

The journal for better living from Florida Hospital Zephyrhills

TM

# Better!

Spring 2010

MEDICAL GROUP  
OF TAMPA BAY:

**Caring More** About  
**Medicine** Than Business

Caring for the  
**Whole Person:**  
MIND, BODY  
& SPIRIT



**5 Questions with**  
**Gwen Alonso**

Florida Hospital Zephyrhills  
Heart Institute

**12** WEEKS!  
to  
**Wellness!**

Spring 2010

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## Welcome to Better!

As we continue on our mission to heal you—physically, emotionally and spiritually—we also want to help you stay healthy. We hope our new publication will provide you with Better! ideas and approaches that will lead you and your loved ones to a healthier lifestyle.



This issue of Better! features an informative article about wellness, recipes tested for taste and nutrition, and in-depth interviews with Gwen Alonso, head of our renowned Heart Institute, as well as a grateful patient, all designed to motivate and set you on your course to Better! health.

In addition, in every issue of Better! you'll learn about our philosophy of care, with hope that you will understand our unique approach to the delivery of healthcare and how it will work for you and your family.

Please let us know how you like Better! Feel free to provide us with suggestions for articles or to ask us healthcare-related questions. We'll try to answer as many as we can in future issues or on our website. For more information, visit [www.fhzeph.org](http://www.fhzeph.org) and click on Better!

Sincerely,

John R. Harding  
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# Spring 2010

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 **Emergency Department & Chest Pain Center**  
**OUR GOAL: NO WAIT**



# This Man's Mission: Getting You on the Road To Wellness.

Ethan Bird, new Wellness Center Director, and Florida Hospital Zephyrhills seem like a match made in heaven.



According to the Surgeon General, 75 percent of diseases are related to lifestyle choices. So making improvements that work for one disease can benefit us in combating others. That comes with the synergistic development of a healthy body, a balanced mind and a thankful spirit.

"The hospital's mission to extend Christ's healing ministry made Florida Hospital Zephyrhills the ideal venue for me to express my mission. It's about caring for and treating the whole person – mind, body and spirit," Wellness Center director Ethan Bird explains. "That's what puts the hospital on the cutting edge of care. Too many others are only treating the body. That's only part of what's needed. When someone is ill the mind and spirit also need healing."

## 12 Weeks to Wellness

The centerpiece of the Wellness Center's holistic approach is its 12 Weeks to Wellness program, a weekly class that Bird believes will inspire, motivate and give participants the tools they need to begin living a new and healthier lifestyle. (SEE SIDEBAR STORY)

"The program offers support and classes for patients who have been treated here and for members of the community who really want to get on the road to wellness. For example, someone who's had a cardiac event is first treated at the Wellness Center in our Cardiac Rehabilitation program. Then they begin to

*"It's about caring for and treating the whole person - mind, body and spirit."*

work with us in the 12 Weeks to Wellness program. It's a way to build on what they've learned in rehab and make those lessons a continuing part of their lifestyle," Bird says.

"Many participants have found the courage and confidence to make changes, from losing weight to achieving a greater sense of inner peace. The program empowers someone to take their new lifestyle skills and build on them. Doing that enhances their newfound health, whether they've had a cardiac event or some other illness."

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# 12 WEEKS! to Wellness!

Designed to optimize your mental, physical and spiritual health. More than just a program of diet and exercise, it's a life-changing experience that will help get you well and keep you well.

## Week 1

### Getting Started

Learn about the components of the 12 Weeks program and "Kickstart" – a simple detox program that will cleanse and motivate you to make the changes necessary to get the "whole you" healthy.

## Week 2

### Basic Nutritional Principles

Learn the basics of good nutrition and how carbohydrates, fats and proteins supply the energy we need. Find out how to make the right choices when it comes to healthy portions and how to adopt the eco-friendly vegetarian food pyramid.



## Week 3

### The Benefits of Exercise

Discover the many ways in which exercise benefits us physically, mentally and spiritually. Customize the type, duration and intensity of an exercise program that will help you fight disease and keep you on the road to wellness.



## Week 4

### Who Am I?

Change can be challenging, but possible. Learn to identify your values and how they affect your lifestyle decisions. Then discover new ways of thinking that will help you choose and stick with healthy habits that will change your life.

## Week 5

### Attitude and Perseverance

Find out how to see the glass as half full, not half empty. Learn games that will help you to think outside the box while setting boundaries that bring balance to your life.

## Week 6

### Fats and Cholesterol

Get the facts on fats. Some are good for you and absolutely essential to your diet. Learn how to read the labels, make smart choices when you go shopping and increase your good cholesterol levels while decreasing the bad.



For complete information about the 12-week program, visit [www.fhzeph.org](http://www.fhzeph.org) and click on Better! or call 813-783-6123.

## Wellness

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In addition to the 12 Weeks to Wellness program, the Center, which is open to the community, offers everything a healthy body, mind and spirit needs, including cardiac equipment, weights, personal training, and even massage therapy.

### Ethan's Road to Wellness

Bird developed his interest in nutrition and fitness programs at the Weimar Institute's Lifestyle Center in California. In 2006, after earning his Master's degree in Public Health at the University of South Florida, Bird started at Florida Hospital Zephyrhills as the assistant director of the Wellness Center. In November 2009, he became the Wellness Center's director.

### Planning Well Into The Future

Bird has ambitious plans for expanding the reach of the Wellness Center into the community and for new programs that are proving effective elsewhere, such as the Coronary Health Improvement Project (CHIP), a simple 30-day lifestyle enrichment program that helps people take charge of their health by reducing risk factors for a number of diseases.

All in all, it's about adopting better health habits and lifestyle changes. Which makes it a perfect match for Ethan Bird and Florida Hospital Zephyrhills. ■



Learn how your **tax deduction** can make our community healthier! Call the Florida Hospital Zephyrhills Foundation, 813-783-6144.

## BetterMEALS

### Stew and Salad Sensations to Nourish the Body and Comfort the Spirit

#### "Must Try" Lentil Stew

Recipe by **Chris Jordan**, Chef, Florida Hospital Zephyrhills

1 pound dried lentils	16 oz. can diced tomatoes, with juice
16 oz. can vegetable stock/broth	1-2 bags raw spinach (optional)
½ cup brown rice	1 tablespoon Granulated Garlic
1 large onion, chopped	1 teaspoon salt
1 cup green pepper, chopped	1 tablespoon BBQ sauce
1 cup carrots, chopped	½ teaspoon dried thyme
1 cup celery, chopped	Juice of ½ lemon
2 tomatoes, chopped	1 tablespoon olive oil

Wash and sort lentils. Place in a large pot, add vegetable stock and add additional water to cover lentils with at least 2 inches of liquid. Bring to boil and cover. Turn down heat and simmer for 30 minutes. Add brown rice and simmer for another 30 minutes. Saute vegetables in 1 Tablespoon olive oil & ½ cup water for approximately 5 minutes. Add vegetables and remaining ingredients (except lemon juice) to large pot with lentils and simmer for another 15 minutes.

Add lemon juice just before serving. Makes 8-10 servings.

**Nutritional Analysis (based on 8 servings):** 337 calories, 59 grams carbohydrates, 19 grams protein, 4 grams fat, 21 grams fiber, 277 milligrams sodium.



#### Crunchy, Fruity Spinach Salad

Recipe by **Myriam Parham**, Diabetes Educator, Florida Hospital Zephyrhills

9 ounces raw spinach (1 bag)
8 ounces Mandarin oranges
1 cup grape tomatoes
1 cup red grapes
1-1/2 cups sliced strawberries
1 cup fresh pineapple
1/2 cup chopped walnuts
1 large red apple
1 cup light raspberry vinaigrette dressing

Mix all ingredients well. Top with Mandarin oranges & dressing. Makes 8 servings.

**Nutritional Analysis:** 177 calories, 18 grams carbohydrates, 3 grams protein, 5 grams fat, 4 grams fiber, 59 milligrams sodium.



## BetterCARE

### Five Questions with Gwen Alonso RN, MS, CCRN

Administrative Director,  
Florida Hospital Zephyrhills  
Heart Institute

**G**wen Alonso has been at Florida Hospital Zephyrhills since 2003 and opened the Heart Institute in 2006. During that time, the Institute has evolved into one of the Tampa Bay region's premiere centers for the treatment of heart disease. With its recent recognition by Healthgrades and accreditations as a heart failure institute and chest pain center, we thought this would be a good opportunity to talk with her.

**Q:** Healthgrades recently ranked your program the highest among hospitals in the Tampa Bay region for coronary intervention based on the quality of outcomes. You must be pleased?

**GA:** We are. We've worked hard for the past four years to develop our Cardiac Cath Lab team, our relationships with primary care doctors in the area and our own Emergency Room doctors and cardiologists. The result is that we've made the amount of time between someone presenting with symptoms of a heart attack to restoring the flow of blood to their heart the best in the region. That's key, because in a cardiac event, time equals muscle. And saving muscle saves lives.

**Q:** What prompted getting this whole program started?

**GA:** We realized that people were traveling long distances for care. We provide comprehensive heart care—diagnostics, interventional care, open-heart surgery and electrophysiology—here, close to home.

**Q:** That's quite an undertaking. How did the hospital go about it?

**GA:** We started by partnering with our cardiologists and a surgical group to provide interventional cardiology and open

heart surgery services. We have cardiologists, surgeons and staff available 24/7. The next step was electrophysiology (EP) care. We recruited the best, most experienced staff available in the community and devoted one of our three cath labs to EP exclusively.

**Q:** And how are you building on that success?

**GA:** Our heart program is one of the best in the entire Tampa Bay region, and as a result we can recruit the best staff. They're excited about working here. Here's an example: Right now, there are only 10 certified EP nurses and technicians in the entire state. Three of them work in our EP cath lab. In fact, we have the only fully accredited EP team in the state. And now our EP team is supported by 3-D mapping technology for accurate diagnosis and treatment. Which is helping us win our battle with heart failure, our biggest readmission diagnosis.

**Q:** So, if you were going to sum up what makes the Heart Institute Tampa Bay's premiere heart program, it would be...?

**GA:** Our extraordinary team of nurses, techs, and doctors. Their focus is always about putting the needs of our patients first. We're totally committed to healing the community we serve. And we're continually looking at ways to enhance the services we provide. ■

Recognized for Excellence



ALEX STAFFORD

The coronary interventional program at Florida Hospital Zephyrhills Heart Institute has been recognized nationally as the Tampa Bay region's best. Pictured L-R: Dr. Sunil Gupta, Dr. Ketul Chauhan, Cardiac Cath Lab Manager Huey Metts, RN, RTR, MBA, and Debbie Toole, RN.

OPPOSITE PAGE: It's game, set, match for Phyllis Krieger, here with husband Merrill, thanks to the hospital's electrophysiology program.

- ♥ Ranked highest in the Tampa Bay region for coronary interventional procedures by *Healthgrades*
- ♥ Recipient of *Healthgrades* Coronary Intervention Excellence Award™ 2010
- ♥ East Pasco County's *only* chest pain-accredited facility with Percutaneous Coronary Intervention (PCI) by the Society of Chest Pain Centers
- ♥ The *only* hospital in East Pasco County to be heart failure-accredited by the Healthcare Accreditation Colloquium
- ♥ The *only* fully accredited (RCES) electrophysiology team in the state of Florida by Cardiovascular Credentialing International

**To learn more** about how we achieved our ranking as Tampa Bay's best visit [www.fhzeph.org](http://www.fhzeph.org) and click on **Better!**

# When Phyllis Krieger's Heart Was Broken, We Mended It.

Accustomed to getting up at 6 a.m., walking and playing tennis, Phyllis Krieger hadn't been to a doctor in 25 years. "I'm one of those people who believes if it isn't broken, don't fix it."

But when the usually active sixty-something suddenly started feeling lethargic and short-winded over the last couple of months, she asked a friend to help her find a doctor. "I knew something was wrong, I just didn't know what it was."

Her friend recommended board-certified Dr. Cristina Cuevas-Korensky, of the Medical Group of Tampa Bay (MGTB), who referred her to cardiologists Ketul Chauhan and Sunil Gupta at the Premier Heart & Vascular Center.

"We performed an echocardiogram to determine Mrs. Krieger's heart function. Normal is 60 percent; her heart was operating at 20 percent. Her heart rate was 140 beats a minute. She was in congestive heart failure," Dr. Gupta explained. "He said he didn't know how I was functioning and that he was admitting me to the hospital immediately," Phyllis remembers.

"We treated her with medications to start bringing her heart rate down," Dr. Gupta said "and had her admitted to the hospital where Dr. Chauhan and I knew she'd be getting the very best care available."

Phyllis went to the emergency room, by this time so weak she couldn't get into bed from her chair next to the bed without help. While she had no pain, she still had extreme shortness of breath and a very high heart rate. "I'd always been so active. Now I was really scared."

Phyllis had to wait a couple of days until her heart rate came down before the catheterization lab could do an angiogram to see if there were any blockages that could be causing her problem.

The catheterization revealed she had no coronary disease, no blockage of the arteries that would prevent the flow of blood to her heart. But the electrophysiology study determined that the electrical systems in Phyllis' heart weren't functioning properly. To correct the problem, electrophysiologist Dr. Nadim Khan performed an atrial ablation – a procedure used to correct a faulty electrical pathway in the heart.

"Most people think of blocked arteries and bypass when they think of heart problems," says Dr. Khan. "But often the problem has to do with the heart's electrical impulses. In Phyllis' case we located the spot where the heart was firing too rapidly and causing it to fail. Then we ablated it. The hope is her heart will now begin to regain strength."

Phyllis had her angiogram on Monday, atrial ablation Wednesday, was home on Thursday and up and about on Friday. Her time in the hospital was made easier by the attention she received from her doctors and nurses.

"My doctors came to see me every day, like

...continued on page 12



ALEX STAFFORD

*"It may sound funny to say this about a heart procedure, but it really was a positive experience."*

Dr. Khan, who performs approximately 300 ablations a year, was able to locate the exact source of Phyllis' problem, called an atrial tachycardia, thanks to the hospital's 3-D mapping technology. "The hospital's electrophysiology program is absolutely state-of-the art," Khan says.

# Meet a Team of Doctors Who Care More About Medicine Than Business.

The motivation behind forming the Medical Group of Tampa Bay (MGTB) was quite simple.

“Putting the group together is a way for Florida Hospital Zephyrhills to ensure that its physicians can focus totally on their patients without having to be concerned about the business end of medicine. It also enables us to truly extend our mission of healing in a very focused way,” says Alicia Geib, assistant vice president, practice management, in explaining how MGTB came to be.

Danielle Albritton, D.O., board certified family practice physician and MGTB medical director, agrees. “By being part of a not-for-profit hospital, we’re not as volume-driven as other groups in town need to be. We can concentrate on providing our patients personalized, quality care. That’s what it’s all about for us. Our patients are the real winners because they’ve got doctors who care more about medicine than the bottom line.”



*“Because they all share a common philosophy, our doctors are also more collegial than doctors in private practice, meeting regularly to exchange ideas, resulting in a consolidated continuum of care that is of great benefit to our patients” – Alicia Geib, Assistant VP, Practice Management*

## Fulfilling Our Mission of Care

Over the past few years, the hospital has been identifying physician need in the community and actively recruiting board-certified physicians with proven track records and a commitment to the hospital’s mission of faith-based medicine.

“We encourage our physicians to pray with patients who request it and to take a hands-on approach to care. Studies show the efficacy of this approach,” Geib explains. “And we always try to place new doctors in those areas of the community where their services are needed most. We want them right there for our patients.”

The result of these efforts is a multi-provider, multi-specialty, patient-focused team that includes Family Practice, General & Laparoscopic Surgery, Internal and Geriatric Medicine, Obstetrics & Gynecology, Urology, Orthopaedic Surgery and Podiatry.

## Better Physicians, Better Practices, Better Patient Outcomes

One of MGTB’s big advantages, according to Dr. Albritton, is that all MGTB practices adhere to national Joint Commission standards. “This means we meet best practice standards that other practices don’t,” she explains. “By providing best practices, our MGTB doctors have another advantage for our patients,” according to Geib. “They’ve made this commitment, support it and are 100 percent patient-centric in everything they do. They strive to deliver the best available care,” Geib says.

“Because they all share a common philosophy, our doctors are also more collegial than doctors in private practice, meeting regularly to exchange ideas, resulting in a consolidated continuum of care that is of great benefit to our patients,” Geib explains.

Another advantage is that they are supported by the full resources of Florida Hospital Zephyrhills as well as those of its parent company, Adventist Health System, which owns 38 hospitals in 10 states, 17 in Florida, and is the largest not-for-profit Protestant healthcare system in the United States.

## Looking Towards the Future

MGTB continues to grow. Last year, the Orthopaedic & Spine Institute became part of the group and several new services are scheduled for launch this year. These additions neatly fit the hospital’s plans to deliver the highest standard of healthcare in the community.

“We want to grow the number of physicians we have in varying specialties,” Dr. Albritton says. “And we want to keep attracting the best physicians available, doctors who are proactive in terms of preventative care and the support of our efforts in providing patient education throughout the community.”

Geib sums up the hospital’s plans in slightly different terms, but with the same goal in mind. “Looking towards the future, we want to keep growing, the right way, with the right physicians. We want to extend our services to every corner of our community so all of our patients can benefit from our commitment to care.”

*The physicians of Florida Hospital Zephyrhills Orthopaedic & Spine Institute. Pictured L-R: Randolph Knight, MD, Mazen Abboud, DPM, Samuel G. Agnew, MD, FACS, and Joseph F. Condon, MD. Not pictured: Paul Murphy, MD.*

*For complete information about the practice, visit [www.fhzeph.org](http://www.fhzeph.org) and click on Better!*



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## Phyllis Krieger's Heart

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old-fashioned doctors who used to make house calls. And the nurses were like family, doing everything they could to make me comfortable. Little things like answering all my questions and making sure I had my meal before a shift change. They even looked after my husband, Merrill, explaining the procedure to him so he wouldn't worry too much. It may sound funny to say this about a heart procedure, but it really was a positive experience."

A week after her release, Phyllis saw Dr. Cuevas-Korensky who told her everything looked fine and to come back in six weeks. Now that she's gotten fixed what was broken, Phyllis says she feels great, is confident about the future and looks forward to working on her tennis game. ■



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- Community Education Series
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