. This period allows time to complete registration paperwork, receive hospital identification, and meet the nurses and anesthesiologist.

“Two hours is about the average time required to meet everyone and prepare for surgery,” says Dr. Huguet. “We also offer medication to help patients relax, as well as antibiotics to prevent infections that may occur during the surgery.”

Surgical specifics such as how long a procedure may take and how much discomfort a patient should expect are unique to each procedure. Still, feel free to ask your surgeon or nurse questions about what is typical.

“I practice pre-emptive analgesia, a pain management practice that helps ensure my patients don't wake up in pain,” says Dr. Huguet. “Even with that step, however, some discomfort after a procedure should be expected.”

In most cases, patients should expect a short stay in the hospital followed by several weeks of recovery at home.

***For a free referral to a surgeon,
call 1-877-4-HCA-DOCS
(1-877-442-2362) or visit
www.HCAdocs.org.***



The Importance of After-Surgery Care

Your surgeon will provide specific instructions for you that will be very important for you to follow after your procedure. Be sure to ask any questions you may have and take especially good care of any surgical wound area.

“In laparoscopic surgeries, I like to use Dermabond®, a glue-like substance that protects the incision,” says Kevin Huguet, MD, general surgeon at Edward White Hospital. “Dermabond® helps protect the surgical wound from trauma and water, so patients may shower 24 hours after the surgery.”

Another important aspect of post-surgical care is pain management.

“A patient whose pain is managed well generally recovers more quickly,” says Dr. Huguet. “Expect to get a prescription for pain medications, which may include an anti-inflammatory drug, and carefully follow instructions for their use.”



Safety Every Step *of the Way*

From hospital quality measures to universal protocols to national safety initiatives, HCA West and Central Florida hospitals take every precaution to ensure patients receive the safest possible surgical care.

AT ADMISSION, PATIENTS receive a bar-coded wristband that identifies them. A unique bar code issued to each patient allows nurses to safeguard the “five rights” of medication administration in preparation for surgery—that the *right* person be given the *right* dosage of the *right* medication

at the *right* time via the *right* route.

HCA West and Central Florida hospitals, medical centers, and highly trained surgical professionals also practice a “time-out” protocol, a pre-surgical practice that the medical team engages in to ensure the patient’s name, medications, procedure,

and surgical site correctly match hospital records.

By partnering with national accreditation and patient safety organizations such as The Joint Commission, HCA West and Central Florida hospitals continue to meet and exceed quality standards that protect patients.

“The **safety of patients**, not only during surgery but in all aspects of care, is a national concern that HCA West and Central Florida hospitals are always working to improve. We want patients to feel comfortable knowing **we take every precaution** to ensure they receive the highest quality of care possible.”

—LINDA LEMON-STEINER, VICE PRESIDENT OF QUALITY AND CLINICAL OPERATIONS FOR HCA WEST AND CENTRAL FLORIDA

For a free referral to an HCA West or Central Florida physician, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

A patient tracking system in the surgical waiting room gives visitors a way to check the status of a loved one during a procedure. Like the screens in airports detailing flight information, the tracking system informs visitors when a patient is prepped for surgery, enters the operating room, goes to recovery, and is transported to a hospital room or ready for discharge. Instead of identifying patients by their names, the patient tracker uses anonymous codes, which are shared with patient family members and friends.

“In the past 25 years, anesthetic procedures have improved patient safety. Complying with instructions concerning food, medications, and supplements prior to surgery will reduce your risk of complications during a procedure.”

—CHRISTOPHER KNOP, MD,
ANESTHESIOLOGIST

AT LARGO MEDICAL CENTER,
NORTHSIDE HOSPITAL, AND
ST. PETERSBURG GENERAL HOSPITAL

Anesthesia Demystified

Anesthesia is the administration of drugs to patients to safely provide pain relief and/or sedation during surgery.

PREPARING FOR SURGERY can be less stressful if you understand how anesthesia works. During anesthesia, physicians administer medicines that affect the nervous system, temporarily blocking pain.

- » **GENERAL ANESTHESIA**—the deepest sedation—is used to keep patients still, free of pain, and without memories of the procedure.
- » **REGIONAL ANESTHESIA** is achieved through an injection near a cluster of nerves to numb areas of the body, such as below the waist. Epidurals and spinal blocks are examples of regional anesthesia.
- » **LOCAL ANESTHESIA** is the most specific type, numbing a hand or patch of skin, for example, using ointment, shots, or spray.

Following medical instructions prior to surgery can reduce your risk of anesthesia complications. Some post-surgical side effects that typically resolve quickly may include grogginess, disorientation, chills, nausea, and sore throat.

Without anesthesia, many lifesaving surgical procedures wouldn't be possible. A qualified physician can determine the appropriate anesthesia for your procedure. For a free referral to an HCA West or Central Florida physician, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.



ADVANCES IN BREAST CANCER TREATMENT

offer many women diagnosed with the disease effective surgical options, including procedures that may preserve the breast.

Breast Cancer *Surgical Options*

“There is approximately a 1.5 percent difference in recurrence rates between lumpectomy and mastectomy, so the decision about surgical options truly comes down to a woman’s long-term perspective.”—KAREN KRITSKY, DO,

GENERAL SURGEON AND MEDICAL DIRECTOR
OF THE FLORIDA BREAST INSTITUTE
AT LARGO MEDICAL CENTER

“Women with breast cancer who opt for mastectomy should speak with their surgeons regarding prosthetic options for retaining the shape of the breast. Breast reconstructive surgery can begin immediately following a mastectomy or at a later date.” —ALBERT H. LI, MD, BOARD-CERTIFIED

SURGEON ON STAFF AT ST. PETERSBURG GENERAL HOSPITAL AND NORTHSIDE HOSPITAL

MORE SURGICAL APPROACHES have been developed especially for women with early stage breast cancer, which includes ductal carcinoma in situ (DCIS) and Stages I, IIA, IIB, and IIIA breast cancer. Breast cancer surgeries fall into two general categories—breast-sparing procedures and mastectomy. Your medical oncologist, surgeon, radiation oncologist, and (if applicable) plastic surgeon will advise you so that you can make an informed choice that will be best for you. Survival rates are similar between the two types of surgery, though some women may choose mastectomy to avoid the radiation therapy that follows breast-sparing surgery.

If you are facing early stage breast cancer, consult with your physician about the following types of breast cancer surgery:

Breast-Sparing Surgery

The idea behind breast-sparing surgery is to remove the malignant tumor and some surrounding normal tissue while keeping the breast intact. Following surgery, most patients undergo several weeks of radiation therapy to reduce the risk of recurrence. Types of breast-sparing surgery include lumpectomy, partial mastectomy, and segmental mastectomy.

To the surprise of many women, up to a third of the breast can be removed during a breast-sparing procedure without any evident deformities. Ultimately, however, the appearance of the breast following surgery depends on the size of the breast relative to the size of the tumor and the surrounding tissues that are removed. Some changes to the breast—such as firmness or a sunburned appearance—may occur as a result of radiation following surgery.

If you have been diagnosed with early stage breast cancer, make sure you are aware of all the treatment options available to you. For a free referral to an HCA West or Central Florida physician, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

“Breast-sparing procedures such as lumpectomy and partial mastectomy allow the breast to retain much of its former shape and feeling in the breast, nipple, and areola.” —ALBERT H. LI, MD, BOARD-

CERTIFIED SURGEON ON STAFF AT ST. PETERSBURG GENERAL HOSPITAL AND NORTHSIDE HOSPITAL

Mastectomy

Mastectomy involves the removal of the breast and nipple. It is sometimes followed by radiation therapy and includes the option of several types of breast reconstruction procedures, which can produce pleasing cosmetic outcomes, either immediately or at a later date.

Mastectomy can take several forms, including:

- » **TOTAL MASTECTOMY**—removal of the breast and possibly some lymph nodes under the arm.
- » **MODIFIED RADICAL MASTECTOMY**—removal of the breast, many lymph nodes, the lining covering the chest muscles, and possibly a small amount of chest muscle.
- » **DOUBLE MASTECTOMY**—removal of both breasts when one breast contains a malignant tumor and the patient is at high risk for developing the disease in the unaffected breast.

Reconstruction Alternatives

In 2007, a survey of nearly 1,200 early stage breast cancer patients revealed an alarming gap in women’s knowledge of breast cancer treatment options: Only 33 percent were aware that breast reconstruction following mastectomy was available.

Breast reconstruction surgery is performed by a plastic surgeon to restore a breast-like shape and nipple for patients who have had a breast removed. In addition, the surgeon can apply a dark circle around the nipple that resembles the areola.

Breast reconstruction surgery consists of either breast implants or tissue flap surgery. If a patient chooses the former, a surgeon will place an implant filled with salt water or silicone gel under her skin or chest muscle to create the appearance of a breast. While the implant will be pleasing from an aesthetic standpoint, she will have little feeling in it, and it may not last for the rest of her life. Women who have implants generally must have them replaced after a certain period of time, and they may cause irritations, such as breast hardness and pain.

Tissue flap surgery is a major procedure in which a surgeon uses muscle, fat, and skin from a different part of a patient’s body to construct a breast-like shape that typically lasts a lifetime. Healing, however, takes longer than with breast implants.

If alternatives to reconstructive surgery are preferred, a woman might consider wearing an external prosthetic—a breast form that fits inside a specialty bra.

Stay Hydrated

to Help Prevent Kidney Stones

Kidney stones are a painful but common medical condition. Decrease your risk of developing them by drinking plenty of fluids.

CLEAR LIQUIDS SUCH as water, lemon-lime soft drinks, and ginger ale should be preferred by those who are susceptible to forming kidney stones. Beverages that contain caffeine—coffee, tea, and some soft drinks—can cause dehydration and contribute to the formation of kidney stones. Lemonade is a good option because it contains citrate, which helps keep stones from forming.

Food for Thought

In addition to staying properly hydrated, diet plays a part in whether or not your body forms kidney stones. While fruits and vegetables are good for you, they can contribute to risk for kidney stones if you are

not properly hydrated. Animal protein can also be a dietary factor for kidney stones, so moderation in consumption of meat is key.

If proper hydration and diet are not enough to keep kidney stones from forming, medical treatment is available. Your physician can offer medications and minimally invasive procedures to help break up the stones and remove them.

For more information on how to prevent kidney stones, see your physician. For a free physician referral, call 1-877-4-HCA-DOCS (1-877-442-2362) or log on to www.HCAdocs.org.

“Some foods to **avoid** if you are prone to kidney stones include **dark leafy greens, salt,** and excessive amounts of **animal proteins** like beef, pork, and poultry. Increase your fiber intake and drink more water to help prevent kidney stones.”

—CHESTER C. WILMOT, MD, BOARD-CERTIFIED UROLOGIST AT EDWARD WHITE HOSPITAL, LARGO MEDICAL CENTER, NORTHSIDE HOSPITAL, AND ST. PETERSBURG GENERAL HOSPITAL

HOW TO Keep Clean in the Kitchen



Many of us have picked something from the refrigerator, sniffed it, and asked ourselves, “Is this still good?” It’s rarely advisable to eat food past a “consume by” date. Dozens of food safety practices can help you ensure what you serve your family is healthy.

MANY **FOODBORNE ILLNESSES** are preventable, and while you may not be able to control what happens in your local restaurants or grocery stores, you can work to improve food safety practices in your kitchen.

One of the most important factors is temperature. Hot foods should be served above 140 degrees Fahrenheit, and cold foods should be stored at below 40 degrees.

The safest way to defrost frozen food is to allow it to thaw slowly in the refrigerator.

Wash, Wash, Wash

Most of us know to thoroughly wash our hands before and after handling food, but following proper procedures for cleaning the kitchen is a little more complex. While preparing food, it’s important to use separate surfaces and cutting boards for meat products and fruits and vegetables. Between uses, cutting boards should be cleaned using hot water or a bleach-water solution. It’s also important to wipe down counters with a paper towel rather than a reusable sponge or dishcloth, which are more likely to contain bacteria.

Children’s Plates

Kids should be taught proper hand washing techniques and be discouraged from playing with their food. Any uneaten portions should be discarded after the meal.

For more information about food safety, talk to your physician or nutritionist. For a free physician referral, call 1-877-4-HCA-DOCS (1-877-442-2362).

“Even though eating cake batter or cookie dough can satisfy a craving, you could be putting yourself at risk. Any products that contain **raw eggs can carry salmonella** and should be eaten only after being cooked.”

—MARY TYSON, RD, LD, FOOD AND NUTRITION SERVICES DIRECTOR AT ST. PETERSBURG GENERAL HOSPITAL

Putting an End to Incontinence

Urinary incontinence affects thousands of people across the country, including many who feel too embarrassed to ask for help. Edward White Hospital offers several treatment options to help patients overcome this difficult condition.

URINARY INCONTINENCE, ALSO known as overactive bladder, refers to any uncontrollable loss of urine. This occurrence may be triggered by a number of causes or activities—including laughing or sneezing—and may also be a symptom of an underlying health condition.

Each case of urinary incontinence typically fits into one of several categories. The types of permanent incontinence include:

- » **Stress incontinence**—The loss of urine resulting when pressure is placed on the bladder during activities like heavy lifting is often due to weakening of pelvic muscles.
- » **Urge incontinence**—An overwhelming urge to urinate may be caused by urinary tract infections, medications, or nerve damage.
- » **Overflow incontinence**—When the pressure of a full bladder overcomes the strength of the valve holding urine in, the result is overflow incontinence, which may be caused by an obstructed bladder outlet, prostate enlargement, weak bladder muscles, or nerve damage.

Advanced Care

Those who are experiencing urinary incontinence and find the condition embarrassing can take comfort in knowing a number of treatments are now available to restore control. From physical rehabilitation to medications and surgical procedures, Edward White Hospital offers a full

spectrum of treatment options for urinary incontinence. Services include rehabilitation sessions to strengthen pelvic floor muscles and advanced procedures, including the implantation of InterStim® neuromodulators.

For patients struggling with persistent cases of overactive bladder, the InterStim® procedure brings welcome relief.

“InterStim® neuromodulators are like pacemakers for the bladder,” says Christos Politis, MD, urologist on staff at Edward White Hospital. “Through a relatively simple procedure, the device is implanted and can encourage bladder control by stimulating nerves around the bladder. The procedure has proven highly effective for patients with severe cases of overactive bladder.”

Where to Turn for Help

Edward White Hospital is dedicated to offering patients a range of options to help overcome the symptoms of urinary incontinence.

“The most important thing for patients struggling with incontinence should be to know help is available,” says Dr. Politis. “An overactive bladder can have a tremendous effect on quality of life. Effective treatment will restore your confidence and get you back to the activities you love.”

To learn more about treatment for incontinence, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.





More Than a Helping Hand

The da Vinci® Surgical System provides important technological advantages that benefit physicians and patients in multiple ways.

THE da VINCI TECHNOLOGY enables surgeons to maximize precision while performing intricate procedures using minimally invasive approaches to various operations. Four robotic arms and advanced 3-D imaging give surgeons greater range of motion, as well as better views of the operating site and more “hands” to execute the necessary procedures with accuracy—all at once.

“The da Vinci enables surgeons to go around or behind organs and other parts of the body that were difficult to maneuver around using hands during traditional open surgery,” says H. Drexel Dobson III, MD, FACS, board-certified general surgeon and diplomate of the American Board of Surgeons at St. Petersburg General Hospital. “Operating with the da Vinci robot is like having more than our limited two hands and two eyes to work and see with. Robotic assistance has taken minimally invasive surgery to

an entirely different level, and we’ve seen phenomenal results and high levels of patient satisfaction.”

The da Vinci robot does not act or perform on its own, but assists the surgeon, who remains in complete control and directs every move of the equipment.

Benefits and Procedures

Robotically assisted surgery has led to great strides and advances in the field of general surgery.

“The da Vinci system offers alternatives to traditional open surgery and laparoscopy,” explains Dr. Dobson. “Procedures that once required large cuts, resulting in sizable scarring, can now be performed using only one-to-two-centimeter incisions with minimal to no blood loss.”

Other benefits gained through robotically assisted surgery include shorter hospital stay, significantly reduced pain and scarring, faster

recovery, and lowered risk of infection.

St. Petersburg General Hospital offers a variety of minimally invasive general surgeries with da Vinci technology, including:

- » advanced hepatobiliary surgery
- » colon, esophagus, intestine, liver, pancreas, and stomach cancer removal
- » complex hernia repair
- » esophageal functional disorder repair
- » gallbladder removal
- » resections—including colon, hepatic, and rectal

“Having the ability to remove a gallbladder through one small incision is truly a medical marvel and something that seemed unlikely 15 or 20 years ago,” says Dr. Dobson. “Every day we are perfecting the technique of robotic surgery and gaining more advances in using this technology.”

For more information about robotically assisted surgery, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

BACK IN SHAPE:

Surgical Advancements for Spine Pain

Recent technological advancements and innovative surgical approaches bring people suffering from chronic back pain more effective minimally invasive surgical options than ever before.

PATIENTS WHO SUFFERED from herniated discs in the past expected long post-surgical recovery periods as their muscles and bones slowly healed from surgical incisions. The new Yeung Endoscopic Spine Scope (YESS) system provides the same effective treatment with greatly reduced recovery time.

“With the YESS technique, we no longer find it necessary to cut muscle or bone to reach a problematic disc,” says Gordon Holen, DO, orthopaedic spine surgeon on staff at Largo Medical Center. “Instead, a small tube is inserted and a guidewire is used in conjunction with a fluoroscope X-ray to ensure the disc and nerves are treated with precision. The procedure is done under local anesthesia, and the patient generally returns home the same day with minimal discomfort.”

Afterward, patients generally experience immediate relief from nerve pain affecting the back and legs and are able to return to work within days.

On the Cutting Edge

Additional HCA West Florida hospitals are combining specialized surgical techniques with the latest advancements in laboratory research. Patients in need of spinal fusion procedures now have treatment options that allow them to recover from surgery up to four times faster than when following traditional treatment. Using a substance called bone morphogenetic protein (BMP), surgeons can generate quick bone growth and allow patients to return to normal daily functions much more quickly.

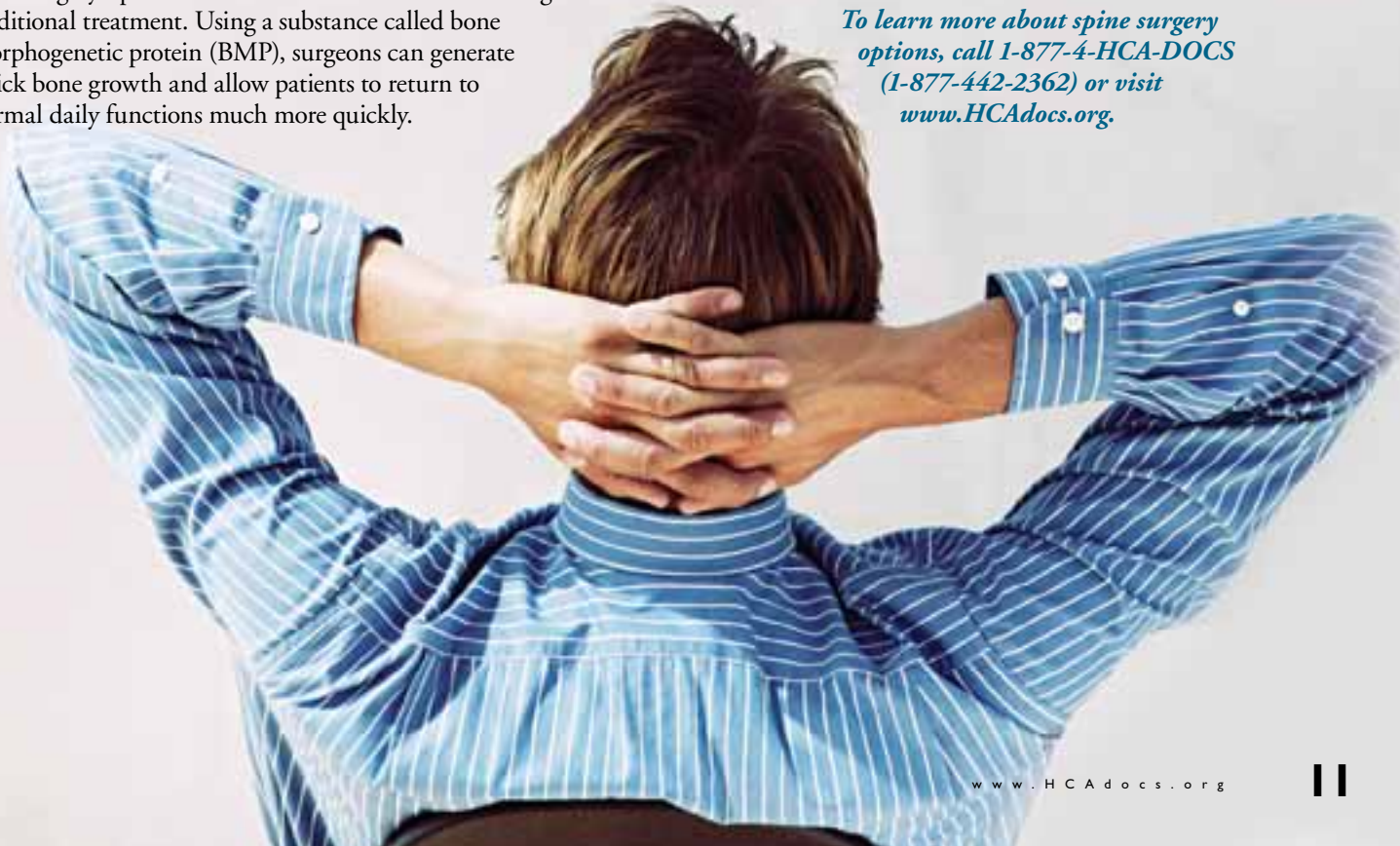
“A powerful new tool in spinal treatment, BMP is comprised of genetically engineered protein cells able to convert stem cells into bone-producing cells, speeding the process of osteoinduction and producing greater rates of healing for the patient,” says Clinton Davis, MD, orthopaedic surgeon on staff at Edward White Hospital. “Using this procedure reduces the necessity for grafting with bone taken from the pelvis, which takes time to heal. Overall, the procedure is much easier for the patient—and has been very effective.”

Back pain affects millions of people worldwide and can devastate quality of life by limiting the ability to work and engage in daily activities, including socializing with family and friends. When conservative treatments such as medications and lifestyle changes do not provide relief, back pain sufferers can take comfort in knowing that more aggressive approaches are available.

“As a physician, I want to be able to offer state-of-the-art surgical options for my patients who need them,” says Dr. Holen. “We have the tools necessary for them to enjoy positive outcomes.”

To learn more about spine surgery options, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit www.HCAdocs.org.

“As revolutionary improvements in our understanding of complex spine issues continue, **patients are finding themselves** more knowledgeable and **in the driver’s seat** when selecting among the various exciting and promising surgical options.” —JONATHAN HALL, MD, NEUROSURGEON AT NORTHSIDE HOSPITAL





HCA West and Central Florida Division

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highER standards. bettER care. fastER care.

**Our ER wait times are so good,
we post them on our web sites.**



At our hospitals, we know how valuable your time is. Because of this, we have posted our current Emergency Room wait times on our web sites.

At **Edward White Hospital, Largo Medical Center, Northside Hospital** and **St. Petersburg General Hospital**, we are Accredited Chest Pain Centers and Certified Primary Stroke Centers. So, not only will you receive fastER care, you'll receive bettER care.

View bettER wait times at www.HCAdocs.org
or use your cell phone by texting ER to 23000.



**Edward White Hospital
Largo Medical Center
Northside Hospital
St. Petersburg General Hospital**

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www.StPeteGeneral.com

TOGETHER, PERFORMING AT A HIGHER STANDARDSM