Mediscoop is published monthly for associates, physicians, volunteers and friends of St. Vincent’s HealthCare. Please submit articles and ideas for articles to Alan Hubbard via email: Alan.Hubbard@jaxhealth.com or call 308.7973.

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If you have a concern about patient safety, please call the SVHC Patient Safety Hotline, 308-SAFE. You can remain anonymous.

The SVHC Values Line is available 24 hours a day, 7 days a week to report concerns you might have. Call 1-800-707-2198.
St. Vincent’s Leads the Way to Care for Patients

When most Jacksonville residents think of heart care, there’s one hospital that immediately comes to mind: St. Vincent’s. Indeed, St. Vincent’s is proud of its well-earned reputation as the city’s heart hospital.

That reputation isn’t just recognized by patients, either. Associates throughout St. Vincent’s strive to move into cardiology after getting their bearings in other areas. Much of that has just as much to do with the fast-paced nature of heart care as it does with St. Vincent’s sterling cardiology department.

“Cardiology is a field that was moving forward rapidly even when I first started out,” Dr. Robert Luke, an electrophysiologist and Chief of Cardiology at St. Vincent’s Southside, says. “There are very few aspects of medicine where we can fix and cure things. But in cardiology, there’s a lot we can do to help people live with their conditions, and in some cases, even fix their conditions.”

St. Vincent’s has consistently kept up with the tremendous growth of the cardiology field. In fact, frequently throughout its 100-year history, St. Vincent’s blazed a trail to revolutionize methods of heart care in Jacksonville.

The First Open-Heart Surgery in Town

Dr. Theodore Batchelder was a pioneer of cardiovascular and thoracic surgery. After studying medicine at the University of Kansas and serving his residency at the University of Chicago, Dr. Batchelder brought his talents to Jacksonville.

As a member of the medical staff, Dr. Batchelder ushered in a new era of advanced heart surgery in northeast Florida. Most significantly, Dr. Batchelder performed the first open-heart surgery in Jacksonville—a feat made more impressive when you consider the lengths to which Dr. Batchelder went to achieve said procedure.

At the time, Duval Medical Center (now known as UF Health Jacksonville) was better equipped and had the experienced operating room staff to accommodate an open-heart surgery. Thus, Dr. Batchelder performed the procedure there—although it wasn’t as simple as showing up.

“Dr. Batchelder physically loaded his equipment, including a heart and lung machine, into his vehicle and drove to the hospital where the surgery would be performed,” Christine Veal, Director of Innovation and Implementation and previous Cardiology Director at St. Vincent’s, relates. “Needless to say, times were a bit different.”

A Team of Achievers

Dr. Batchelder teamed with Dr. Harold Snyder and Dr. Walter Smithwick (pictured) to form a three-man group that would bring many fellow heart surgeons to town. As Dr. Smithwick put it, St. Vincent’s was essential in advancing heart surgery in Jacksonville.

“I can tell you the number of people that came through St. Vincent’s doing heart surgery: it’s about 10 or 12. I really believe St. Vincent’s has been the portal for Jacksonville as far as bringing the best heart surgeons to town.”

In the 1970s, St. Vincent’s introduced its first ever cardiologist on medical staff, Dr. Angel Delatorre, an interventional cardiologist and pioneer in his own right. Soon after, Dr. Joel Ferree and Dr. Willie Bell joined St. Vincent’s as well, where they continue to practice today (Dr. Delatorre retired and moved to Miami, and has since passed away).
Another St. Vincent’s cardiologist still on-staff today got his start in 1985 and began his tenure in a memorable fashion. Dr. George Pilcher was the first in town to perform a percutaneous transluminal coronary angioplasty (PTCA)—a minimally invasive procedure to open blocked coronary arteries, typically using a balloon catheter—with no surgical backup.

This procedure usually requires a full surgical staff to complete. But Dr. Pilcher’s technique is so precise, so careful, he successfully performed the procedure with no one in the operating room save for himself and the patient.

Working with the best of the best is part of what makes St. Vincent’s Cardiology special. It starts with their training; it’s not uncommon to see schools like Harvard and Johns Hopkins on the resumes of the many cardiologists and cardiovascular surgeons who call St. Vincent’s home.

**Keeping Up with the Cutting Edge**

But it goes beyond education and training. There’s a willingness to constantly grow and innovate that pervades St. Vincent’s Cardiology, and that progressive atmosphere helps to define our work.

Consider some of St. Vincent’s most recent advancements in heart care. In September 2012, St. Vincent’s was the first in northeast Florida to offer transcatheter aortic valve replacement (TAVR), a minimally invasive procedure designed for patients for whom open-heart surgery is too risky. In little more than three years since the procedure’s launch at St. Vincent’s, approximately 200 patients have been successfully treated by TAVR—patients who, prior to TAVR, had simply run out of options.

St. Vincent’s Heart Failure Program, designed to educate heart disease patients on how to take better care of their heart so they don’t end up back in the hospital, has received Gold Plus Awards from the American Heart Association and was the second program of its type in Florida to be Joint Commission-certified.

St. Vincent’s is also home to the Atrial Fibrillation Institute, the first of its kind in Jacksonville and only the second in Florida. Dr. Saumil Oza, Chief of Cardiology at St. Vincent’s Riverside, believes the AFib Institute has made tremendous strides in ensuring patients in the community suffering from this unique heart arrhythmia have better options for treatment.

“When I got to Jacksonville, atrial fibrillation ablation was still in its infancy. People were just treating AFib with medication and leaving patients in a state where they really didn’t feel good,” Dr. Oza says. “Many of these patients went into heart failure or needed permanent solutions like pacemakers. They just weren’t great ways to live.”

When the Institute was first founded, a typical ablation procedure would take four to five hours and the patient would be exposed to radiation for about an hour. Now, physicians like Dr. Oza can perform eight ablations in just one day. Meanwhile, rapidly advancing technology means patients go from an hour of radiation exposure to just a couple minutes.

“Now we have procedures like the Lariat and Convergent—procedures that frankly even five years ago no one else was doing.” Dr. Oza comments on the continuing innovation happening at St. Vincent’s. “We’re able to give patients with advanced chronic AFib a much better chance to live normal lives where, in the past, we had to relegate them to management by way of medication.”

**The Future of Heart Care**

The heart is the thumping engine of your body. Every second of every day it beats, furiously pumping blood through miles worth of blood vessels. If it falters even for a moment, it spells catastrophe for the rest of your body.

As we learn more about the diseases and dysfunctions that damage your heart, the cardiology group at St. Vincent’s adapts. In fact, that evolution is what drew Dr. Luke to Jacksonville’s heart hospital.

“Cardiology is a very energetic field. In terms of heart care, I could see the potential of a lot of things coming down the pike when I started. And I think most of that potential has been realized,” Dr. Luke says. “At St. Vincent’s especially, everyone is dedicated to doing the best for people with the best technology.”

Dr. Oza envisions a future in which St. Vincent’s continues to adapt and innovate as new technologies become available, while striving to provide treatments that are less invasive for patients. “I think we’ll continue to stay on the cutting edge of procedures and technologies,” Dr. Oza says. “Procedurally, we’re trying to move to simpler, more minimally invasive procedures that are less disruptive to the body.”

But no matter how futuristic technologies become, it’s the oldest technology that will take on an even greater role: knowledge. Educating patients about how to better take care of their heart will be among the most powerful tools as we move into the future.

“We recently brought the Ornish Reversal Program to St. Vincent’s, which is cutting edge but it’s also based on the oldest technology in the world: diet, exercise, and stress management,” Dr. Oza says as he notes how cardiology seems to have come full-circle. “We’re trying to empower our patients to take control of their own health while providing them with the tools to do so.

Wherever the future of heart care goes, one thing remains certain: St. Vincent’s will continue to go above and beyond to keep its patients’ hearts beating strong.
Blain Claypool, President of Acute Care for St. Vincent’s HealthCare, presented Clay High’s coaches and players with the Clay Cup for their performance in 2015. Accompanied by Tom VanOsdol, Chief Operating Officer for Clinically Integrated Systems of Care, Claypool expressed his thankfulness to the team.

“It is truly an honor to watch you committing to yourself, your schools and your sport,” Claypool told the team. “Thank you on behalf of St. Vincent’s for being our Clay County champion. I appreciate you.”

To win the Clay Cup, Clay High had to win more games than anyone else in the county. The Blue Devils posted a 10-4 record this year, including an impressive 5-0 run in their division. Athletic Director Jay Stilianou was thrilled.

“We’re pretty fortunate to have people like St. Vincent’s to support us,” he told the team. “St. Vincent’s has been great, not just for Clay High, but for Clay County.”

Also present at the presentation were Clay High principal Cary Dicks and Mike Wingate, Director of K-12 Academic Support Services for the Clay County School District.

“You guys have a great reputation,” Wingate told the team. “You got so many good people behind you.”

“This cup is yours to keep for the year,” Claypool said. “We’ll ask for it back in August, but it doesn’t mean you can’t win it again.”

The Clay High flag will also fly outside of St. Vincent’s Clay County until the 2016 high school football season begins.
Ascension executives are coming to Jacksonville **February 25** for an associate Town Hall.

**THOSE LEADERS INCLUDE**

**Anthony R. Tersigni, EdD, FACHE**  
President and Chief Executive Officer, Ascension

**Robert J. Henkel, FACHE**  
Executive Vice President, Ascension and President and Chief Executive Officer, Ascension Health

**Patricia A. Maryland, Dr.PH**  
President, Healthcare Operations and Chief Operating Officer, Ascension Health

The group has been travelling the country visiting ministries state-by-state to hear directly from front line associates like you.

The Town Hall will be held **Feb. 25, 2016 at the Prime Osborn Convention Center from 10:30am-Noon.**  
Transportation will be provided to and from each of our three campuses to get people to the venue. Parking will be available for those that choose to drive. We are currently working on the transportation plan and will communicate specifics via email and the intranet once those plans come together.

Our goal is to have at least 450 associates in attendance. Associates will have the chance to ask our top leaders questions about the future of our organization and our path toward becoming One Ascension. All associates are welcome and will be compensated while attending the event. In addition, participants will receive Centennial swag.

**Please join us February 25!**
If you’re like many others, you may be looking to make some healthier life choices in 2016. We spoke with a few physicians to find out what their one piece of advice would be.

**DR. SAUMIL OZA, Cardiac Electrophysiologist & Chief of Cardiology, St. Vincent’s Riverside**

“Eat more fruits and vegetables, especially a wide variety of green leafy vegetables which are high in antioxidants and phytonutrients that are protective of many chronic diseases.”

**DR. BENJAMIN O’CONNELL, St. Vincent’s Primary Care**

“The trick to staying youthful is activity, activity, activity. The more active you are, the more you prevent muscle and bone loss that is normally associated with aging. The more you exercise, the more youthful you will look and feel. Try to come up with at least one way you could incorporate more exercise into your lifestyle. Consider joining a fitness class, get a group of friends and start a bicycling group, start swimming at a local heated pool, or just start with taking a walk each day. Getting a pedometer has been shown to help motivate you to walk more with time and can make exercise more fun. Try to get to the daily 10,000 steps and it will help promote weight loss and help you get to your new healthier self. Again, the trick to youthfulness is staying active!”

**DR. WESLEY MILLS, St. Vincent’s Primary Care**

“My one tip would be to make sure everyone sets aside 30 to 45 minutes to exercise 4 to 5 times per week. This will help improve their physical and mental well-being and enhance overall health!!”

**DR. RICHARD MOORE, St. Vincent’s Primary Care**

“My number one health tip for patients to enjoy a happier and healthier New Year is to not forget about their emotional and spiritual health. Let’s face it: We’re living in a time centered around New Year’s resolutions ranging from fad diets, exercise programs, gym memberships, and the stress we put on ourselves to succeed with a vision of immediate results seen before even the end of the month of January. When this fails, people often quit early and put off health until yet another year. Patients often forget that their emotional health drives a large part of their medical health and physical well-being. Remember to DE-STRESS and keep a positive outlook on yourself and your surroundings; have Faith! Keeping mindfulness of one’s emotional and spiritual health will allow them to succeed at their New Year’s goals without feeling like they are a burden. Remember, this is a marathon of life and not a single race; often times the short term gains are not as encouraging, but living a healthier life and being happier doing so will result in a much longer term success on your health and well-being.”

**DR. MONIQUE GRAY-JEFFERSON, St. Vincent’s Primary Care**

“Everyone should wake up each day with a goal to get active. Staying active is the key, but it does not have to include the typical exercise that we all think of. If you do not have a place of employment to go to every day, get out and volunteer, help a family member or neighbor, or go to an activities center. The point is to not stay sedentary which contributes to high blood pressure, diabetes, heart disease, obesity, skin infections and depression. Remaining active gives you a sense of purpose, improves chronic disease, mood and energy levels.”
The King of Rock and Roll Visits St. Catherine’s

Residents of St. Catherine’s were all shook up at the start of 2016. Elvis Presley made a surprise visit to the Manor on Jan. 19 courtesy of Johnson & Johnson Vision Care.

Residents were treated to Elvis’ favorite treats before the big show which included peanut butter and banana sandwiches and jelly donuts!

Elvis’ set list included some of his biggest hits: Hound Dog, Blue Suede Shoes and Lover Me Tender, among other chart toppers. When the song “Teddy Bear” was played, residents were treated to stuffed bears. In the traditional Elvis way, the impersonator threw out white scarves—after blotting his forehead of course. Roses were passed out as Elvis serenaded the group with “Love Me Tender.” The concert would not have been complete without a post-concert autograph signing and photo-op with the King.

As a parting gift, Johnson and Johnson offered residents gift bags with treats like Neutrogena hand cream and lip balm.
As we progress on the road to creating a model community of capable and inspired associates, there’s one thing that’s clear: your voice is critical. Indeed, creating such a community starts first and foremost with the associates that make up that community.

That’s where myVoice comes in. Thanks to a partnership with TINYpulse®, Ascension Health was able to launch this unique survey program in January and do away with cumbersome once-a-year surveys.

myVoice works by sending out weekly pulse surveys to associates via email. However, not every associate will receive a weekly survey; rather, a random yet representative sample of associates will find a new survey in their inbox each week. So while you won’t receive a survey each week, every associate can expect to be polled on a new subject at least once a month. The idea behind this new pulse survey program is to help leaders collect more timely and actionable information on a regular basis. With new information flowing in on a weekly basis, it will not only become easier to hear what’s working well, but to find ways in which we can improve.

myVoice is also intended as a platform for you to speak your mind. All constructive and insightful feedback is welcomed, and rest assured, all feedback is anonymous.

All associates should have received at least one initial survey from myVoice by the time this magazine is in your hands, so you’ll have an idea of what to expect. All associates are encouraged to keep a close eye on their email each week to see if they’ve been tapped for a new survey.

To learn more about myVoice, visit http://www.ascension.org/myvoice.

Ascension Wants to Hear Your Voice!

Associates now have a new way to stay in touch with our CEO Dr. Mike Schatzlein and keep up to date on health system happenings. It’s called Q&A with Dr. Mike and the link is found on the left side of the intranet.

Video communications are currently being posted to this page to update associates about our vision, goals, quadruple aim and 4 keys just to name a few.

You are also offered the chance to ask Dr. Mike your own question(s). The process is easy: Simply submit questions to DrMike@jaxhealth.com.
Before Dr. Mike Schatzlein was President & CEO of St. Vincent’s HealthCare and Senior Vice President and Ministry Market Executive of Ascension Health, before he was the President & CEO of Saint Thomas Health in Nashville or a Group Ministry Operating Executive, Dr. Schatzlein was a heart transplant surgeon. But he didn’t start his medical career as one.

“When I went through my training, heart transplants were in a hiatus everywhere except Stanford because rejection was too big of a problem,” he said.

But Dr. Norman Shumway, considered to be the father of heart transplantation, kept working until doctors found a drug—cyclosporine—that helped fight the rejection, and that’s when transplants in other places began again. It is also when Dr. Schatzlein and his partners knew it was time to develop a heart transplant program at Lutheran Hospital in Fort Wayne, Indiana.

“We were doing it because patients had to go to the city where you were going to do your transplant and wait for a donor heart,” he said. “We didn’t find many people in northern Indiana who wanted to live in an apartment in Pittsburgh for the last weeks of their life in hopes that they’d get a heart.” But Dr. Schatzlein and his team didn’t rush into this endeavor. They took their time.

“At that time, there was a lot of pressure. I’d never done a heart transplant. We had done a tremendous amount of preparation – over a year’s worth,” he said. “We trained at Michigan, where they had started doing [heart transplants] again, and actually one of my partners went out and spent a month watching Dr. Shumway at Stanford, so we had done a lot of preparation.”

On July 20th, 1985, after all the research and preparation, it was time. This would be the first heart transplant in the region. That patient was discharged from the hospital in 10 days, and lead a normal life for several years. While every transplant case is different and each one has an impact, it was Dr. Schatzlein’s second case that he found particularly impactful.

“He was in very serious difficulty with heart failure and was going to die any minute,” Dr. Schatzlein explained. “And the donor was a 14-year-old boy who was rendered brain dead in a moped accident. And, you know, I really wanted a heart for [the heart failure patient], but boy it’s just…I had my own kids and thinking about that 14-year-old was tough.”

But there’s much more to this young man’s story.

“Two people got kidneys, somebody got a liver, somebody got corneas,” Dr. Schatzlein said. “The family actually almost always takes a measure of comfort in the fact that so many people have been helped. It doesn’t obviously fix things, but it makes a horrible situation a little more bearable.”

Dr. Schatzlein’s story brings up a fact that some might forget: There are two stories for each transplant – the person giving the organ and the person receiving it. He says being a heart transplant surgeon gave him a unique perspective on the importance of organ donation.

“You see the people who die because they don’t get the organs,” he said. “On a typical transplant waiting list, most of the people are going to die without getting a heart.”

The first (left) and second (right) heart transplant patients in northern Indiana.
In fact, each day, an average of 79 people receive organ transplants, while an average of 22 people die each day waiting for transplants because of the shortage of donated organs, according to the U.S Department of Health & Human Services. “There are only about 2,000 donor hearts available in a typical year in the United States and there are about 80,000 people that could use a transplant every year,” said Dr. Schatzlein. “[As a heart transplant surgeon], you get to know [the patients] because they go through a process of being approved for a transplant. You get to know them and you realize that most of them are going to die.”

That’s why Dr. Schatzlein is committed to making sure everyone knows the benefits of organ donation. **February 14th is National Donor Day**, which focuses on the donation of organs, tissues, marrow, platelets and blood. Dr. Schatzlein is also committed to helping others understand the realities of organ donation versus the perception.

“The recovery of organs is certainly a reverential thing,” he said. “Folks have normal, open casket funerals after organ recoveries. So it’s not any kind of a desecration or a mutilation. Organ retrievals are done very respectfully.”

And he says the help others receive from organs is reason enough to become a donor.

“It truly is the gift of life. Your organs don’t go away until you don’t need them anymore. And it essentially always provides some solace for the family,” he said. “I would go so far as to say that I never knew an organ donor family that regretted their decision – and I was involved in kidney transplants during my training, so I knew a lot of organ donor families.”

Dr. Schatzlein admits, though many concerns about donation will go away with education, some have religious barriers to donations which need to be respected. But if one does decide to become an organ donor, it is important to make sure to have a family conversation.

“No doubt emboldened by the memory of that 14-year-old boy saving another’s life after losing his own, Dr. Schatzlein doesn’t just talk the talk when it comes to organ donation. He walks the walk. “You know, everybody in my family is an organ donor.”

To learn more about becoming an organ donor, visit [www.organdonor.gov](http://www.organdonor.gov).
LEARN HOW TO **MANAGE YOUR DIABETES** AND LIVE A FULL AND HEALTHY LIFE.

St. Vincent’s Diabetes Management Program includes education on:

- Nutrition
- Exercise
- Blood-glucose management
- Medication Management
- Detecting and treating medical complications
- Emotional issues related to diabetes
- Setting personal goals

The St. Vincent’s Diabetes Management Program may be covered by your insurance.

Talk to your doctor today to see if diabetes self-management education is right for you or call **450-6450** for more information.

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.*
St. Vincent's has partnered with Peerfit to offer associates one of the most innovative benefits in the marketplace: a flexible fitness membership. Rather than getting stuck with one gym, or having to buy a whole membership regardless of your usage level, every month you’ll earn Peerfit credits on behalf of St. Vincent’s and build on your own fitness adventure. This means you can visit studios like Big Fish Yoga, Set Performance, Black Hive Athletics, or Hot Spot Yoga.

There are more than 40 locations you can use your Peerfit credits at across Jacksonville, as well as other cities around Florida, such as Tampa, Orlando, and Miami. After signing up at www.Peerfit.com/STV, you’ll be able to use your credits on your mobile device and desktop. Every associate gets four Peerfit credits a month, and as long as they are actively using credits, they’ll continue earning them.

“What we hoped to provide all the associates is a great collection of experiences, from the best fitness partners across Jacksonville, whether it’s interval training, yoga, CrossFit, Pilates, or spinning,” Peerfit CEO, Ed Buckley PhD, said. “The important thing is to set up a way that anyone can try out whatever their fitness mood happens to be that day.”

With more than 500 associates enrolled in the first two months, this has been a very successful rollout, according to St. Vincent’s HealthWorks Director Emma Maurer.

“I think it has really been stunning to watch so many people, and such a diverse group of users get on board and start taking classes. The first week, we saw dozens of people who hadn’t been traditionally active in years sign up and start taking classes because they were in control of where and when to go finally.”

Nearly every month, there is a planned fitness party where St. Vincent’s uses Peerfit credits to reserve spots in designated fitness studios for associates, so they don’t have to use their own. As the new year kicks off, there will be more integrations with Peerfit into programs and celebrations throughout the anniversary year.

“Peerfit is about passion, and helping each and every person regardless of their exercise history have access to the very best fitness experiences,” Ed Buckley said. “We are so excited to have an innovative partner like St. Vincent’s to champion this in the Jacksonville community.”
Undoing Heart Disease
with the Ornish Reversal Program

“IT’S NOT REALLY THAT HARD. YOU JUST HAVE TO DECIDE: Do I WANT TO LIVE OR NOT?”

With a hearty chuckle, that’s how Greg Lesak describes what kept him going during his time in the Ornish Reversal Program. It’s a sentiment echoed by many participants of the program’s first cohort, which began last September and concluded in November.

“Look, I’d love to say it’s been easy the whole time. It was difficult, especially during the holidays,” Greg says, admitting that a complete lifestyle overhaul isn’t as easy as he makes it out to be. “But I just told myself, ‘Hey, I want to live.’”

Greg had a heart attack in January 2015. The 68-year-old man was constantly devoid of energy, so he lived a sedentary lifestyle. His feet always hurt and he had gout. Simply walking into work left him gasping for air.

He had had multiple bypasses, yet one his arteries was totally blocked while the other was 50% blocked. Surgery was an option, but if anything had gone wrong, Greg wouldn’t have left the operating room alive.

So Dr. Saumil Oza, a cardiac electrophysiologist at St. Vincent’s, referred Greg to the Ornish Reversal Program. He was eager for any chance he could get, and the program’s four core tenets sounded simple enough: maintain a healthy diet, exercise more often, manage stress better, and find support in your peers.

“It’s simple, but it’s not easy,” Greg clarifies. Indeed, while the principles of the program seemed obvious enough, Greg wasn’t ready to buy in right away.

“The first couple of sessions I thought, ‘Eh, this won’t work,’” Greg recalls. “You just have to stay with it, and it gets better.”

Greg took his own advice and, sure enough, it got better. He started the program weighing 300 lbs. He’s currently down to 250 lbs. Sedentary no longer accurately describes his lifestyle, either; Greg has since joined a gym and regularly does yoga.

The latter of which, however, has brought its own unique set of challenges.

“You have to understand, I’m a dinosaur. Technology and I don’t get along,” Greg laughs earnestly. “Honestly, the hardest part of yoga for me has been figuring out how to set up my new DVD player to play my lesson.”

Like Greg, Cliff Leonard entered the Ornish Reversal Program with apprehension. Unlike Greg, Cliff had known about the Ornish Reversal Program for a while.

“I heard about the program about 20 years ago when I was diagnosed with cardiomyopathy,” Cliff says. “I originally learned about it from one of Dr. Ornish’s books.”

Cardiomyopathy is a condition in which the heart muscle becomes enlarged, thick, or rigid. Doctors warned Cliff that if his heart continued to enlarge, he would have a heart attack that he wouldn’t survive. Ultimately, he required a heart transplant.

Even with a new heart, Cliff didn’t change much about his lifestyle.

“Before I began the Ornish Reversal Program, I was roughly 40 lbs. overweight and out of shape. Oh, I exercised, but not
much. I didn’t like working in the yard because I couldn’t last very long.”

Though he first discovered Dr. Ornish’s 72-hour program two decades ago, it wasn’t until the program was brought to St. Vincent’s last year that he realized he would finally have the guidance and assistance he needed to make a sweeping lifestyle change.

He met the first few weeks with cautious skepticism, but as the instructors continued to work with the group, his confidence grew and he gradually accepted the changes necessary to reverse the defects that plagued his heart.

Just a couple months after the first cohort concluded, Cliff says he’d confidently recommend the Ornish Reversal Program to others.

“If you want to reverse your heart condition, I highly recommend you join the Ornish Program. The only thing you have to lose is the extra weight, heavy breathing after just a few steps, and old, tight-fitting clothes.”

In 2000, Gregg Adair underwent a five-way bypass surgery. Just a few months ago, Gregg was still relying on a nitroglycerine patch and several medications to keep his heart going. It took a serious toll on his quality of life.

“I couldn’t even walk across the street without feeling pretty strong chest pain. As a normally active person, I couldn’t do much but sit around. I was depressed,” Gregg describes his life before the Ornish Reversal Program. “It was a mess, quite frankly. I knew I needed to do something.”

Gregg found an ad in the Times Union for the program, so he applied. Soon thereafter, he was attending his first session with a handful of other heart disease patients.

“‘If you want to reverse your heart condition, I highly recommend you join the Ornish Program. The only thing you have to lose is the extra weight, heavy breathing after just a few steps, and old, tight-fitting clothes.’

“When we all got together the first time, it was actually very pleasant,” Gregg says. “It was comforting to know there were others who shared the same concerns as me.”

After the first week or two, Gregg hadn’t seen much difference. During his third week in the program, he had an angiogram that determined he should have a four-way bypass. But with his previous bypass, he wasn’t a good candidate. The news dealt a blow to Gregg, but it didn’t stop him from pushing forward.

“Once I got into the rhythm of putting the program into practice at home, I started seeing tremendous results. I lost about 20 lbs. and was able to start weight training again. I was off the nitro patch within three or four weeks and I was able to drop one of my medications. And my chest pain was finally gone.”

With the first cohort done and so many positive testimonials coming out of it, it’s hard to deny the Ornish Reversal Program’s effectiveness. Gregg, for one, has already recommended the program to several people.

“If you want to learn more about the Ornish Reversal Program, visit www.jaxhealth.com/undoit.”
The OR green team at St. Vincent’s Riverside made it their mission to give back to those in need in the final months of 2015, and they came through in a big way. The team hosted a toiletry drive for individuals at the Sulzbacher Center that began in October.

In a little more than a month, the team came up with nearly $800 worth of shampoo, body wash, and other vital toiletries. The drive was spearheaded by Bethany Nash, a surgical technician.

“When we started collecting, Thanksgiving was on the horizon. It’s a time to be thankful for everything we have,” Bethany said. “I just started thinking, how can we spread that gratitude to others? That’s when we started talking about a toiletry drive.”

Her team started by picking up a few extra travel-sized toiletry items while doing their normal shopping and dropping them off in Ziploc bags. But as the volume of donations picked up, those Ziploc bags soon turned into larger reusable grocery totes.

Ultimately, the team packed 60 gender-specific bags—30 for men, 30 for women—and 12 bags for kids. The adults’ bags contained gender-appropriate hygiene products and socks, while kids were treated to toys and puzzles in addition to the necessities. 12 members of the green team delivered the bags to the Sulzbacher Center on November 14.

“It was such an amazing blessing just to see our team come together to help others,” Bethany reflects.

Do you want to get involved? Bethany and her team are launching another service project in February for women at the Hubbard House. Many victims of domestic abuse often leave their home with next to nothing.

With that in mind, the goal for the upcoming drive is to collect items that will help these women get back on their feet. Purses and toiletries are welcome donations, as well as business attire that could be worn to a job interview.

Collections for this drive will begin in February and will be delivered in April. To find out more about how you can help, contact Carol Girard at 308-4273.
Communicate Key Initiatives and WIN PRIZES for your Unit or Dept.

CONTEST DETAILS

• Decide which talent you or your department will use to tell the story of Vision2020, The 4 Keys and the Quadruple Aim. YES all three!
• Don’t have a clue about the 4 Keys, Quad Aim or Vision? Learn more by visiting www.jaxhealth.com/Vision2020 and by watching the “Q&A with Dr. Mike” video series on the left side of the intranet.

HOW TO ENTER

• Now it’s time to get creative! Submit a video performance or presentation, photo collage, sculpture, poster board—you name it. Surprise us and communicate these important initiatives through your project.
• Individuals or teams can take part but prizes will be awarded to units and/or departments.
• A panel of associate judges will determine the winner and runner-ups. **We want to be wowed so think outside the box!**
• Entries are due by March 18 to the Marketing Dept. located at 751 Oak Street, Jacksonville, FL 32204, Suite 410, or at webmaster@jaxhealth.com

PRIZES

Grand Prize: Pizza party for your unit or department, luxurious chair massages and Centennial swag (100 year promo items)

2nd place: Pizza party for your unit or dept. and Centennial swag

3rd place: Ice cream party and and Centennial swag

Honorable mention: Centennial swag
Her picture graces our wall near the cath labs of St. Vincent’s Riverside. It’s a captivating black and white portrait that takes you back to another time. It could have been the cover of Life magazine back in the day. The image is breathtaking. It shows a Daughter of Charity holding the hand of a small boy as they are walking down one of the halls of St. Vincent’s circa 1960s. You don’t see their faces—they are walking away from the camera. Her, in her large white cornette and him, with tiny hospital shorts and flip flops. It’s a snapshot of compassion inside the walls of our 100 year old hospital in a time gone by.

The Daughter of Charity from the famous picture is Sr. Mary Agnes O’Neill. The beloved Sr. will be on campus to visit with associates soon.

Meet Sr. Mary Agnes O’Neill
Feb. 12, 2016
Osborn Board Room
12:45pm – 2:45pm

A few years ago, Sr. Mary Agnes visited St. Vincent’s and was literally treated like a rock star. She was unaware of her giant portrait hanging on the second floor of the hospital, so the marketing team took her to see it. Passersby stopped for hugs, photo ops and autographs. Some of our administrators even asked to recreate the famous photo. Of course Sr. O’Neill obliged, holding the hands of grown men who acted like giddy boys as their photos were snapped with the famous Daughter of Charity. The Florida Times Union even came to interview her along with some who claim to be the little boy in the photo. Sadly, we have never located the boy but that hasn’t stopped dozens of men from claiming to be the “one.”

The iconic photo has become a symbol of our Mission. For years it has been sold in the gift shop and on Feb. 12 copies of the photo will be made available to associates for Sr. Mary Agnes to sign.

Please join us to welcome Sr. Mary Agnes O’Neill back home to Jacksonville!
St. Vincent’s Clay County has gained a new way to treat cardiology patients. The campus announced it has been certified to begin providing coronary stent treatment for patients with heart disease.

The announcement has been a few months in the making. St. Vincent’s Clay County began the application process in the last quarter of 2015. From there, the necessary supplies and equipment had to be attained while the team was trained in the specifics of the procedure.

According to Catherin Ferrell, Director of Cardiology Operations for St. Vincent’s Southside and Clay County, this marks a significant milestone for the Clay County campus.

“The ability to place coronary stents is a huge achievement for St. Vincent’s Clay County, one that greatly expands our treatment options for patients in our area,” she says. “But I believe this is only the beginning of the growth for cardiology at St. Vincent’s Clay County.”

A coronary stent is a tube-shaped device placed in the coronary arteries that supply blood to the heart. The stents are used in the treatment of coronary heart disease to keep the arteries open.

While they can sometimes be placed in emergency situations, they will only be placed in low-risk patients in non-emergency situations at St. Vincent’s Clay County. This will help to cut down on the amount of transportation patients in the Clay community have to do to receive the treatment they need.
SATURDAY, MARCH 5, 2016
9:00 a.m. – 3:00 p.m.

ASSOCIATES: WE NEED YOU

Volunteers will provide free medical and social services to hundreds of people in need. Your talents and time will make a real difference in the lives of those most in need.

FLORIDA STATE COLLEGE AT JACKSONVILLE
Advanced Technology Center
401 West State Street
Jacksonville, FL 32202

To volunteer, you must be a St. Vincent’s associate or affiliated associate. Sign up today: www.medicalmissionathome.org