



# Halifax

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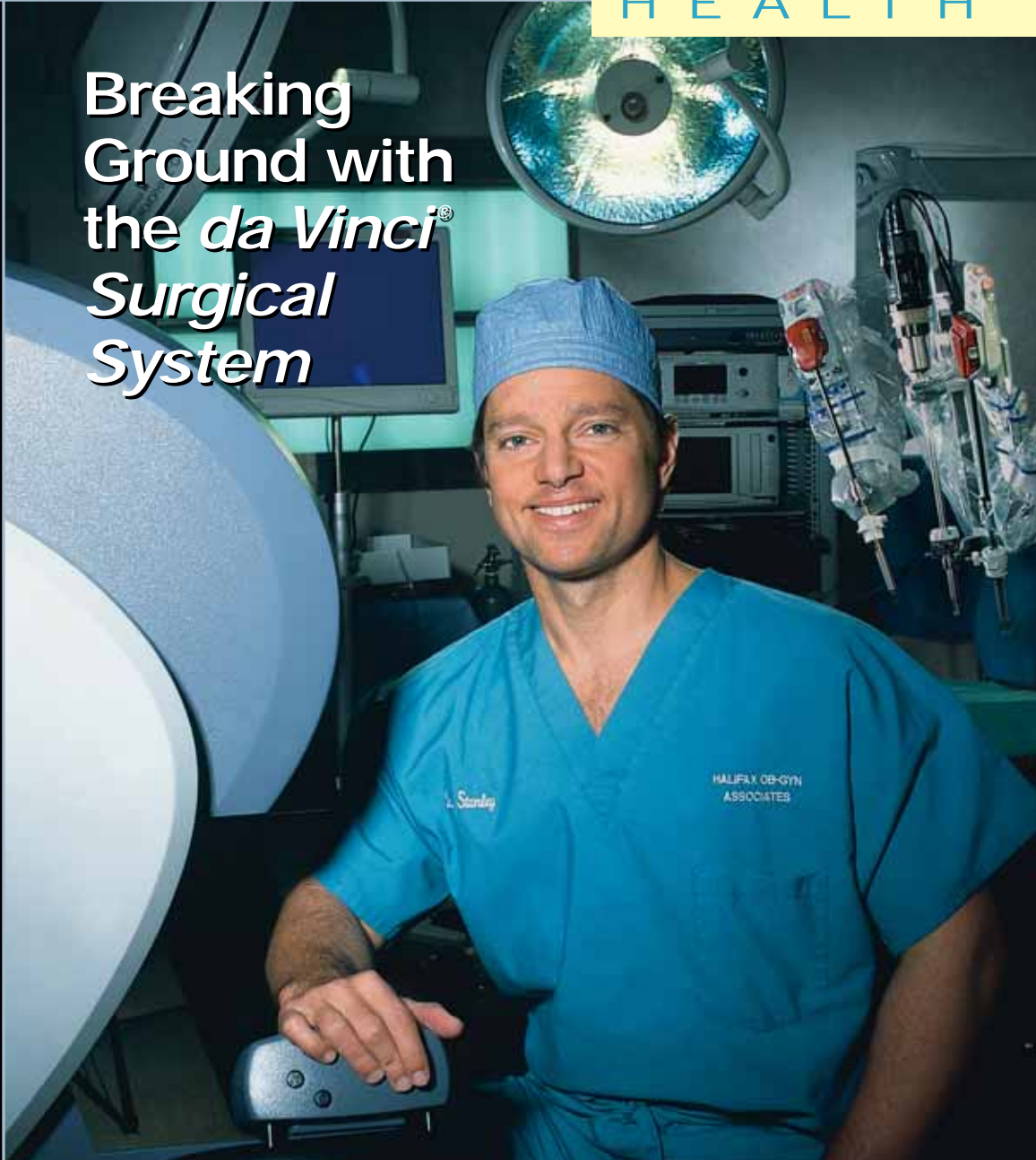


HALIFAX

COMMUNITY HEALTH SYSTEM

[www.halifaxhealth.org](http://www.halifaxhealth.org)

## Breaking Ground with the *da Vinci*<sup>®</sup> Surgical System

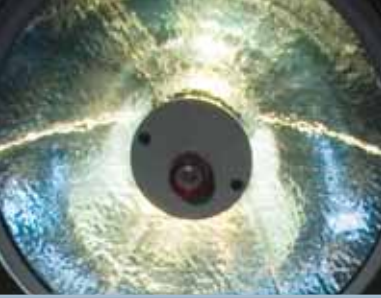


From the seated console, a surgeon operates intuitive hand controls just below a high-definition display. The controls link to a greater robotic system, which translates every motion of the surgeon's hands to four mechanical arms across the room. There, a second surgeon observes the real-time results at the patient's side.

The futuristic technology may seem out-of-this-world, but the benefits to

patients and surgeons are as real as they come. Aptly named the *da Vinci S Surgical System*, this innovative breakthrough makes possible more complex minimally invasive surgical options than ever. For patients, it means less pain, shorter hospital stays and faster recovery.

In early 2007, Halifax Community Health System became the first in East Central Florida to use the *da Vinci S Surgical System*.



# Surgical Robot Works Wonders

***“Women all across the Volusia/Flagler area will be among the first to have the least invasive surgeries available to them.”***

*Chris Stanley, MD  
Director, Robotic Surgery Program*



*Chris Stanley, MD (also pictured on cover)*

***“The da Vinci is a giant step forward for an already technologically-superior health system.”***

*Donald J. Stoner, MD  
Chief Medical Officer*

Mechanized arms and 3-D vision clearly give the *da Vinci S Surgical System* the upper hand. Patented surgical instruments modeled after the human wrist give surgeons fingertip control with an even greater range of motion.

From an ergonomic console, surgeons manipulate every move of the robotic arms during the procedure. Miniature cameras mounted inside the instruments provide a panoramic close-up view of the surgical site.

All of this is made possible through surgical incisions measuring only one to two centimeters. These tiny incisions reduce blood loss, scarring and the risk of infection—while dramatically improving recovery times.

Before *da Vinci*, two-dimensional technologies limited options for minimally invasive surgeries. “Working in two dimensions is like operating in a mirror,” said Chris Stanley, MD, who heads up Halifax’s Robotic Surgery Program.

“The *da Vinci* is so intuitive. Whatever you see your fingers doing, they are doing.”

The *da Vinci S* is being used at Halifax Medical Center for procedures related to gynecology, oncology and urology. Dr. Stanley, an obstetrician/gynecologist with an interest in urology, said women across the Volusia/Flagler area will be among the first to have the least invasive surgeries available to them.

Specifically, the *da Vinci* is treating vaginal prolapse, providing pelvic support and removing fibroids without damaging the uterus. “The smaller uterine incision lets us preserve childbearing capabilities,” said Dr. Stanley.

The robotics technology also benefits uterine (see page 3) and prostate cancer patients.

“We’re excited to be the first in this area to offer the benefits of such an advanced system,” said Dr. Stanley. ♦

# Advanced Treatment for GYN Cancer Patients

## FAST FACTS

### *da Vinci S Surgical System*

- ◆ Patients of *da Vinci* surgeries experience less pain, shorter hospital stays and resume normal activities quickly.
- ◆ Halifax Medical Center is one of only 100 hospitals worldwide to operate the *da Vinci S Surgical System*.

Halifax Community Health System has the only gynecologic oncologist in the Volusia/Flagler area—Kelly Molpus, MD. For women needing treatment for malignancies in the reproductive tract, the addition of this rare specialty is good news. In fact, the benefits of being treated by a gynecologic oncologist versus a non-specialist are significant.

“For ovarian cancer, specialists understand that women have a better prognosis if a majority of the cancer is aggressively removed during the original surgery, and we take extra steps to remove as much as possible,” said Dr. Molpus. “In other cancers, like colon or pancreas, aggressive removal of the tumor does not usually have the same benefit.”

A graduate of the University of South Florida College of Medicine, Dr. Molpus performed his residency at Vanderbilt University and completed a specialized fellowship at Harvard Medical School/Massachusetts General Hospital. Through years of intensive training, Dr. Molpus learned to perform aggressive, targeted surgeries as well as to administer appropriate chemotherapy. “Because of the design of our specialty, we are able to provide continuity of care from surgery through remission,” said Dr. Molpus.

“We are able to build strong bonds with our patients and their families, which makes a big difference.”

Dr. Molpus and his team will use the most advanced treatments and latest technology to treat patients at Halifax. For instance, the *da Vinci S Surgical System* (see page 2), a robotic surgery platform, allows more direct control for procedures such as hysterectomies and lymph node dissections during pelvic surgery. “The *da Vinci* offers the benefits of a minimally invasive procedure, which means potentially less pain, less blood loss and a faster recovery time,” said Dr. Molpus.

In a recent survey, 58 percent of American women were unaware of basic risk factors for gynecologic cancers, including obesity—the number-one risk factor for uterine cancer. Women who are 50 or more pounds overweight increase their chances of developing uterine cancer by ten-fold. For cervical cancer, the main risk factors are smoking and the human papillomavirus (HPV). To lower your risk, Dr. Molpus advises consistent annual pelvic exams and Pap smear tests, which can dramatically reduce cervical cancer incidence and deaths. ◆

Kelly Molpus, MD  
Gynecologic Oncologist  
(below left and right) ▼



# Cutting-Edge Treatment for Abnormal Heart Rhythms

The human heart, much like the average home, experiences problems in three primary categories: plumbing, mechanical and electrical. The Electrophysiology Laboratory at Halifax Medical Center is using the latest technology to quickly identify and treat problems of the electrical variety, which affect the heart's rate and rhythm.

"Some heart conditions are caused by clogs or malfunctioning parts," said Matt Petkus, Manager of Cardiac Services. "But electrical issues cause the normal impulses of your heart to become erratic or irregular. Your heart rate either slows down or speeds dangerously out of control."

This state-of-the-art laboratory performs the largest volume of cardiac electrophysiology procedures in the Volusia/Flagler area. In the biplane cardiac room, for instance, flat-panel detectors view the heart from two different angles, making catheter placement significantly easier. The laboratory also uses the most advanced imaging equipment for 3-D mapping, electrical studies, and pacemaker and defibrillator implants.

"The 3-D mapping capability allows us to locate—within a fraction of a millimeter—the electrical problems inside the heart," said Petkus. "We can then disrupt the electrical activity to re-establish a normal rate and rhythm for our patients." ♦

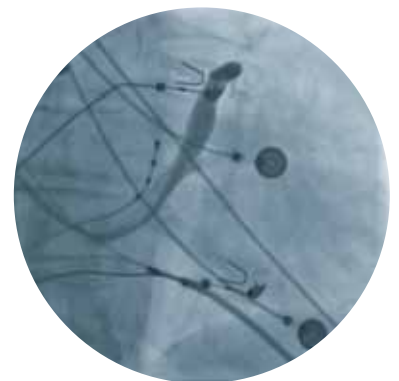
## Heart Care Goes Wireless

In years past, having a defibrillator implanted in your heart to keep it beating regularly meant routine visits to the doctor for monitoring, tune-ups and other maintenance. Today, advancements in technology have changed everything.

For people with congestive heart failure—a condition in which the heart struggles to pump blood in and out of the lungs, causing shortness of breath and fluid retention—defibrillators make the difference.

Today, physicians at Halifax's Electrophysiology Laboratory can now implant wireless defibrillators enabling them to monitor the performance of the devices remotely. Sensitivity levels and other changes related to heart rhythm can also be easily adjusted. ♦

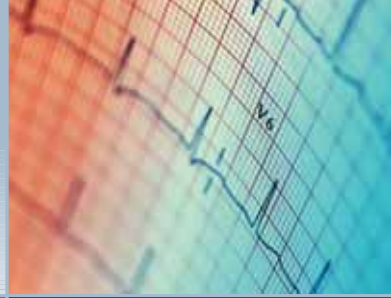
*Close-up of cardiac implant procedure* ▼



*Hanscy Seide, MD, Electrophysiology Cardiologist, (left) and Steve Cerreta, RN (right)*



# Chest Pain Center Takes Rapid Diagnosis to Heart



Donald J. Stoner, MD  
Chief Medical Officer

Tightness in the chest, shooting pains and numbness in the arms can all be symptomatic of a heart attack. But how can you be sure it's not something else? What should you do next? Getting answers to these questions is more efficient than ever, thanks to the new Chest Pain Center at Halifax Medical Center.

The Chest Pain Center is the only dedicated facility of its kind in the Volusia/Flagler area. It represents a shift in protocol that ensures more accurate diagnosis and less hospitalization.

"In the past, almost everyone who came through the Emergency Department with chest pain would be admitted, usually for over two days," said Dr. Donald J. Stoner, Chief Medical Officer of Halifax Medical Center and Medical Director of the Chest Pain Center. "Now, most people are discharged home to the care of their primary physicians."

When a patient arrives at the Emergency Department with chest pain, a rapid assessment determines if an immediate cardiac consultation and admission are necessary. If not, the patient moves to the Chest Pain Center, where a staff of nurses, nurse practitioners and physicians rapidly evaluate and diagnose the pain, giving careful consideration to gender.

"Men and women experience chest pain differently," said Dr. Stoner. "Men typically have pain in their chest, jaw and arm, while women often experience pain of a different type or other symptoms (see sidebar). We train our team to recognize these often overlooked differences and choose the best path."

The average visit consists of three EKGs and three cardiac enzyme tests, followed by a stress test. If any results come up positive, patients are admitted for further treatment. ♦

## FAST FACTS

### *Halifax's Chest Pain Center*

- ◆ Only 25 percent of women present with classic symptoms of angina (chest pain).
- ◆ Women are more likely to experience symptoms of swelling, undue fatigue and shortness of breath two weeks to two years prior to a heart attack.
- ◆ Halifax is the first and only hospital in Volusia County to participate in the American College of Cardiology National Cardiac Data Registry, which measures our performance in cardiology against some of the best cardiac programs in the nation.

***"The Chest Pain Center provides the most rapid, accurate care for people experiencing chest pain."***

*Matt Petkus  
Manager of Cardiac Services*



# Halifax Hospital Port Orange Opens To Rave Reviews

*Grand Opening  
December 9, 2006*

*Over 2,000 residents and local leaders from Port Orange and Volusia County attended the Grand Opening Celebration of Halifax Hospital Port Orange. Attendees received guided tours, giveaways and free health screenings, including tests for blood pressure, lung function, grip strength and oxygen levels. Kids enjoyed face painting, clowns and coloring stations.*



*Halifax Community Health System Board of Commissioners, Halifax executives and area leaders cut the ribbon.*



*Ann Martorano, Halifax Hospital Port Orange Administrator*



*Face painting*



*Blood pressure screening*

The ribbon has been cut. The confetti swept away. Halifax Hospital Port Orange is now meeting and exceeding expectations for patient care in all departments, from Emergency to Intensive Care.

Reviews of the new hospital from patients, families and staff have been overwhelmingly positive. Of course, there's plenty to like about the state-of-the-art, 80-bed facility. For starters, the medical staff includes the same world-class physicians who have made Halifax Medical Center one of Florida's most prestigious tertiary care facilities.

Halifax Hospital Port Orange is also the only facility in the Volusia/Flagler area with all private rooms, which are available at no extra cost. "Visitors don't have to worry about disturbing other patients or being disturbed," said Theresa Cirelli, Medical/Surgical Nurse Manager. "Plus, rooms are furnished with daybeds, so loved ones can comfortably stay with patients overnight. This is especially nice for patients who aren't local." Lake and forest views further accentuate each room's tranquil healing environment, while cable television and wireless Internet access add convenience.

Women who undergo the state-of-the-art laparoscopic hysterectomy procedure

benefit from a unique perk: private post-operative recovery rooms. When performed laparoscopically, recovery from hysterectomy lasts only three days, compared to several weeks for more invasive surgery. Women can also resume normal activity in just two weeks after the laparoscopic procedure.

From day one, Halifax Hospital Port Orange has been committed to comfort, convenience and exceptional service for the community. Recently, the facility took another step toward fulfilling its promise. The facility now offers certain interventional radiology procedures on an outpatient basis, including PICC lines and PORT placement for chemotherapy. "Patients can get the services they need closer to home," said Kevin Kunder, Operations Coordinator for Radiology.

The facility has four surgical suites for many minimally invasive and elective surgeries. In addition, it offers occupational and speech therapy, CT scans, MRIs, nuclear medicine, x-ray, ultrasound and extensive lab diagnostics. "We're proud to bring this level of healthcare to the people of Port Orange," said Ann Martorano, Halifax Hospital Port Orange Administrator. ♦

# Oncology Treatment Designed for Comfort

## Did You Know?

- ◆ Halifax Hospital Port Orange outpatient services include radiology, echocardiograms, GI and pulmonary function tests.
- ◆ In three months, the Emergency Department has seen over 9,500 people—an average of 100+ patients per day.

In many ways, Halifax Community Health System's newest outpatient oncology facility seems more like a house than a treatment center. Plush recliners, individual televisions and wood laminate flooring are just some of the comforts provided for patients at the Herbert D. Kerman Regional Oncology Center in Port Orange.

The comfortable treatment room is subdivided into several partitioned areas, each furnished with two chairs. Two separate rooms offer more privacy if desired. The soothing environment aims to provide solace to patients who often face five- or six-hour treatment sessions. "For chemotherapy patients, we make the atmosphere extremely comforting," said Tom Garthwaite, Manager of Halifax's Regional Oncology Centers.

The ROC in Port Orange provides outpatient medical oncology services, including chemotherapy administration and lab services, as well as a prostate cancer support group. In addition to three medical oncologists and nurses, the ROC staff features full-time oncology pharmacists, unique for the Volusia/Flagler area. "Our on-site pharmacists can monitor side effects and alert physicians about potential drug interactions," said Garthwaite.

Open Monday through Friday, the new Regional Oncology Center is located at 1185 Dunlawton Avenue, one block west of Halifax Hospital Port Orange. For more information, call 386.254.4061. ◆



## Emergency Care, Closer Than Ever

When a medical emergency arises, residents of Port Orange and surrounding communities won't have to go far to receive stellar care, thanks to the full-service Emergency Department at Halifax Hospital Port Orange. "Our staff is ready for any emergency, 24 hours a day," said Janelle Dallarosa, RN, Manager of Emergency Services. "If patients need more specialized care, we can stabilize and transfer them seamlessly to our Halifax Medical Center."

The new 20-room Emergency Department features 12 private rooms with monitors linked to the nurses' station. "The private layout of the beds helps not only with confidentiality, but also patient comfort and infection control," said Dallarosa. The eight additional beds are available for less acute emergencies.

The staff includes expert physicians board-certified in emergency medicine and family practice, as well as nurses from all healthcare specialties, who stand ready to take care of each crisis and beyond. ◆



# New Specialist Joins the Battle Against Cancer

Cancer care at Halifax Community Health System received a major boost recently with the arrival of radiation oncologist Brad Factor, MD. Dr. Factor completed his internship at Shands-Jacksonville and his radiation oncology residency at the University of Rochester.

Dr. Factor joins the medical staff at Halifax after completing two years as an Assistant Professor in Radiation Oncology at H. Lee Moffitt. He now applies his expertise to a variety of technologically advanced cancer therapies. Among the most notable at Halifax is the HDR (high dose rate) MammoSite® Radiation Therapy System (RTS) for early stage breast cancer patients.

Dr. Factor, along with fellow radiation oncologist Joyce Battle, MD, provides radiation therapy for select patients diagnosed with early stage breast cancer, two times a day over one week instead of a traditional seven-week course. The procedure utilizes a small, soft balloon attached to a thin tube, inserted into the cavity left by the removed tumor. Doses are delivered to the area of the breast where cancer is most likely to recur.

Dr. Factor and the radiation oncology team also perform radiosurgery, a one-day treatment delivered in the brain or on the surface of the brain. "This lets us deliver a high dose of radiation to a small area," said Dr. Factor. "Patients typically go home the same day."

Halifax also offers Intensity Modulated Radiation Therapy (IMRT), which uses sophisticated software and hardware to vary the intensity and shape of radiation delivered to different parts of the treatment area. IMRT spares healthy tissue as much as possible. ♦



*"I'm excited to be part of Halifax. There are several cutting-edge therapies here and the potential to add even more services for the community."*

*Brad Factor, MD  
Radiation Oncologist*

## Helping Active Adults Get Back in the Game

Using the latest generation of joint replacement procedures and designs, Halifax's Center for Orthopedics is returning patients to their feet faster than ever before.

In fact, total hip replacement patients can usually return to their own homes within three days. Physical therapy and rehabilitation begin immediately, expediting the return to active living. "Some patients don't need physical therapy at all," said J. Richard Rhodes, MD, orthopedic surgeon.

Dr. Rhodes and many of his colleagues use Biomet M<sup>2</sup>a-Magnum™ Hip joint replacement technology for optimal outcomes. "There's no plastic involved. It's all metal on metal, offering a better range of motion, greater longevity and less risk of dislocation," said Dr. Rhodes.

The Center—which leads the Volusia/Flagler area in joint replacement surgeries—also performs knee replacements using Biomet's Oxford knee implants. Bearings in the implant allow the joint to pivot like a normal knee.

Because surgeons inject narcotics

directly into the joint during the procedure, Oxford-knee patients wake up with little or no pain. They are out of bed the same day as their surgery and can move straight into physical therapy. Within two weeks, most patients can resume normal activities, compared to the three-month wait other implants usually require.

"We want our patients to feel as if they're at a hotel or spa—not a hospital. So we get them into street clothes and normal activities as soon as possible," said Dr. Rhodes.

The risk of infection is minor, as the incisions are much smaller than before. Specialized nursing and post-operative care also contribute to the Center's extremely low complication rate—less than two percent.

The Center performs nearly 2,000 knee and hip replacements each year and ranks as one of the top joint replacement centers in Florida. In addition, the Center performs spine, cervical and shoulder surgeries. For a physician referral, call 877.8.HALIFAX. ♦



*Orthopedic surgeon J. Richard Rhodes, MD has performed the pioneering Biomet Magnum Hip joint replacement procedure longer than anyone in the area.*

# Good Sports in Our Community



The golf and racing worlds came together again for two days in February to benefit the Halifax Medical Center Foundation. A field of 128 golfers joined NASCAR drivers and LPGA tour professionals during the annual NASCAR-LPGA Charity Golf Classic. Held at LPGA International Golf Club, the event was generously sponsored for the fourth consecutive year by Kitson & Partners and chaired by Joe Petrock, Executive Director of Halifax Medical Center Foundation.

Before a Daytona 500 crowd of 250,000 people, sponsor Syd Kitson presented a check for \$247,000 to the President of the Halifax Medical Center Foundation Board, Mayor Glenn Ritchey, as well as the Checkered Flag Committee Charities and the LPGA Foundation. The Foundation funds will benefit Halifax Medical Center and the Betty Jane France Center of Excellence for Women and Children, including Speediatrics—the children’s unit. The tournament has raised more than \$753,000 over the last four years.

Since 1988, the Halifax Medical Center Foundation has developed philanthropic support, charitable contributions and other benefits for Halifax Medical Center and its

affiliates. Specifically, the Foundation financially supports Halifax Medical Center and Halifax Hospital Port Orange in their ability to maintain modern, efficient facilities, state-of-the-art technologies, advanced staff education and training in the latest medical procedures, and community health and wellness programs. ♦

## SPEAKERS BUREAU

In its efforts to improve community health and wellness, the Halifax Medical Center Foundation operates a Speakers Bureau, which provides nearly 200 community health presentations a year. Each week, clinicians visit churches, civic clubs, libraries and other locations to deliver interactive health talks on such topics as diabetes, cancer, heart health and aging.

To schedule a speaker for your group or event, please call 386.254.4000, extension 1866.

## “X” Marks the Spot

It’s a fact of life: Aging comes with a variety of aches and pains. For some people, the simple act of standing up straight can cause a great deal of discomfort. The culprit may be a common condition called lumbar spinal stenosis.

Later in life, degenerative changes in the spine can cause the spinal canal to narrow. This puts pressure on the nerves, causing numbness and pain in the lower back, thighs and buttocks. Symptoms worsen when standing or walking. In fact, people who suffer from the condition—typically those over the age of 50—may not be able to walk even short distances.

Many experience relief from symptoms when sitting, sleeping, bending forward or using a walker. These people and others with mild-to-moderate stenosis have a less invasive surgical treatment option: the X Stop®.

During a minimally invasive, outpatient procedure, neurosurgeons place a titanium implant between the bony segments of the affected vertebrae. “The X Stop improves the dimensions of the spinal canal without invading it,” said neurosurgeon William B. Kuhn, MD. “It stretches out the ligament, opens up the spine and takes pressure off the spinal structures so people can comfortably resume a normal posture and ambulate easier.”

In addition, Dr. Kuhn and his team at Halifax can perform the procedure under local anesthesia. Patients typically resume normal activity within 10 days.

The X-Stop is just one of the surgical treatment options for lumbar spinal stenosis and is not appropriate for all patients, including those with significant neurological deficits, osteoporosis or scoliosis. Other therapies include weight loss and epidural steroid injections. ♦

## UPCOMING EVENTS

MAY 18  
NASCAR DAY

Donate \$5 to the NASCAR Foundation and receive a commemorative NASCAR Day lapel pin. Visit [www.nascar.com/foundation](http://www.nascar.com/foundation). In 2006, the Halifax Medical Center Foundation received \$150,000 from the proceeds of NASCAR Day from the NASCAR Foundation to benefit the Speediatrics Unit at Halifax Medical Center.

JUNE 23  
5TH ANNUAL  
WINE FESTIVAL  
*The Shores Resort  
and Spa*

Featuring a silent auction, heavy hors d’oeuvres and wines from around the world. Sells out fast!

For information about these events, contact the Foundation at 386.254.4111.



# Controlling Diabetes and Other Metabolic Disorders

Alberto Gonzalez, MD (left)  
Benigno Digon, III, MD (right)

## FAST FACTS

- ◆ Of the 20.2 million Americans who have diabetes, 6.2 million are undiagnosed.
- ◆ About 20 million Americans have some sort of thyroid dysfunction.

Information and individualized treatment are the keys to successfully managing chronic conditions. That's why physicians at the new Halifax Endocrinology Center stress patient education as part of the overall evaluation, diagnosis and management of metabolic disorders. Through a team approach that includes certified diabetes educators and registered dietitians, patients of Alberto Gonzalez, MD and Benigno Digon, III, MD learn about their disease process. Working together, doctors and patients develop individualized plans of care.

Specialists at the Center help patients with diabetes mellitus to achieve optimal blood sugar control through comprehensive medical care and educational programs. "A diagnosis of diabetes can be overwhelming," said Myra Vergani, Certified Diabetes Educator. "But good control of blood sugar can help reduce the complications, including heart disease, renal failure, blindness and loss of limbs."

Diabetes management and education services include individual nutritional counseling, insulin pump therapy, Metabolic Activation Therapy and many others. For an appointment or more information, call 386.258.4940. ◆

### HALIFAX ENDOCRINOLOGY CENTER

The new Halifax Endocrinology Center offers treatment and management for a variety of metabolic disorders including:

- ◆ Type 1, Type 2 and pregnancy-related diabetes mellitus
- ◆ Pituitary disorders
- ◆ Endocrine cancers
- ◆ Thyroid, parathyroid and adrenal diseases
- ◆ Hyperlipidemia
- ◆ Osteoporosis
- ◆ Obesity

A consultation with a metabolic specialist can be promptly scheduled by calling 386.258.4940.

## Sinus Sufferers Breathe More Easily

A revolutionary new procedure, balloon sinuplasty, promises relief to patients who suffer from the headaches, facial pain, blocked nasal passages and other miseries associated with chronic sinus infections.

Using a flexible catheter, a balloon is gently guided through the nostril to the blocked sinus cavity. As with angioplasty, the balloon is gradually inflated to enlarge the opening and restructure the passageway. When the balloon is deflated and the catheter removed, normal sinus drainage and pressurization are restored.

Halifax Medical Center is the only hospital in the area, and one of the first in the entire state, to perform this procedure. "This is the next in a long line of pioneering advancements in sinus treatment from Halifax," says otolaryngologist Dewey Christmas, MD, who performs balloon sinuplasty.

After 30 years in practice, Dr. Christmas, knows sinuses inside and out. "Healthy sinus openings are only the size of a ballpoint

pen tip, even though your sinus cavities are large," Dr. Christmas said. "It doesn't take much for them to swell shut and block drainage or disrupt the pressure."

Allergies and colds that last longer than a week can trigger sinus conditions. Symptoms of pressurization problems include face pain with tenderness when pushing on the cheeks or lowering the head. Sinus infections can also present as toothaches in the upper mouth.

Medications are the first line of defense. And while traditional surgery may be the best option for some patients needing more aggressive treatment, balloon sinuplasty offers an attractive alternative, with little bleeding and no swelling or bruising. Typically, no tissue or bone has to be removed, so sinuplasty eliminates the need for uncomfortable nasal packing. All this spells faster recovery time—with many patients returning to normal activities within 24 hours. ◆

*"Balloon sinuplasty may be just the answer for people who have tried everything else to alleviate the suffering of chronic sinusitis."*

Dewey Christmas, MD  
Otolaryngologist

# Weight-Loss Surgeries Open Doors to a Healthier Life

## Halifax Goes Tobacco Free

On January 1, 2007, Halifax Community Health System took a major step toward improving the health of patients, visitors and staff by becoming tobacco-free. "We've prohibited smoking inside our facilities for years," said Laura Cason, Assistant Administrator of Halifax Medical Center. "Banning tobacco campus-wide was the natural next step."

The change is a breath of fresh air for patients. Patients who have an infection increase the risk to others whenever they leave their rooms to smoke. Post-surgery complication rates are also much higher for smokers than non-smokers. And when patients step out to use tobacco, they miss important consultations with caregivers. "Doctors will order smoking cessation aids to help during their admission," said Cason.

Halifax didn't quit cold turkey. Smoking cessation classes have been offered since 2004. According to Cason, some 100 people on staff quit in conjunction with the change. ♦

*Bariatric Surgeon* ▶  
Joel Sebastien, MD

The struggle to lose weight can be especially overwhelming for the morbidly obese. Often, obesity-related problems, such as high blood pressure, type 2 diabetes and sleep apnea, can further complicate their condition and endanger their life. The Bariatric Surgery Program at Halifax Medical Center is helping obese individuals transform and prolong their lives with safe surgical solutions.

As part of a comprehensive weight loss program, patients with clinically severe obesity may qualify for one of two bariatric surgical procedures. The Roux-en-Y Gastric Bypass, considered the gold-standard, creates a small stomach pouch while stapling shut the remainder of the stomach. Laparoscopic Adjustable Gastric Banding, the least invasive procedure, constricts the stomach with an inflatable band.

Both procedures reduce the capacity of the stomach, which restricts the amount of food that can be consumed. But neither should be entered lightly.

"This surgery is a lifestyle change, not a diet program," said bariatric surgeon Joel Sebastien, MD. "Patients are committing to be under a physician's care and permanently change the way they eat and exercise."

Dr. Sebastien, who has successfully completed over 150 bariatric surgeries, leads a multidisciplinary team of dietitians, nutritionists, counselors, exercise physiologists and other specialists. "We follow patients through the first year and beyond to help ensure a successful transformation," he said.

Patients who may qualify for bariatric surgery have a Body Mass Index (BMI) from 35 to 40 with at least two other health conditions, or BMI over 40 with no other health conditions. To learn more, or to attend a monthly information session, call 386.238.3205. ♦

### *Bariatric Surgery*

- ♦ Patients typically lose 60 percent of their excess weight in the first year.
- ♦ Ninety percent of health conditions, such as diabetes, sleep apnea, high blood pressure and depression, are resolved or controlled.





# You're Invited to a Groundbreaking Celebration!

## Halifax is Expanding!

Construction on Halifax Medical Center's new North Tower is expected to be completed in early 2009. The project will include a new Inpatient Tower, a new Emergency Department and additional parking.

### NEW INPATIENT TOWER

- ◆ \$200 million expansion
- ◆ 500,000 square feet
- ◆ 10 stories tall
- ◆ 180 private patient rooms
- ◆ Increased family space

### NEW EMERGENCY DEPARTMENT

- ◆ Four times larger than existing facility
- ◆ 107 treatment rooms
- ◆ Rapid Admissions Unit and Chest Pain Center



*Halifax Medical Center's new North Tower opening in early 2009*

### GROUNDBREAKING CELEBRATION

Wednesday, April 25, 2007  
 4:30 - 6:30 pm  
 Halifax Medical Center  
 303 N. Clyde Morris Blvd.  
 Daytona Beach

Halifax Community Health System will begin construction on the new 10-story inpatient tower and new Emergency Department at Halifax Medical Center in Daytona Beach. This is the first phase of our 10-year master facility plan which is focused on meeting the current and future healthcare needs of area residents.

To commemorate this important time in Halifax's 79-year history, we are hosting a Groundbreaking Celebration for Halifax Medical Center's new North Tower on April 25, 2007. We are honored to announce that Governor Charlie Crist will be the keynote speaker for the Groundbreaking Celebration. In addition, Mayor Glenn Ritchey, Halifax Community Health System Board of Commissioners, local, state and federal dignitaries, and fellow community members will be in attendance.

Please mark your calendar to attend this exciting event which includes entertainment and refreshments. ◆

For more information about the Groundbreaking Celebration, call 386.226.4545



**HALIFAX**  
COMMUNITY HEALTH SYSTEM

303 N. Clyde Morris Blvd.  
Daytona Beach, FL 32114

Halifax Health is published by Halifax Community Health System for the communities it serves.

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