

# HEALTH

FALL2009

# for Life



St. Mary's  
Medical Center

Spinal Cord Injury  
**TREATMENT AND  
PREVENTION**

**SURGICAL PATIENT  
CARE UNIT**  
for Patient Comfort  
and Convenience



**MAKING  
MIRACLES  
HAPPEN**  
at St. Mary's  
Medical Center

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palm frond  
and win!  
Details on page 2





Dear Neighbors:

For decades, healthcare professionals at St. Mary's Medical Center have led the way in providing services, some of which have not been available at any other facility in West Palm Beach County and sometimes, at only a few facilities in the entire state. That is the case with the Paley Advanced Limb Lengthening Institute as a part of our Orthopedic and Limb Institute at St. Mary's Medical Center.

At the heart of the Center is Dror Paley, MD, FRSCS, orthopedic surgeon and Medical Director of the Institute that bears his name. Dr. Paley is one of the world's foremost authorities on limb reconstruction and lengthening, a process that involves a series of tissue and bone regeneration procedures. Limb lengthening at St. Mary's Medical Center gives children and adults with complex orthopedic issues the hope of leading a normal life, thanks to the amazing work of Dr. Paley and the dedicated staff at the Paley Advanced Limb Lengthening Institute.

In addition, other highly skilled physician specialists at St. Mary's Medical

Center offer services for pediatric and adult limb and spinal deformities, as well as for joint preservation and joint reconstruction for adults, providing patients of all ages with unique opportunities for orthopedic healing.

Also in this issue, David Petruska, MD, FACS, CIME, neurosurgeon, talks about spinal cord injuries and the good work being done at St. Mary's Medical Center's Trauma Center and Brain and Spinal Cord Acute Care Injury Center.

When it comes to your health or that of your family, you can rely on St. Mary's Medical Center to provide the services you require. Thank you for trusting us with your healthcare needs.

Sincerely,

Davide M. Carbone  
CHIEF EXECUTIVE OFFICER  
St. Mary's Medical Center  
Children's Hospital at St. Mary's

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## St. Mary's Medical Center | Children's Hospital at St. Mary's

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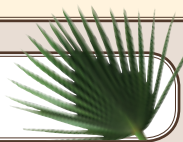
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ON THE COVER: Dror Paley, MD, FRSCS, Orthopedic Surgeon and Medical Director of the Paley Advanced Limb Lengthening Institute with patient, Emma Harms

# 15 Years of Pediatric Oncology Excellence and Counting

Childhood cancer is the number one disease killer and second leading cause of death of children. Annually, more than 12,500 children are diagnosed with cancer, but the experienced and highly skilled professionals involved in Children's Hospital at St. Mary's Oncology program are doing something about it.

*St. Mary's Medical Center* and the Children's Hospital at St. Mary's are members of the prestigious Children's Oncology Group (COG), an organization that unites the best academic and clinical research treatments and moves them from the laboratory to clinical trials.

The COG is comprised of 235 leading children's hospitals, university hospitals and cancer centers in the country. As a result of the research by St. Mary's and other COG members, the cure rate for children's cancer has increased to 78 percent. Since the Pediatric Oncology program began at St. Mary's, more than 500 pediatric patients have been treated and more than 300 patients have been enrolled under the COG protocols. Patients coming to a COG facility, such as St. Mary's, have access to treatment and protocols not available at other facilities or hospitals.

"Our affiliation with COG puts us in the same league as other leading Children's Hospitals cancer programs," said Davide Carbone, Chief Executive Officer at St. Mary's Medical Center.



"Our patients are treated in a family centered care environment by attending physicians and receive more personalized care than usually encountered in an academic setting."

The Children's Oncology program can treat and follow children and young adults up to the age of 30, if needed.

As a leading research-based facility utilizing COG treatment protocols, St. Mary's is one of the best places to turn to for quality cancer treatment in children and young adults, says Narayana Gowda, MD, Hematology/Oncology pediatrician at St. Mary's. "Patients get treated with the same cutting edge and advanced technology as other prominent facilities in the nation."

## Spinal Cord Injury Treatment and Prevention

Approximately 11,000 spinal cord injuries are reported in the United States annually. Often, these result from auto or sports accidents.

*As the leading provider* of emergency care in Palm Beach County, St. Mary's Medical Center and the experts at the Brain and Spinal Cord Acute Care Injury Center offer leading treatments for spinal cord injury.

"We employ a proven set of protocols when dealing with a suspected spinal injury," says David Petruska, MD, FACS, CIME, neurosurgeon at St. Mary's. "We also strive to follow the most recent and proven protocols regarding patient care after a spinal cord injury, including comprehensive rehabilitation services and other medical treatments."

### An Ounce of Prevention

While spine injury treatments are advancing, injury prevention is the most important thing

anyone can do when it comes to protecting his or her spinal cord health.

"I encourage everyone to become educated about safety," Dr. Petruska says. "A spinal cord injury prevention program called Feet First, First Time is active in the community. It encourages divers of all ages to jump into water to check the depth before diving head first. In addition, St. Mary's supports several programs to educate young people about safety and trauma, including Shattered Dreams and the Palm Beach County Safe Kids Coalition."

To learn more about trauma services at St. Mary's Hospital, visit [www.stmarysmc.com](http://www.stmarysmc.com) and select "Services" then "Trauma Services" options.



David Petruska, MD, FACS,  
CIME Neurosurgeon

PROVIDING  
ORTHOPEDIC PATIENTS

# Hope for the Future

At St. Mary's Medical Center, we're not just in the business of caring for orthopedic patients—we're out to offer them hope, too.

*That sentiment perfectly describes* three remarkable, cutting-edge orthopedic entities at St. Mary's: the Paley Advanced Limb Lengthening Institute, the Congenital Limb and Spinal Deformity Center at the Children's Hospital at St. Mary's, and the Joint Preservation and Bone Reconstruction Center at St. Mary's Medical Center. Together, these orthopedic centers provide patients with treatment options they may never have thought possible and help them realize their dreams of improved orthopedic function.

#### The Paley Advanced Limb Lengthening Institute

Dror Paley, MD, FRCSC, orthopedic surgeon is Medical Director of the Paley Advanced Limb Lengthening Institute. Dr. Paley—the internationally recognized leader in limb lengthening, the process of growing new bone and soft



### Orthopedic Surgeons at the Orthopedic Institute at St. Mary's Medical Center

Roberto J. Acosta, MD  
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Chaim Arlosoroff, MD  
Bret O. Baynham, MD  
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Ben R. Thebaut, Jr., MD  
Richard L. Weiner, MD,  
*Chief of Orthopedics*

## A Slam Dunk-Worthy Success

Ten-year-old Mikayla VanHoose of Springfield, Ohio, loves playing basketball, but her young life hasn't always been a slam dunk.

Immediately after birth, Mikayla was diagnosed with congenital femoral deficiency (CFD)—a condition in which the femur in one leg is shorter than the bone in the other leg—and although she was able to pursue the activities of a normal child, she and her family met with great frustration over the years as they searched for a way to correct the deformity. Their search ended, however, when they met Dror Paley, MD, FRCS, orthopedic surgeon and Medical Director of the Paley Advanced Limb Lengthening Institute at St. Mary's Medical Center.

Mikayla was diagnosed with CFD at five days old. Her parents were shocked at the diagnosis, as the deformity hadn't been apparent on ultrasound images during pregnancy.

"My husband, Charles, and I were devastated when we learned she had this condition," says Tina VanHoose, Mikayla's mother. "My first thought was that she might never walk, but she proved me wrong."

During 2001 and 2002, Mikayla underwent a limb-lengthening process with an orthopedic surgeon in her community. When the external fixation device was removed, however, Mikayla's femur was bent at a 90-degree angle, a terrible setback that required surgery to correct and resulted in the loss of two to three centimeters of bone growth. The incident also shattered the VanHoses' faith that anyone would be capable of helping their daughter.

In April 2006, Tina's grandmother noticed an article in her local newspaper about a young girl whose limb had been lengthened by Dr. Paley, and the VanHoses resolved to meet with the orthopedic surgeon for a consultation.

"My husband and I agreed that we would simply meet with Dr. Paley, leave and then discuss things before we decided what to do," says Tina. "Dr. Paley's expertise and confidence were so convincing, however, that we decided to schedule Mikayla's surgery at the end of our visit."

In October 2008, Dr. Paley performed super hip and knee operations on Mikayla, and three months later, she was ready for her first lengthening. An external fixator was applied, and Mikayla and her mother spent four months at the Quantum House, a home on the St. Mary's campus for children and their families who are recovering from serious illnesses. After a four-month stint at home, Mikayla returned to St. Mary's to have a rod implanted in her femur. The lengthening process will be repeated twice more so that by the time Mikayla reaches age 20, both her legs should be in excellent balance.

"I never thought I'd find anyone that could help me," says Mikayla. "I trust Dr. Paley, and I'm happy that my legs will one day be the same length."



**Dror Paley, MD, FRCS,**  
Orthopedic Surgeon and  
Medical Director of the  
Paley Advanced Limb  
Lengthening Institute

tissues—came to St. Mary's in 2009 to build on more than two decades of work in the limb-lengthening field.

"I came to St. Mary's because the medical center was willing to make the commitment required to set up a limb-lengthening institute," says Dr. Paley.

The goal of the Institute is simple: to provide the highest level of care available in the nation for patients needing upper or lower limb reconstruction for limb deformities, limb length discrepancies, dwarfism, post-traumatic defects and other conditions.

The process of growing new bone, skin, muscle, nerves and blood vessels that lies at the heart of limb lengthening is called tissue regeneration. When bones and soft tissue are distracted, or pulled apart, they regenerate slowly at an approximate rate of one millimeter per day. Faster or slower distraction rates may result in poor outcomes. The most common lengthening tools employed at the Institute are external fixators—devices that attach to the bone via wires and pins.

Physical therapy during the process helps muscle match the bone's growth. Once the lengthening device is removed, the patient has a hiatus from physical therapy due to the new bone's fragility, but therapy and weight bearing are eventually resumed to strengthen the bone and improve range of motion. After treatment, most patients have normal function.

### The Congenital Limb and Spinal Deformity Center

For patients with birth defects, lower and upper limb deformities and spinal deformities, the Congenital Limb and Spinal Deformity Center at St. Mary's Medical Center is a unique destination in the United States. For children with conditions like congenital scoliosis, the Center provides treatment options that prevent stunted growth of the spine.



**Bret Baynham, MD,** board-  
certified Orthopedic Surgeon  
specializing in pediatrics

One type of congenital scoliosis that can cause significant spinal deformity is a hemivertebrae, in which one or more vertebrae fail to form completely.

"We may use bracing as an initial treatment strategy to try and slow down significant progression while the child is growing to allow as much useful—not deforming—spinal growth as is possible," says Bret Baynham, MD, board-certified in orthopedics, orthopedic surgeon specializing in pediatrics. "When bracing is ineffective or doesn't control worsening

of the spinal deformity, we may proceed with surgical correction."

There are several options for surgical correction of this condition. The chosen procedure is based upon many factors including the specific nature of the congenital spinal abnormality, the extent of the deformity, the child age and the location of the deformity within the spine. An example of such a procedure consists of removal of the growth plates and underlying bone of the hemivertebrae which has caused abnormal spinal growth. By removing the growth plates, the



» remainder of the spine grows more normally and may spontaneously begin to correct itself as the spine continues to grow.

The surgical procedures accomplished by the skilled physicians who practice at St. Mary's are complex, but the hospital provides the professional staff and technology that allow orthopedic specialists to provide patients with the most effective and innovative treatment options.

### The Joint Preservation and Bone Reconstruction Center

Physician specialists who practice at St. Mary's Medical Center's Joint Preservation and Bone Reconstruction Center are well positioned to use methods for preserving and delaying joint replacement of the hip, knee or ankle in adult patients, too. Medication—both oral or injection braces and physical therapy methods are used initially. If these options prove ineffective, joint replacement surgery may be performed.

“With joint replacement, we have success in patients of all ages,” says Richard Weiner, MD, Chief of Orthopedics,

board-certified orthopedic surgeon specializing in joint preservation and reconstruction. “I performed a hip replacement on a surfer from Hawaii who is still surfing 20-foot waves. New technology utilized in total joint replacements of knees and hips allows patients much more movement and activity than was possible in the past.”

Other methods employed at the Center involve reshaping, realigning and biologically resurfacing joints. Typically, patients who arrive at the Center with painful joints find their pain has disappeared once treatment is finished.

For more information about these orthopedic centers, visit [www.stmarysmc.com](http://www.stmarysmc.com).



Richard Weiner, MD, Chief of Orthopedics, board-certified Orthopedic Surgeon specializing in joint preservation and reconstruction

## Surgical Unit Renovation for Patient Care

St. Mary's Medical Center is excited to announce the renovation of the Waters 3 Surgical/Orthopedics Unit.

*Housing 16 spacious, private* rooms, the Waters 3 Surgical Unit has provided postoperative patients who have undergone major surgical procedures with comfort and privacy needed to assist a speedy recovery. Now, the facility is being renovated.

The unit's facelift includes:

- new cabinetry
- miniature refrigerators in each room
- hands-free faucets and toilets to minimize the spread of germs
- flat panel televisions
- room safes to protect patients' valuables



Renovated Patient Room at the Waters 3 Surgical Unit

- handicap-accessible showers
- new bathroom tile and mirrors
- new paint and artwork

In addition to upgrading patient rooms, the nursing stations and family waiting areas will undergo renovation, too. The staff of St. Mary's Waters 3 Surgical Unit is pleased to welcome recovering surgical patients to the healing environment of the renovated facility.

St. Mary's continually works to put resources back into the facility, keeping pace with today's technology and



conveniences for patients. If you need hospital care, rest assured that St. Mary's offers the best in experience and updated facilities.

# Do You Know These Breast Cancer Symptoms?

*Many women perform monthly* breast self-exams to help identify potential breast cancer. Breast self-exams and clinical exams are critical to diagnose two rare types of breast cancer that you may not know about—inflammatory breast cancer (IBC) and Paget disease of the breast.

IBC accounts for less than 5 percent of breast cancer cases in the United States, but it is highly aggressive. It most commonly affects younger women and is more likely than noninvasive breast cancer to have metastasized upon diagnosis.

IBC symptoms can include redness, swelling and warmth in the breast; bruised appearance; inverted nipple and swollen lymph nodes.

Paget disease of the breast, another rare cancer, develops in or around the nipple. Although it accounts for fewer than 5 percent of breast cancer cases, it almost always accompanies underlying breast cancer. It most commonly appears in women over age 50, but cases have been diagnosed in some in their 20s. Symptoms of Paget disease of the breast include red, flaky nipple skin; tingling, itching or burning; nipple discharge and flattened nipple appearance.

Early detection is key in preventing breast cancer deaths. In addition to annual clinical exams and monthly breast self-exams, annual mammograms for women ages 40 and older are essential in detecting breast cancer in its earliest, most curable stages. For women with higher risk of breast cancer, such as those with a BRCA1 or BRCA2 gene mutation, breast magnetic resonance imaging (MRI) is also recommended.

For a complete list of breast cancer risk factors and situations that require breast MRI, visit [www.stmarysmc.com](http://www.stmarysmc.com) and search for "Breast MRI." For referral to a physician for a clinical breast exam, call (561) 882-9100. To schedule a digital mammogram at St. Mary's Imaging Center, call (561) 881-2828.



## All Treats, No Tricks

*This Halloween*, keep West Palm Beach trick-or-treaters safe by following a few simple tips.

- **Costumes:** Buy flame-resistant costumes with reflective markings. Ensure children's shoes fit well and that their costumes are weather-appropriate.

"Parents should put their names, phone numbers and emergency contacts on a bracelet or tag for the child to wear," says Jessica Prince, MD, board-certified pediatrician and pediatric emergency medicine physician on staff at the Children's Hospital at St. Mary's. "This ensures your child has identification if you should get separated."

- **Getting Ready:** Clear your yard of planters, hoses and other potential

tripping hazards. Let your child design the face for a jack-o-lantern on paper, and then carve the design for him or her. "A battery-powered light to illuminate your jack-o-lantern is a safe candle alternative," says Dr. Prince.

- **Trick-or-Treating:** Supervise children closely and stay in a group. Do not allow kids to enter a home or car to accept treats.

"Equip kids with cell phones and make sure they know to call 911 in an emergency," says Dr. Prince.

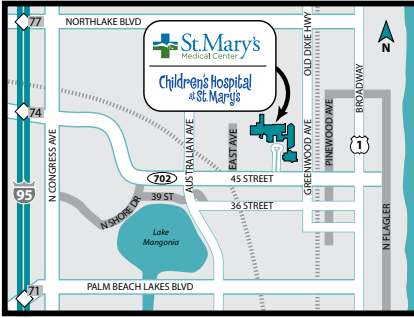
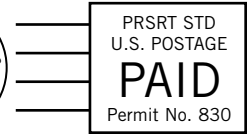
- **The Goods:** Feed your goblins before leaving so they don't eat too much candy while trick-or-treating. Make sure the treats they consume are wrapped.

"If handing out treats, consider alternatives like pens, stickers or fruit rolls," says Dr. Prince. "They're healthier than candy, and kids love receiving something unique."



Jessica Prince, MD, and her son, Jayden

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# Comprehensive Stroke Center

*From left to right: David Petruska, MD – Neurosurgeon; Ali R. Malek, MD – Interventional Neurologist; Renee Scharf, MD – Physical Medicine and Rehabilitation; Jacques Farkas, MD – Neurosurgeon; Jeffrey Rubin, MD – Neurologist*

For stroke victims, the best place for the greatest chance for survival is at a Comprehensive Stroke Center. The Neuroscience Center at St. Mary's has earned that coveted designation and offers the most advanced stroke treatment and technology. Plus, our dedicated specialists are with you 24/7, from the moment a stroke occurs through recovery. A return to a normal life doesn't take a miracle, just a stroke of genius from St. Mary's.

For more information or physician referral, please call **561-882-9100**.

*Faith, community and healthcare for more than 70 years.*