

jackson health system

connections

your resource for health and well being + may 2009



cardiac comeback

plus:
a major
stroke
designation

inside:



ask the doctor: stroke + fertility problems reveal aneurysms

from Heartbreak to Happiness

BY JENNIFER MOONEY PIEDRA

When CBS4 anchor Shannon Hori and husband Kendall Cogan delivered fraternal twin boys at the Women's Hospital Center at Jackson Memorial Hospital in December, it was the happiest day of their lives. But hours after the birth of Colt and Cade, doctors discovered something terribly wrong.

Colt's skin had a bluish tint, caused by a low blood oxygen level, and x-rays showed his lungs were hazy instead of black. An echocardiogram confirmed that the baby suffered from a rare congenital heart defect.

On Christmas Eve, two days after Colt's birth, he had to undergo emergency open-heart surgery for total anomalous pulmonary venous return (TAPVR), which is a condition that caused his pulmonary

because of its coexistence with Holtz Children's Hospital. The two facilities, which are located under the same roof at Jackson Memorial Hospital's downtown Miami campus, specialize in treating mothers and newborn babies with complications.

Hori's pregnancy was considered high-risk because she was older than 35 and carrying twins. Choosing to deliver at Jackson, she says, was an important decision based on the hospital's quality of care and doctors like Victor Gonzalez-Quintero, M.D., M.P.H., associate professor of Clinical Obstetrics and Gynecology and Pediatrics at the University of Miami Leonard M. Miller School of Medicine, and director of Jackson's OB/GYN Residency Program. Dr. Gonzalez-Quintero delivered Hori's babies by Caesarean (C-section) at 38 weeks.

Second Life-Saving Surgery

Colt's five-hour, Christmas Eve, cardiac surgery was a success, and everyone believed the baby was on the road to recovery. But two weeks later on January 12, while recovering in the Children's Heart Center at Holtz, Colt's heart stopped. Hori, who was with him when it happened, yelled for help and started praying.

"It was heartbreaking because his mother was at the bedside when all this began happening," said Marco Ricci, M.D., Ph.D., director of pediatric cardiac surgery at Holtz and the physician who operated on Colt. "It must have been incredibly stressful for Shannon."

The baby was in cardiac arrest.



Doctors and nurses – including Dr. Ricci – rushed to begin CPR. Colt didn't respond, so they had to re-open his chest, pump his heart manually and connect him to a heart-lung machine. After 15 minutes of terrified prayer, Hori was told Colt's heart was beating again.

After another surgery to close his chest and three more weeks of recovery, Colt was able to go home and be reunited with his brother. Dr. Ricci, who routinely sees him for checkups, says the baby "is doing very well." His mother agrees.

"He smiles a lot and is such a happy boy," Hori said. "It's a dream come true to have him home. The medical teams at Holtz Children's Hospital saved Colt's life – not once, but twice. I owe them so much. I don't know what would have happened if we weren't at Jackson."

"The medical teams at Holtz Children's Hospital saved Colt's life – not once, but twice. I owe them so much, I don't know what would have happened if we weren't at Jackson."



Joanne Heeter

veins to deliver blood from his lungs to the wrong side of his heart.

"I was still in the hospital recovering when Colt had his first surgery, but I was able to get a wheelchair and go upstairs and be with him," Hori said. "I saw him all the time. I can't imagine being in a separate hospital away from my baby."

Hori is thankful she gave birth at the Women's Hospital Center

▶ TO SCHEDULE AN APPOINTMENT WITH DR. VICTOR GONZALEZ-QUINTERO, CALL 305-585-5610. FOR MORE INFORMATION ON JACKSON MEMORIAL'S WOMEN'S HOSPITAL CENTER, VISIT WWW.JHSMIAMI.ORG.

YOU CAN GO TO THE SAME WEBSITE FOR INFORMATION ABOUT HOLTZ CHILDREN'S HOSPITAL OR CALL 305-585-KIDS.

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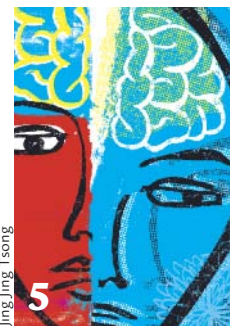
After suffering from a heart attack, Marcelo Radice turned to Jackson Memorial's Outpatient Cardiac Rehabilitation Program for help in bouncing back to his active lifestyle.

10 Breast Implants and Biopsies

Leonardo J. Henriquez, M.D., at the Comprehensive Breast Center at Jackson South Community Hospital is experienced in performing breast biopsies on women who have implants, a sometimes challenging procedure.



Donna Victor



Jing Jing Tsong



Scherley Busch

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How Fertility Problems and Great Doctors Saved

BY SANDRA FIEDLER

PHOTOGRAPHY BY DONNA VICTOR

Carmen Graff never imagined that her inability to get pregnant would essentially save her life. After an exhausting and difficult six-year effort to have a baby, diagnostic testing for her fertility problems turned up a startling discovery. She had two brain aneurysms. If either had burst, she could have had a stroke.

After learning the news, Graff panicked because an aneurysm had killed her mother at age 53. Aneurysms – a weakness in the wall of blood vessels that causes them to expand like a bubble and often have few or no symptoms – have an estimated 75 percent chance of being deadly when undiagnosed. If an aneurysm bursts, it can result in a stroke, which is the number one cause of disability in the United States and third leading cause of death.

“I was crying in my car on my way to work,” she remembers. “I was talking to God. ‘First, I can’t get pregnant. Now I have something really wrong with me.’ I thought, ‘God, You must have a plan.’”

Graff’s neurologist in Port St. Lucie knew she could get help at Jackson Memorial Hospital where Ali Aziz-Sultan, M.D., a neurosurgeon and director of neuroendovascular surgery, performs an innovative new treatment for brain aneurysms. Dr. Sultan quickly took her case, knowing she was an ideal candidate for the procedure.

“The aneurysms were close to her optic

nerves and in a dangerous location, and we didn’t want to risk damaging her vision. We now have a less invasive option,” he said.

Standard treatments for brain aneurysms can sometimes require removing part of the skull to seal the aneurysm with a platinum clip. Another option uses platinum wiring, but large aneurysms that have an irregular shape or are located in hard-to-reach parts of the brain can be a challenge with these treatments.

This new procedure, called a cerebral embolization, threads a catheter into the brain. The neurosurgeon slowly injects a liquid polymer, which immediately turns into a solid. The aneurysm is filled just like concrete is used to fill a pot hole. Once the aneurysm is blocked off, blood flow returns to normal.

Graff was counting on the new procedure to work because she was determined to become a mom more than ever. Just hours after doctors had confirmed her brain aneurysms, she had received a second, equally unexpected, phone call. Her best friend knew about a young woman

searching for an adoptive family, and she thought Graff would be the perfect mom.

“I was so excited,” Graff says. “We wanted the baby in a heartbeat, but I couldn’t commit until I knew I was going to be okay.”

After a few hours in the operating room last June, Graff’s wait was over.

“The outcome was excellent,” says Dr. Sultan. “Carmen is definitely a success story. This treatment is another major advancement in our ability to treat aneurysms, and Jackson Memorial is one of the few facilities in the United States to offer this procedure.”

The relatively noninvasive procedure meant only a four-day stay in the hospital and a quick recovery, which allowed Graff and her husband Kevin to complete a successful adoption of Tyler Patrick, who was born a month later.

Carmen Graff recently passed her six-month check-up and angiogram with flying colors. Tyler is just a few months away from his first birthday. She says she and her husband have quite a story to tell him one day.

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT, CALL NEUROLOGICAL SURGERY/ INTERVENTIONAL NEURORADIOLOGY AT JACKSON MEMORIAL HOSPITAL AT 305-355-1101.

My Life



“Carmen is definitely a success story. This treatment is another major advancement in our ability to treat aneurysms, and Jackson is one of the few facilities in the United States to offer this procedure.”

Two Jackson Hospitals Achieve Stroke Accreditation



QUICK STROKE DIAGNOSIS IS THE KEY TO SAVING LIVES.

Numerous medical conditions, including cardiac disorders and hypoglycemia, can mimic a stroke. Having the ability to distinguish between these conditions, and quickly provide the correct treatment, can mean the difference between life and death.

Stroke is the third leading cause of death in the United States, with about 700,000 people nationwide experiencing a new or recurrent stroke each year. Statistics show that someone suffers a stroke every 45 seconds, and someone dies of a stroke every 3.1 minutes. Stroke is also the leading cause of serious, long-term disability in the United States, with about 5.4 million stroke survivors alive today.

Pursuing stroke certification shows the continued commitment of Jackson Health System to providing the highest quality of care for our community. It also distinguishes the University of Miami and Jackson physicians as leaders in stroke diagnosis, management, treatment and rehabilitation in Miami-Dade County.

Jackson Memorial Receives the Only Comprehensive Stroke Accreditation in the County

The Florida Agency for Health Care Administration (AHCA) has designated Jackson Memorial Hospital, in affiliation with the University of Miami Leonard M. Miller School of Medicine, as a Comprehensive Stroke Center. Jackson Memorial is the only hospital in Miami-Dade County that is distinguished with this accreditation, and is one of just 12 such stroke centers in Florida.

Jackson Memorial's Stroke Center includes an eight-bed stroke unit staffed by stroke-trained nurses, a 24-bed Neuroscience Intensive Care Unit, endovascular suites for acute stroke treatment and access to all diagnostic modalities that allow the prompt diagnosis, monitoring and treatment of stroke patients.

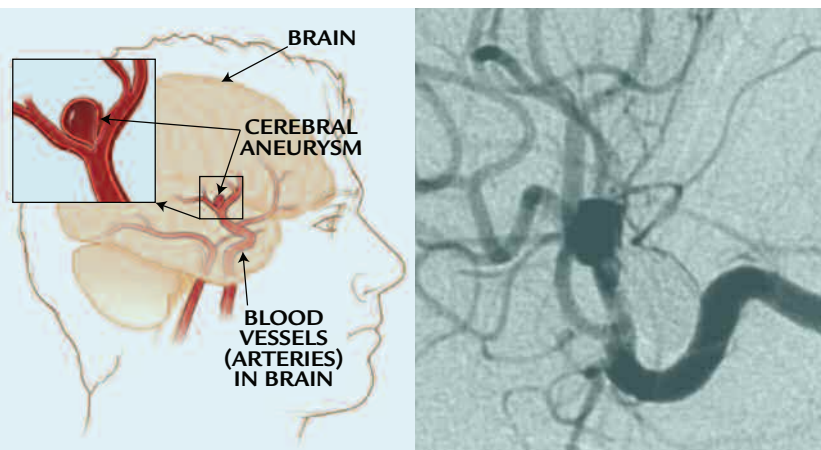
Jackson Memorial is the only hospital in the county with the ability to provide interventional procedures for stroke, including the latest clot retrieval devices used in acute stroke treatments.

The multidisciplinary stroke team, which is specially trained to provide the best care for patients 24 hours a day, seven days a week, is made up of specialists from the UM Miller School of Medicine's departments of neurology and neurological surgery.

Jackson North Becomes a Primary Stroke Center

Jackson North Medical Center has achieved the first step in becoming a Comprehensive Stroke Center by receiving an AHCA designation as a Primary Stroke Center. This means a hospital has care programs that follow national standards and guidelines that can significantly improve the outcomes for stroke patients. Evidence-based medicine will be administered in a timely and efficient manner, and overall performance is measured and benchmarked in a national registry.

▶ TO LEARN MORE ABOUT STROKE SERVICES OFFERED THROUGHOUT JACKSON HEALTH SYSTEM, VISIT WWW.JHSMIAMI.ORG.



An aneurysm in an artery in the brain is known as a cerebral, brain or berry aneurysm. Most brain aneurysms show no symptoms until they become large, begin to leak blood or rupture. A ruptured brain aneurysm causes a stroke. On the right is an angiogram of a brain aneurysm.

Stroke and What Everyone Should Know

May is National Stroke Awareness Month. What better time than now for you and your family to learn more about the third largest cause of death in the United States and the number one cause of disability? Each year, about 700,000 Americans suffer a new or recurrent stroke, and nearly 150,000 die from one. Stroke survivors may face debilitating long-term effects including paralysis in parts of the body, difficulty speaking and memory problems. However, 80 percent of strokes are preventable, and we hope that by learning about the warning signs, you and your loved ones can survive a stroke or prevent one completely.

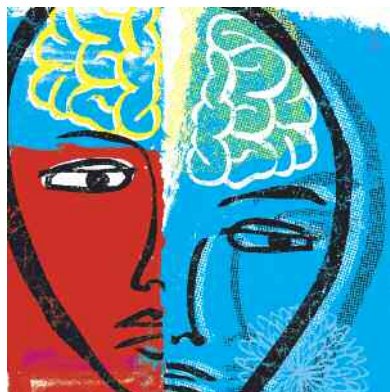
WHAT IS A STROKE?

Stroke is a type of cardiovascular disease affecting the arteries leading to and within the brain. A stroke occurs when a blood vessel carrying nutrients and oxygen to the brain is either blocked by a clot or bursts. During this process, part of the brain cannot get the blood and oxygen it needs, and starts to die.

There are two types of strokes. An ischemic [is-kee-mick] stroke, which accounts for 83 percent of all strokes, occurs when a vessel is clogged and blocks the blood supply to the brain. A hemorrhagic [hem-or-agic] stroke accounts for about 17 percent of stroke cases and results from a weakened blood vessel that ruptures and causes blood to leak into the brain.

WHAT ARE COMMON RISK FACTORS OF STROKE?

Risk factors are traits and lifestyle habits that increase the chances of having a disease. There are two categories of stroke risk factors: non-modifiable hereditary factors and lifestyle/environmental. Factors related to heredity and natural processes – such as your age, family history, race (African-Americans are more affected by stroke than any other group) and gender – are factors that could make



people at greater risk.

People with prior stroke or heart attack are also at increased risk, but medications may help reduce that risk.

However, you can also reduce your chances by lowering lifestyle and environmental risks. These include not smoking; controlling your blood pressure; managing diabetes, artery disease and heart disease; treating sickle cell disease; managing and treating high cholesterol; and maintaining a healthy diet and physical activity.

WHAT ARE THE WARNING SIGNS?

Learning to recognize when you or someone else is having a stroke can be the difference between life and death, as well as major and minor disability. Time is essential.

It is important to note that women may experience other symptoms as well as the ones commonly cited. Women may feel sudden face or limb pain, hiccups, nausea, general weakness, chest pains, shortness of breath or palpitations.

The American Stroke Association, American Academy of Neurology and American College of Emergency Physicians have a new campaign called "Give Me 5 for Stroke," www.giveme5forstroke.org/patients.

Meet the Doctor

RALPH L. SACCO, M.D., M.S., FAHA, FAAN, chief of neurology for Jackson Health System and chairman of neurology at the University of Miami Leonard M. Miller School of Medicine, specializes in investigating, diagnosing and treating disorders of the nervous system, specifically stroke. He is the author of more than 400 papers, book chapters, reviews, case reports and abstracts. He is past chair of the Stroke Advisory Committee and was recently named as national president of the American Heart Association for the term that begins in 2010. He will be the first neurologist to serve as president of the AHA.



UM Biomedical Communications

Here is what to look for:

- WALK:** Is their balance off?
- TALK:** Is their speech slurred or face droopy?
- REACH:** Is one side weak or numb?
- SEE:** Is their vision all or partially lost?
- FEEL:** Is their headache severe?

If you see even just one of these symptoms, even if it goes away, do not wait, call 9-1-1 immediately.

Every minute counts for stroke patients, and the most effective stroke treatments, such as clot-busting drugs, work best if given within three hours of the onset of symptoms. The faster a patient receives treatment, the lower the chances of long-term disability.

TO LEARN MORE ABOUT STROKE SERVICES OFFERED IN JACKSON'S CERTIFIED COMPREHENSIVE STROKE CENTER, VISIT WWW.JHSMIAMI.ORG.

Athletes Can Have Heart



Marcelo Radice always enjoyed being active.

From playing professional soccer and tennis to routine exercise that included running, he was in better shape than most at 47 years old. But minutes after completing a 5K race in November on Key Biscayne, Radice's life – and beliefs about his health and fitness – were forever changed when he began to suffer from chest pains.

He decided to seek help from the medical teams at the race, and they quickly determined he was having a heart attack.

"That put everything into motion very fast," Radice recalled. "They put me on a gurney, began giving me oxygen and 15 minutes later, I was being wheeled into the nearest hospital. In another 15 minutes I was in the catheterization lab and getting a stent put in to open the block I had in one coronary artery. It happened quickly – that is what saved me."

Because of his fast treatment, Radice suffered no long-term damage to his heart and arteries. But his recovery has still been a long journey.

Right after his heart attack, Radice's cardiologist, Eugene J. Sayfie, M.D., FACP, FACC, at the University of Miami Leonard M. Miller School of Medicine, recommended he participate in Jackson Memorial Hospital's Outpatient Cardiac Rehabilitation Program led by cardiologist Melissa J. Tracy, M.D.

"Working Out" for a Healthy Heart

The cardiac rehabilitation program at Jackson Memorial is a medically supervised program to help patients who have suffered from a number of heart complications or conditions to recover quickly and improve their overall health, including physical, mental and social functioning.

“I started to feel this pain come on right in the center of my chest, and I had doubts about what it was. I thought it might be a cramp and tried to walk it off, but it was still there and came back very intense, right under the sternum, and I realized something was wrong.”

Attacks Too

BY KATHLEEN ROHAN

PHOTOGRAPHY BY DONNA VICTOR

The program is designed for patients recovering from a heart attack, bypass surgery, angioplasty, stable angina, heart transplant and other heart-related problems.

“We work one-on-one with our patients to improve their functional capacity and quality of life, to reduce risk factors and help them make a life-long commitment to exercise and other lifestyle changes,” said Dr. Tracy. “A heart attack does not just affect your heart – it affects your whole body, your overall stamina and way of living.”

The program at Jackson is one of only three outpatient cardiac rehabilitation programs in Miami-Dade County and is covered by most insurance companies. It focuses on a holistic recovery and includes monitored exercise two to three times a week for 12 to 18 weeks, education on a person’s particular heart condition, nutritional counseling, cholesterol and blood pressure management, smoking cessation, weight management, diabetes management, and psychosocial management or counseling.

Radice said the program was invaluable. After his heart attack, he was nervous to begin exercising or doing other activities because he feared putting too much strain on his heart.

“I think this is the best way to rehabilitate and come back, because you can be monitored and see how you are progressing,” he said. “When you are pushing yourself, the professional staff is watching you and you gradually work yourself back.”

More Than Just a Workout

Other aspects of the cardiac rehabilitation program are just as important as the monitored exercise and heart checks.

“I have met with a nutritionist and Dr. Tracy, and the staff helped me learn more about the medications I am taking and how they affect the body,” Radice said. “They also focus on stress management. That has been helpful.”

Additionally, there are psychological affects of undergoing such a traumatic and life-threatening

medical scare. Radice said his heart attack put him in a state of shock, especially since months before he had visited his cardiologist and underwent a routine stress test, which came back negative and gave him a false sense of security.

“Unfortunately, there is history of heart disease and stroke in my family, but I don’t have any other risk factors – I don’t smoke, don’t drink and am careful with my weight,” he said. “So you are in this state of denial and asking yourself, ‘What happened?’”

Now, he is fearful about having recurring heart trouble.

“I am pushing myself really hard now and I am ready to graduate from this program, but the concern will always be if I go out and run another race where I push myself, is it enough to rupture something,” he said. “That is in the back of my mind. I still have to deal with that fear.”

Radice and the cardiac rehabilitation team are happy to report that he is doing well. Tests show his heart is back to normal, he has lowered his cholesterol, and he is able to run a 5K race.

“I’m feeling great now. I realized I needed to make some changes, both dietary and with my exercise routine,” he said. “Now, this is just something I will have to stick to for the rest of my life. I can’t afford to slack off.”



Melissa J. Tracy, M.D., director of the Outpatient Cardiac Rehabilitation Program at Jackson Memorial, checks Marcelo Radice's heart rate during a recent workout.



FOR MORE INFORMATION ON JACKSON MEMORIAL HOSPITAL'S OUTPATIENT CARDIAC REHABILITATION PROGRAM, CALL 305-585-6990 OR VISIT WWW.JHSMIAMI.ORG.

Giving a HELPING HAND

BY SANDRA FIEDLER

LEAVING HOME TO GO TO COLLEGE is a thrill for any young person. But for Meaghan Gallagher, going away to school meant fulfilling a dream she thought had died. At age 22, the aspiring actress from Lake Worth seemed to be on a roll – performing across South Florida and earning a spot on the waiting list for the prestigious Juilliard School in New York. But all of her plans changed in an instant when a terrible car accident left her paralyzed.

“I put myself into extreme denial,” Gallagher said. “It didn’t seem like reality.”

While struggling to accept her dependence on her parents for just about everything – from brushing her hair to feeding her – Gallagher’s positive outlook soon allowed her to refocus her dream of pursuing a career in the performing arts. If she couldn’t mesmerize an audience from center stage, she could certainly do great work behind the scenes. Just ten months

after her accident, Gallagher directed a play in Palm Beach County. A huge achievement, but she still wasn’t satisfied.

“The role of director and producer is very hands-on,” she says. “I yearned for the ability to be able to handle my script, take notes with a pen and hand out programs while I mingled with the audience.”

To make that happen, Gallagher needed a procedure that would allow her to be independent once again. “I couldn’t hold onto anything securely,” she says. “I was

obsessed with being able to do that one movement.”

Her physiatrist (rehabilitation physician), Jeffrey S. Farber, M.D., recommended she visit Elizabeth Anne Ouellette, M.D., a hand surgeon at Jackson North Medical Center who could perform an intricate surgery to fix her hand muscles.

“I knew we could help,” said Dr. Ouellette. “Meaghan’s hands couldn’t extend or contract because the muscles were too tight, and others didn’t work at all. It is a complicated dance of stopping function where we don’t have control.”

In May 2008, Dr. Ouellette fused the bones in Gallagher’s wrist and thumb to keep the joints straight and immobilized. Then she transferred a tendon from Gallagher’s arm – which wasn’t being used anymore – to essentially power her thumb. Rewiring her hand would restore the basic movement of

pinching, by allowing her thumb to firmly press against the rest of her fingers.

This small, simple movement has in many ways given Gallagher a whole new life. “I’m able to do things for myself again,” she says. “I can eat on my own. I can handle eye drops. I can hold a pencil and take my own notes.”

Most importantly, Gallagher’s ability to hold things like a small door key has given back her freedom. She left her home to become a student at Tallahassee Community College.

“I can be alone during the day,” she says. “I can get in and out of my apartment. I can handle my books now. It has made a huge difference – immeasurable. My confidence level has increased.”

Dr. Ouellette says she has all the thanks she needs from Gallagher’s smile and her handwritten thank-you note.

Gallagher is grateful to have found Dr. Ouellette. “I knew from the first moment that she was the right doctor. She’s doing exactly what she should be doing. She’s a superstar.”

▶ **TO LEARN MORE ABOUT DR. OUELLETTE AND THE MIAMI HAND SURGICAL SERVICES, WHICH IS PART OF JACKSON HEALTH SYSTEM, CALL JACKSON NORTH MEDICAL CENTER AT 305-651-1100.**

In March, Meaghan Gallagher shared her success story with federal lawmakers. She and Dr. Ouellette joined the American Academy of Orthopaedic Surgeons to meet with congressional representatives from Florida in Washington, D.C. The group emphasized the importance of supporting orthopaedic care and research.



jackson north nicu nurtures newborns

BY KATHLEEN ROHAN

Throughout her pregnancy, Anita Maldonado suffered from heart and kidney problems, and high blood pressure. So, when she began to have trouble breathing, and doctors said they had to deliver her son a few weeks early by emergency Caesarean (C-section), she hoped her baby would be healthy.

“I was hi-risk because I was 38 at the time and I had some medical complications,” she said. “It was a rough time. All I wanted was to make sure he was ok.”

Maldonado and her obstetrician, Mark R. Spence, M.D., researched hospitals because they feared that the baby would need specialized care. They chose Jackson North Medical Center because it is home to a Level II neonatal intensive care unit (NICU), which is staffed with medical professionals specially trained to treat infants born weighing 1,000 grams (2.2 pounds) or more with medical complications. Maldonado could also continue to receive medical care from her specialists at Jackson.

Joseph Zachary Maldonado was born weighing 4 pounds, 3 ounces. After his birth, he was rushed to the NICU where he received oxygen to help him breathe. Neonatologists also monitored his kidneys, which were working harder than normal because they were not fully developed.

“The first thing I remember was hearing him cry,” Maldonado recalled. “So right then, I knew he was ok.”

Specialized Care for Small Children

The neonatal intensive care unit at Jackson North treats newborns with a variety of low-risk complications at birth. The unit is equipped with the latest technology made specifically for such small patients and is staffed by a multidisciplinary team of medical professionals who cater to each child’s unique needs.

While many health risks can be spotted during pregnancy, it is impossible to foresee

complications during childbirth or troubles a child may face once they are born.

“No parent ever really expects to see their child here in our neonatal intensive care unit,” said E. Bernard Cartaya, M.D., associate chief of pediatrics, and one of the doctors who cared for Joseph. “But it is a great comfort and advantage to our maternity patients to know that if their child should happen to need any additional care, they are in the right place with the right medical teams that can care for them.”

Jackson North is recognized as an outpatient Regional Perinatal Intensive Care

Center (RPICC) high-risk screening clinic by the state of Florida. The RPICC project provides obstetrical services to women identified as having a high-risk pregnancy and neonatal intensive care services to critically ill/low birth weight newborns. Jackson Health System has the only RPICC centers in Miami-Dade County and is one of 12 state-designated providers.

Jackson North patients also have access to some of the most experienced high-risk specialists including maternal-fetal medicine physicians at the Women’s Hospital Center at Jackson Memorial Hospital and pediatric specialists at Holtz Children’s Hospital. Maldonado said she was glad to be recovering at the same hospital as her son because she could see him whenever she wanted.

“It was so nice to be able to just walk downstairs and check on him and make sure he was ok,” she said. “That time is the beginning bonding time, and it is hard to bond if you are not there to spend time with them.”

At Home and Healthy

After three-and-a-half weeks in the Jackson North NICU, Joseph was released to go home on mild medications. He is being monitored by specialists to ensure his kidneys continue to grow and function properly.

Maldonado is happy to report he is healthy and developing like a normal infant. “He’s doing great and is a very happy baby,” she said. “I call him my miracle baby.”



Pictured above (clockwise): Mom and Joseph in the NICU; NICU nurses (left

to right) Alexandra Gomez, R.N., Marie Janvier, R.N., Associate Nurse Manager of NICU Nena Chiong, R.N., B.S.N.; Cynthia Reyes, R.N., Betina Gousse, R.N.; José, Joseph and Anita Maldonado; Joseph is ready for his movie career.

FOR MORE INFORMATION ON MATERNITY SERVICES OR THE NEONATAL INTENSIVE CARE UNIT AT JACKSON NORTH MEDICAL CENTER, CALL 305-654-5612 OR VISIT WWW.JACKSONNORTH.ORG. TO SCHEDULE A TOUR OF THE MATERNITY CENTER, CALL 305-654-3053.

Photos courtesy of Anita Maldonado

EACH YEAR, HUNDREDS OF THOUSANDS OF WOMEN ARE ADVISED TO HAVE A BREAST BIOPSY. MANY OF THESE WOMEN HAVE BREAST IMPLANTS.

Breast Implants and Biopsies

BY JENNIFER MOONEY PIEDRA

STUDIES HAVE SHOWN that neither silicone nor saline implants are linked to breast cancer, but any woman who finds a lump in her breast should immediately have it checked by a doctor. Some women with implants avoid doing so because they are afraid a breast biopsy could puncture their implant.

Many doctors also don't feel comfortable doing the procedure, but Leonardo J. Henriquez, M.D., a board-certified surgeon who leads the new Comprehensive Breast Center at Jackson South

Community Hospital, routinely performs successful biopsies on women with breast implants without any adverse affects.

"When a needle is inserted into the breast next to an implant, people are afraid of puncturing it," said Dr. Henriquez, who has many years of experience treating women with breast cancer

and other breast ailments. "But if you do it carefully, you'll get it right."

The Comprehensive Breast Center is equipped with the most up-to-date technology to run numerous tests, including digital mammograms and breast ultrasounds, for everything related to breast health care. Biopsies are done in house by Dr. Henriquez, using scanning and computer guidance for precise needle placement. Most patients at the breast center can have all their procedures done in one day during one appointment.

Ana Maria Gonzalez recently had a breast cancer scare when tests found a mass in her left breast and a cyst in her right breast. Another doctor referred her

to Dr. Henriquez, who completed the needle biopsies with no damage to her implants. Gonzalez, whose mother is a breast cancer survivor, was pleasantly surprised that the procedure was painless.

"I was very nervous," said Gonzalez, who got a clean bill of health. "I kept waiting for the pain, but I felt no discomfort."

Gonzalez says she highly recommends Dr. Henriquez and the breast center staff.

"I live in Hialeah Gardens and the breast center is out of my way,"

she said. "But the distance didn't matter to me. When it comes to your health, you go to the best doctor possible."

Dr. Henriquez encourages all women age 40 and older to schedule mammograms once a year, in addition to an

annual breast exam by a specialist. Although mammograms are the best screening tool to detect lumps, the procedure misses nearly 20 percent of breast cancers. It is also important, he says, to conduct breast self-examinations once a month lying down and in front of a mirror.

"Early detection is key," Dr. Henriquez said. "The earlier we diagnose breast cancer, the better the chances are for a full recovery."

"EARLY DETECTION IS KEY. THE EARLIER WE DIAGNOSE BREAST CANCER, THE BETTER THE CHANCES ARE FOR A FULL RECOVERY."



Scherley Busch

Breast surgeon Leonardo J. Henriquez, M.D., of the University of Miami Leonard M. Miller School of Medicine, directs the new Comprehensive Breast Center at Jackson South Community Hospital.



THE COMPREHENSIVE BREAST CENTER AT JACKSON SOUTH COMMUNITY HOSPITAL IS LOCATED AT 9380 S.W. 150TH STREET, SUITE 250, MIAMI. FOR MORE INFORMATION, CALL 305-256-5245 OR VISIT WWW.JACKSONSOUTH.ORG.

Nurses choose Jackson as a great place to work...

Jackson Memorial Hospital is one of the nation's "2009 Top 100 Hospitals To Work For," according to a survey taken by Nursing Professionals. The magazine asked 25,000 randomly selected hospital nurses questions about their job satisfaction. Topics included equality, diversity and a family-friendly workplace.



...and patients love us too!

Earlier this month, three Jackson Health System units were honored with 2009 National Excellence in Healthcare Awards for the "overall quality of care" that they provide.

The Adult Inpatient Behavioral Health Unit at Jackson South Community Hospital took home a Top

Performer Award from the 10th Annual Professional Research Consultants conference. The award is based on the number of the unit's patients polled in 2008 who said they received "excellent" care.

Two units at Jackson Memorial Hospital received 5-Star Awards, which are given to the top 10 percent of hospital units nationwide

whose patients felt their care was excellent. Both the Pediatric Emergency Room and the Inpatient Medical Unit on South Wing 8 were so honored.

Oxygen sensor could reduce damage from brain injury or stroke

Brain swelling is the leading cause of death in people who have had severe head injuries or stroke, but doctors hope that a unique procedure could reduce this swelling and its damage.

Jackson Memorial Hospital is one of only four hospitals nationwide chosen to participate in a National Institutes of Health-sponsored clinical trial to study a state-of-the-art sensor to measure the amount of oxygen being delivered to the brain. When a traumatic brain injury occurs, often the supply of oxygen is cut off or diminished, causing the brain to swell.

Doctors are threading the Licox® sensor – which looks like a hair brush bristle or a piece of fishing line – into the part of the brain at risk of damage to measure the amount of oxygen being delivered. They are then able to measure how much additional oxygen is needed to try to salvage brain cells and reduce brain swelling.

M. Ross Bullock, M.D., Ph.D., director of clinical neurotrauma at Jackson's Ryder Trauma Center and

professor of neurological surgery at the University of Miami Miller School of Medicine, thinks the sensor could be an essential tool to treat patients at risk of delayed brain damage.

Minimally Invasive Breast Biopsies Now Offered at Jackson North

Having a breast biopsy can be a frightening experience, especially after test results show irregularities or raise some concerns. Jackson North Medical Center is now offering minimally invasive breast biopsies with the Mammotome® System to make these necessary tests as painless and convenient as possible.



Gordon Studer

Håkan Charles-Harris, M.D., FACS, is a breast surgeon at Jackson North who has specialized training in minimally invasive breast biopsies and treats women (and men) at all stages of breast concerns and cancers. These procedures are also offered at other locations throughout Jackson Health System, but now north Miami-Dade and south Broward residents can have them done closer to home.

Compared to a traditional breast biopsy, these less-invasive procedures offer the same pathological results with almost no incision and much less pain. They are performed in the morning, and patients are often home or back to work by lunch. For more information about minimally invasive breast biopsy at Jackson North Medical Center, call 305-691-2941.

Jackson Memorial's beautification continues

Muted tones of green and tan, coupled with mahogany panels and tropical paintings, greet patients and visitors as they enter Jackson Memorial Hospital. Part of its ongoing First Impressions campaign, the newly renovated and expanded West Wing Lobby includes waiting rooms for family members of surgical patients and original art by students from the New World School of the Arts/National Art Honor Society.

Surrounded by members of the Public Health Trust Board of Trustees and Jackson executives, trustees Rosy Cancela and Ernesto de la Fé cut the ribbon to officially open the hospital's renovated West Wing Lobby.



UM Biomedical Communications



The Smile Doctor: No M.D. Required

BY SANDRA FIEDLER

ART METRANO LIVES TO MAKE PEOPLE LAUGH. In fact, the TV, film and theatre star is proud to say laughter actually saved his life. Just moments after Metrano came crashing off a ladder, breaking six vertebrae, unable to move or yell for help, humor was still front and center. He prayed the real estate agent and the prospective buyer, who were headed to his Los Angeles home, would find him lying on the ground. He pondered what he might say, "Hi, I'm the owner. I just broke my neck, but not to worry. House looks great, eh? Nice gourmet kitchen."

The accident happened in 1989 when Metrano's comedy career was blooming with roles in films such as "Police Academy II" and "Police Academy III." Suddenly, he found himself not only trying to cope with his paralysis but also battling a deep depression. He quietly hoarded pain pills, pondering how he would get them in his mouth.

But something unexpected started to happen as he spent time with other patients. Metrano was able to make them laugh about their medical problems. He became known as the "Smile Doctor" with jokes like, "Aren't hospitals great? Where else can you get three meals a day, all the drugs you want, and they expect you to pee in your bed?!" Making fun of their circumstances helped heal the pain.

He even published those jokes in a book, "Metrano's Accidental Comedy," where CNN host Larry King wrote in the Foreword, "The only thing better than reading this book is seeing the play by the same name."

Today, Metrano, now an Aventura resident, has regained 70 percent mobility using the assistance of a crutch. He recently had surgery at Jackson Memorial Hospital to relieve back pain and also underwent a triple bypass. He just performed his one-man show in Miami and hopes to take it to New York. He uses his talent to help raise money for low-income paralysis patients and, best of all, he is still making the crowds roar with laughter.



▶ FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT WITH THE SPECIALISTS IN NEUROSURGERY AT JACKSON MEMORIAL, CALL 305-243-3282.

FOR INFORMATION ON CARDIOTHORACIC SURGERY, CALL 305-585-5271 OR VISIT WWW.JHSMIAMI.ORG.

Photos courtesy of Art Metrano

Child born with his heart outside his chest is becoming a normal toddler

When Naseem Hasni was born, his heart was on the outside of his chest. His sternum (breastbone) had not developed properly so it had not kept his heart inside. Luckily, Naseem was born at Jackson.

His condition was recognized before birth, so his family was referred to obstetrician Salih Yasin, M.D., and cardiothoracic surgeon Eliot Rosenkranz, M.D. Immediately after his mother's emergency Caesarean (C-section) at Jackson's Women's Hospital Center on Oct. 31, 2006, Naseem was taken into surgery at Holtz Children's Hospital, where Dr. Rosenkranz and his team repositioned his heart into his chest and covered it with skin.



Kathleen Rohan

Surrounded by his family and his doctors, Naseem Hasni celebrates his remarkable recovery.

His sternum couldn't be repaired at that time, because it would have squeezed his heart and lungs. Two years later, Dr. Rosenkranz, pulmonologist Andrew Colin, M.D., and plastic surgeon

Zubin Panthaki, M.D., used some ribs to close his chest.

No longer relying on a ventilator to breathe, his mom Michelle says Naseem is now running around like a normal toddler.

Pioneer in Fetal Surgery Comes to Jackson

IN THE EARLY 1990s, surgeons developed incredible techniques that allowed them to operate on babies who weighed less than a pound while still in the womb. Because they were so little – fetal hearts are one-quarter the size of olives – tiny instruments had to be created. One of those pioneering surgeons, Rubén A. Quintero, M.D., helped blend ultrasound with new tools for minimally invasive surgery to make this possible. He also developed Operative Fetoscopy, a well-known approach to correct birth defects in utero, and, additionally, created a laser technique to treat a syndrome where blood flow is unbalanced between unborn twins.

Now a leader in fetal therapy with many publications and other “firsts” to his credit, Dr. Quintero has come to the Women's Hospital Center at Jackson Memorial Hospital as director



of maternal-fetal medicine. Dr. Quintero has joined an extensive team of specialists at Jackson Memorial who care for women with complex pregnancies and will be launching a unique fetal therapy program. Few hospitals in the country offer these services, which can effectively treat previously untreatable, life-threatening disorders discovered in unborn babies.

If you think you or someone you know might need Dr. Quintero's services, please call 305-585-6636.

of maternal-fetal medicine.

Dr. Quintero has joined an extensive team of specialists at Jackson Memorial who care for women with complex pregnancies and will be launching a unique fetal therapy

Innovative liver cancer treatment draws patients from around the world

While there have been many advancements in the treatment of cancer, there are still very few options if the cancer has spread to a person's liver. But an innovative cancer treatment performed at Jackson North Medical Center (JNMC) offers some hope.

Seza Gulec, M.D., FACS, a surgical oncologist at Jackson North and professor of surgery and radiology/nuclear medicine at Florida

International University, is one of the nationally and internationally recognized experts performing a new treatment called radio-

microsphere therapy. Drawing patients from around the world, the therapy uses microscopic radioactive seeds injected into the liver circulation to target the cancer cells. The normal liver cells are subjected to much less radiation than the cancer cells. As a result, the treatment is better tolerated than most.

“Liver cancer is a deadly disease that is often challenging to treat,” said Dr. Gulec. “The use of advanced computer techniques, developed at JNMC, improve the precision of cancer targeting. We believe this innovative approach offers a strong weapon to many patients in their fight against cancer.”



Sandra Friedler

Seza Gulec, M.D.

 Visit us online at
www.jhsmiami.org



Joey had tummy aches,
now his only discomfort
is another math test.

At **Holtz Children's Hospital** we realize that digestive disorders are no laughing matter. That's why we offer comprehensive care for gastrointestinal problems, including chronic abdominal pain, inflammatory bowel disease, liver diseases, pancreatic disorders and other GI tract conditions. And, you can take comfort in knowing that Holtz has more pediatric physicians on the "Best Doctors" in America list than any other children's hospital in South Florida. For parents, our experience provides peace of mind for all procedures, from the routine to the extraordinary. As for Joey, he can now concentrate on what's most important, like getting straight A's! To learn more, call **305-585-KIDS** or visit www.holtzchildrenshospital.org.

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