

SARASOTA MEMORIAL
**REHABILITATION
PAVILION**



The human spirit's capacity to defy the odds...
to push the envelope... is boundless.

**SARASOTA
MEMORIAL**
HEALTH CARE SYSTEM

The human spirit's capacity to defy the odds and to push the envelope is boundless.

AT SARASOTA MEMORIAL, WE SEE THE INDOMITABLE SPIRIT OF PATIENTS AND HEAR THEIR STIRRING STORIES AS THEY RECOVER FROM DEBILITATING ILLNESSES AND TRAUMATIC INJURIES. This spirit inspires our physicians and expert staff, who are dedicated to providing the most advanced treatments, technologies and therapies to our community.

The opening of our new Rehabilitation Pavilion will help patients and clinicians continue to push the envelope and achieve the best possible outcomes.

The 44-bed pavilion is an important step in our ongoing efforts to deliver the highest level of care for every patient who comes through our doors.

It will help provide a seamless continuum to meet the complex medical, physical, cognitive and emotional needs of patients with brain injury, stroke, spinal cord

injury, neurological disorders and orthopedic and musculoskeletal conditions.

A concrete symbol of our commitment to provide the community with the most advanced, state-of-the-art facilities, the new pavilion also represents our dedication to delivering nationally recognized, top-quality care. We're proud that Sarasota Memorial is the only hospital in Florida to earn the federal government's highest five-star rating for quality and safety, and the new Rehabilitation facility will continue our tradition of patient care excellence. I invite you to see it for yourself at our grand opening celebration from 9 a.m. to noon, April 1 (*details on back cover*).

We take great pride in serving you and are grateful for your continued support.

THANK YOU,



David Verinder

President & CEO

Sarasota Memorial Health Care System



Special thanks to

The Sarasota Memorial Healthcare Foundation

For your support of our new Rehabilitation Pavilion and shared vision of empowering patients with the most advanced care and technology.





A Place of Hope & Healing

SARASOTA MEMORIAL OPENS NEW REHABILITATION PAVILION

ON ANY GIVEN DAY, AT SARASOTA MEMORIAL'S INPATIENT REHABILITATION UNIT, roughly 30 people are undergoing treatment for debilitating illnesses and injuries – strokes, brain tumors, broken or dislocated joints, spinal fractures and other trauma-related injuries.

Most do not walk into the unit – they are usually wheeled in after stabilizing treatment in the ER or surgery. They typically stay for a week or two, but some with the most severe injuries stay for months.

The hospital's comprehensive rehabilitation unit has been a beacon of hope and healing in this community. As the only hospital-based acute care rehabilitation unit (CRU) in Sarasota County, it has been helping patients overcome the greatest neurological, cognitive and physical disabilities for more than 30 years.

"The bond that forms between patients and their therapy team is like no other in life," said Laura Magnusson, director of Sarasota Memorial's Rehabilitation Services. "It's borne from the most basic human feelings of fear, trust and hope. We are asking people to trust us and push through their fears and challenges at the most vulnerable time of their lives."



Laura Magnusson, director of Sarasota Memorial's Rehabilitation Services

Last year, Sarasota Memorial's multi-disciplinary team of rehabilitation physicians, nurses and therapists treated more than 800 patients in the hospital's 34-bed CRU. Most have medical conditions or accidents that resulted in physical injuries and/or cognitive impairments ... neuromuscular disorders like Parkinson's, brain injuries and broken or failing joints. Roughly one-quarter have suffered strokes or some other neurological injury or illness. Many cannot walk, talk, bathe, feed or dress themselves.

"Our nurses and therapists are highly specialized clinicians, but they also are incredible coaches and mentors," Magnusson said. "They get to know each patient inside and out so they can work through their fears and tap into what really motivates and inspires them. It's an amazing thing to watch the trust and hope kick in...you see progress almost immediately."

The only thing lacking in the CRU has been its ability to expand, to accommodate the patient demand and take advantage of the latest amenities and technology in rehabilitative medicine.

A PAVILION OF POSSIBILITIES

All that is set to change dramatically when Sarasota Memorial's new Rehabilitation Pavilion opens April 1. It replaces the older rehab unit with a larger, state-of-the-art facility that connects to the hospital on the southwest

corner of its main campus in Sarasota.

The top two floors of the five-story pavilion are dedicated to new inpatient rehabilitation units, with 44 spacious private rooms and therapy areas equipped with the most advanced, evidence-based technology available.

Every aspect of the pavilion has been designed to promote a healing environment and meet the unique needs of rehabilitation patients, said Sarasota Memorial Chief Operating Officer Lorrie Liang.

"Even the room colors were carefully selected – cheery, but subtle and balanced so they don't over stimulate the senses of our brain injury patients," she said.

Each inpatient unit includes a furnished apartment with a bedroom, living room and fully equipped kitchen to help patients practice getting in and out of a regular bed, using a shower and tub and preparing and cleaning up after meals.

The pavilion also has several gymnasiums with the latest technology to promote strength, balance and recovery, as well as practical features like a mock car, mobile home entryway and grocery shelves to help patients practice acts of daily living.

The ground floor (one area that is two stories high) has covered parking with a convenient entrance/drop off and multi-terrain mobility garden.

In this outdoor therapy area, patients relearn how to navigate up and down ramps



Lorrie Liang, Sarasota Memorial Chief Operating Officer





OVERCOMING THE ODDS

TRIB suffered a severe brain hemorrhage and though doctors were able to stop the bleeding, the brain injury left him partially paralyzed on his right side and unable to talk or think clearly. During his two-week stay doctors, nurses and therapists guided him through exercises that helped rebuild his strength and balance and retrain his brain. He returned home with his cognitive function and speech fully restored and strong enough to safely navigate 10 steps to enter his home and move about with confidence and stability.



ERIN was admitted to Sarasota Memorial's rehabilitation unit after a collision threw her off the back of a motorcycle. She sustained head and spinal injuries and multiple fractures, and was left with respiratory challenges and severe weakness on her left side. Although she initially she needed help with simple acts of daily living, she progressed quickly and recovered her ability to talk, walk, think clearly and breathe without assistive devices.



JOHN was admitted following a stroke and implantation of a cardiac defibrillator. The medical challenges left him with disabling weakness on his left side and slurred speech. After two weeks of rehabilitation treatment, he regained his natural speech and went home with a walker and outpatient rehab exercises that will further strengthen his left arm and leg.



and steps, practice walking or using a wheelchair on different surfaces, including a wooden deck, gravel and flagstone paths. Elsewhere in the garden, they can practice retrieving items from a mailbox, spraying a garden hose, and even trying their hand at a putting green.

The third floor of the pavilion is a dedicated center for outpatient therapy, offering individualized treatment for everything from ankle sprains to traumatic injuries. Physical, occupational and speech-language therapists treat people of all ages and abilities, with specialized programs for stroke and other neurological disabilities, joint replacement, spinal conditions and sports injuries. Many of the therapists are certified in areas as diverse as hand therapy, golfing injuries, swallowing disorders and vestibular/balance rehabilitation.

Liang credits the commitment of the Hospital Board and support of Sarasota Memorial Healthcare Foundation for making the \$50 million pavilion possible.

"It's due to their generosity and support that projects like the new Rehabilitation Pavilion come to fruition and cement our reputation as a premier destination for the most advanced and compassionate care," Liang said.



Time is Brain When Managing Stroke

STROKES ARE CALLED BRAIN ATTACKS BECAUSE THEY ARE A MEDICAL EMERGENCY AND SHOULD BE TREATED WITH THE SAME URGENCY AS A HEART ATTACK.

Nearly two million brain cells die every minute following a stroke, so the sooner treatment begins, the more likely you are to protect yourself from permanent disability.

CALL 9-1-1 AT THE FIRST SIGN OF A STROKE.

Treatment in the first 2-3 hours of the first symptom of a stroke offers the best chance for a full recovery.

THINK STROKE? THINK SMH

Sarasota Memorial Hospital is the only hospital in southwest Florida certified by the Joint Commission, DNV and Florida Agency for Healthcare Administration as a Comprehensive Stroke Center.

The recognition is reserved for hospitals capable of treating the most challenging types of stroke and its complications.



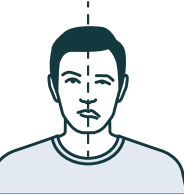
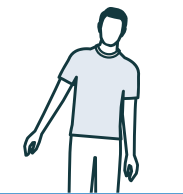


Sarasota Memorial's stroke center offers patients a complete range of services and specialists for the rapid diagnosis and treatment of stroke, including:

24/7 STROKE TEAM: Time is of the essence when it comes to treating stroke. The SMH stroke team is on site 24/7 and communicating with paramedics before a stroke patient even arrives at the hospital. The hospital's stroke team clears the necessary equipment and procedures rooms to ensure stroke patients receive critical testing, brain scans and treatment upon arrival.

MULTIDISCIPLINARY COLLABORATION: Board-certified, specialty trained physicians in Stroke Neurology, Vascular Neurosurgery and Endovascular Neuroradiology collaborate on cases to ensure stroke patients receive treatments that target their particular kind of stroke.

ADVANCED THERAPIES: SMH is the only hospital in the region that can provide highly specialized Endovascular, Neurosurgical and Neuroimaging therapies (such as cerebrovascular blood clot removal, repair of abnormal intracranial blood vessels, brain

WHEN IT COMES TO STROKE,

B	E	F	A	S	T
					
BALANCE Sudden loss of balance or coordination	EYES Sudden blurred/double vision or persistent vision trouble	FACE Facial numbness or drooping on one side	ARMS Arm weakness or numbness on one side	SPEECH Slurred speech or scrambled thoughts	TIME "Time is Brain" call 911 for immediate medical attention

glue and coils) to ensure optimal care for patients with the most challenging strokes.

CLINICAL TRIALS: When standard therapies are not enough, advanced stroke centers like SMH offer stroke-specific national and international clinical trials like advanced hypothermia treatments for ischemic stroke patients and innovative use of rtPA to treat bleeding caused by hemorrhagic strokes.

STROKE REHABILITATION: Physical medicine and rehabilitation physicians, nurses and therapists help patients recover from any lingering effects of a stroke, on inpatient or outpatient basis.

PREVENTING SECONDARY STROKES

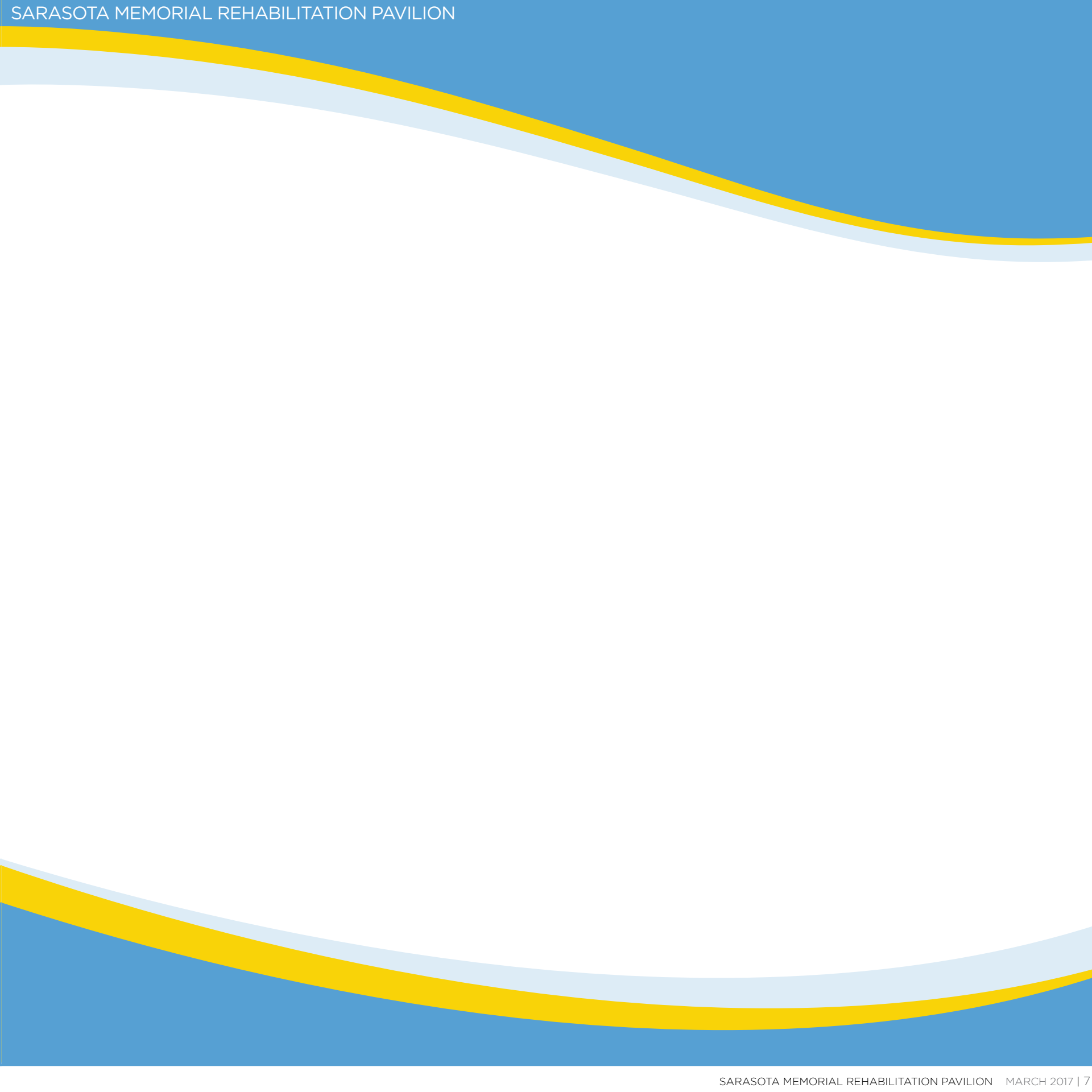
Sarasota Memorial's stroke team also provides education and follow-up outpatient care to help prevent a second attack in people who have had a stroke or TIA.

Timely response is key. Of the 750,000 Americans who have a stroke each year, as many as 14 percent will have a second stroke within a year. Within five years, studies show 24 percent of women and 42 percent of men will have a second stroke.

Among other interventions, Sarasota Memorial's Secondary Stroke and TIA Prevention Clinic provides outpatient services and support to help patients control hypertension, manage stress and cholesterol levels, stop smoking, make recommended dietary or lifestyle changes and monitor medications they may need, such as blood thinners, to lower their risk of stroke.

"Our goal is to educate, motivate and support patients through what often is a life changing event," said Mauricio Concha, MD, stroke neurologist and medical director of Sarasota Memorial's Comprehensive Stroke Center. "By providing one-on-one counseling, we hope to prevent them from ever having to experience it again."

LEARN MORE at Sarasota Memorial's Stroke Support Group (1 p.m. first Wednesday of each month) at Sarasota Memorial's Institute for Advanced Medicine, 5880 Rand Blvd., and Stroke Wellness Club (1 p.m. second Wednesday of each month), in Sarasota Memorial Hospital's community classroom (second floor near B elevators), 1700 S. Tamiami Trail. Both groups are free. Visit smh.com/stroke or call (941) 917-3890 for more information.



Big & Loud:

LEARNING TO LIVE WITH PARKINSON'S

LIVING WITH PARKINSON'S DISEASE REQUIRES MORE THAN JUST MEDICINE.

It takes a strong dose of confidence, inner strength and ongoing support to face the disease and do what it takes to continue living a rich, fulfilling life.

The most obvious symptoms of Parkinson's disease are the physical ones that typically show up and get progressively more severe: tremors, balance problems and muscle rigidity.

But there are a number of other vital functions affected, including changes in sleep patterns, gastrointestinal functions, sense of smell, and pitch and volume of voice. In fact, studies show that nearly nine out of 10 people with Parkinson's disease experience speech and voice disorders that show up as a soft or hoarse voice and breathy, imprecise articulation.

Not surprisingly, any of these symptoms alone, or collectively, can progressively diminish quality of life for a person with Parkinson's disease by making them feel unheard and uncomfortable in social settings.

If you or a loved one is battling Parkinson's, Sarasota Memorial offers several specialized rehabilitation programs that can help.

LSVT LOUD FOR IMPROVED SPEECH

LSVT LOUD is a program that helps Parkinson patients strengthen the sound of their voice, improve articulation and help transform slow, soft or monotone speech through an intensive four-week vocal exercise program.

"LSVT LOUD teaches people to exaggerate their voice volume so that they can be heard at a normal tone of voice," said SMH Physical Therapist Terri Mishos.

The program improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism



*Left: Sarasota Memorial Physical Therapist Terri Mishos
Right: The LSVT BIG program helps Parkinson patients improve their balance and physical coordination so they can better take care of themselves and move about in their home and community.*

through a systematic hierarchy of exercises. Focused on a single goal, "speak LOUD," it improves respiratory, laryngeal and articulatory function to maximize speech intelligibility.


"The treatment isn't training people to shout or yell," Mishos said. "Rather, LSVT LOUD trains people to bring the voice to an improved, healthy vocal level with no strain."

LSVT BIG FOR IMPROVED MOTOR SKILLS

In 2004, physical therapists began applying LSVT LOUD's principle of amplifying sound to movement. The result, LSVT BIG encourages patients to intensify their gestures and movements through intensive, repetitive physical exercise and recalibration of internal cues.

"LSVT BIG is a research-based exercise approach that involves teaching people with movement disorders how to move bigger, take bigger steps, have better balance, and improve their trunk control and flexibility," said Mishos.

As a result of LSVT BIG training, patients become more able to take care of themselves and move about in the community. "We have seen tremendous results – our patients are able to walk better, get out of a chair better, get in and out of bed better, get in and out of a car easier and perform their self-care activities easier," she said.

Sarasota Memorial's LSVT BIG & LOUD programs are available in several convenient locations. Please call  917-7600 for more information.

BIG STRIDES WITH EXERCISE

HealthFit powered by Sarasota Memorial Provides Safe, Supervised Exercise for People with Parkinson's

Exercise should be a life-long commitment for anyone wanting to avoid physical and cognitive decline. Despite the progressive nature of the condition, that is especially true for people with Parkinson's.

Thirty years' of studies have shown that physical activity can help improve limb strength, endurance, flexibility, range of motion, motor control, metabolic function and physical/cognitive functional capacity of Parkinson patients.

That is the key objective of HealthFit's Big Strides with Exercise program.

"Our goal is to help participants make big strides in overcoming limitations and ultimately staying ahead of their disease," said Doug Sham, who oversees the Big Strides program.

The most popular class within the Big Strides program is Pedaling with Parkinson's. "The feedback has been extremely positive," Sham said. "Many people in the class say their tremors have been significantly reduced, and in some cases, have stopped altogether."

Offering customized activities such as aquatic exercises, indoor cycling, dancing, gentle yoga, tai chi and strength training, Big Strides is designed specifically to benefit people with neuro-based challenges.

Using a multi-disciplinary approach, the classes focus on improving strength, range of motion, balance, posture and breathing. The classes are supervised by HealthFit's highly qualified staff members who are closely connected with referring physicians, therapists and the Neuro Challenge Foundation's Medical Director Dean Sutherland, MD.

A physician referral is not necessary to join the program. Classes are free for HealthFit members or \$10 per class for people who want to drop in. HealthFit is located in Sarasota Memorial's Institute for Advanced Medicine, 5880 Rand Blvd., about 1/2-mile west of I-75 off Clark Road.

BIG STRIDES WITH EXERCISE CLASSES

Parkinson's Specific:

- WhoppingMovers (extension of LSVT BIG)
- SmartMoves (in warm water therapy pool)
- Pedaling with Parkinson's

Related:

- Chair Yoga • Gentle Yoga • Tai Chi • Aqua Tai Chi
- Nutrition Education • Personal Fitness Training
- Therapeutic Massage Therapy • Art Therapy Class

LEARN MORE AT  WWW.SMHFIT.COM/CLASSES-BIG-STRIDES OR CALL  917-7000.

“The whole purpose of a program like this is to strengthen the heart and lungs and set patients on a path that builds confidence and improves their quality of life.”

– Meredith Cleveland, Exercise Physiologist and Team Leader for Cardiopulmonary Rehabilitation at Sarasota Memorial.

Restoring Heart Health

CARDIOPULMONARY REHABILITATION KEY TO RECOVERY AFTER HEART EVENT

IT DOESN'T MATTER IF YOU'VE NEVER TAKEN AN EXERCISE CLASS and love your steak rare, or if you are a seven-day-a-week gym rat who drinks green smoothies. Either way, if you have had a heart attack or challenging event, the Cardiopulmonary Rehabilitation Program at Sarasota Memorial can help speed your recovery and improve your quality of life.



Meredith Cleveland, Exercise Physiologist and Team Leader for Cardiopulmonary Rehabilitation at Sarasota Memorial. 

“Studies clearly show that patients who go through cardiopulmonary rehabilitation after a heart attack or surgery are stronger, happier and live longer, better lives,” said Meredith Cleveland, Exercise Physiologist and Team Leader for Cardiopulmonary Rehabilitation at Sarasota Memorial. “They learn to manage their disease and are much less likely to experience complications or a second cardiac event.”

Despite proven results of cardiac rehabilitation, only 20-30 percent of eligible patients actually participate in an outpatient therapy program following hospitalization. Some are simply unaware of its many benefits, she said.

A recent study in the Journal of the American College of Cardiology found cardiopulmonary rehabilitation reduced the risk of heart-related deaths by 26 percent. Participants also were 18 percent less likely to be readmitted to the hospital in the year following their heart event or procedure. Newer studies have found that cardiac rehab also reduce the incidence of depression following a heart attack and

may reduce deaths associated with depressive symptoms.

CARDIOPULMONARY REHABILITATION AT SARASOTA MEMORIAL

Cardiopulmonary Rehabilitation at Sarasota Memorial is a comprehensive program designed to restore the highest level of functioning possible to people who have had a heart attack, chronic chest pain, heart surgery, valve repair, stent procedure, asthma or emphysema, or other heart or lung challenges.


Each program is tailored to the individual and managed by a multidisciplinary team of cardiologists, pulmonologists, respiratory therapists and exercise physiologists.

THERE ARE TWO PRIMARY COMPONENTS:

INDIVIDUALIZED MONITORED EXERCISE: Exercise programs are customized to individual conditions and needs. Programs consist of aerobic, strength and flexibility exercises. Blood pressure, heart rate and heart rhythms are monitored during exercise to ensure patients' safety and promote improved outcomes. When patients are ready to continue their rehabilitation on their own, an exercise program will be individually designed to in-

crease endurance and maintain flexibility and strength.

LIFESTYLE EDUCATION CLASSES: The lifestyle education component of cardiopulmonary rehabilitation covers a lot of ground. It includes classes and training in nutrition counseling, stress management, risk factor modification and education about the disease process – including how heart patients can take control of their own health and improve their outcomes.

“The whole purpose of a program like this is to strengthen the heart and lungs and set patients on a path that builds confidence and improves their quality of life,” explained Cleveland. 

Sarasota Memorial's Cardiopulmonary Rehabilitation program is available in Sarasota and North Port. For information or referrals, call 941-917-6139 (Sarasota) or 941-257-2850 (North Port).

Sarasota Memorial's Institute for Advanced Medicine
5880 Rand Blvd., Sarasota (approximately 1/2-mile west of I-75 off Clark Road)

North Port ER and Health Care Center
2345 Bobcat Village Center Road, North Port

ORNISH PROGRAM FOR REVERSING HEART DISEASE

For those interested in an intensive cardiac rehab program, Sarasota Memorial offers Dr. Dean Ornish's Program for Reversing Heart Disease™, the only scientifically proven lifestyle program to stop the progression and even reverse the effects of heart disease.

The nine-week outpatient program focuses on four key elements – a low-fat, whole food, plant-based diet (the Ornish diet was rated the #1 heart healthy diet by U.S. News in 2016); 30 minutes of

daily exercise; stress management; and social support.

Participants enroll in the program with a small consistent group of 12-15 people who all have committed to the common goal of reversing their heart disease and improving their well being. Each week, they attend two four-hour sessions in which a multi-disciplinary team teaches them exercise techniques, nutritional counseling that includes the Ornish diet and meal preparation, as well as stress management techniques,



ornish
lifestyle medicine™

including yoga and meditation. The program also encourages a support network through facilitated group discussions.

To talk to one of Sarasota Memorial's certified Ornish Program Specialists, call (941) 917-6139 or visit smh.com/ornish for more information.

Quality Nursing Home Care Close to Home



SARASOTA MEMORIAL NURSING & REHABILITATION CENTER EARNS NATION'S BEST FIVE-STAR RATING



quail setting from one of the covered patios or relax at the lakeside gazebo.

4 Integrated Therapy & Rehabilitation. Sarasota Memorial's rehabilitation programs are designed to help residents regain independence and reach personal wellness goals. When it's time to go home, the team provides a home assessment and referrals to outpatient centers and community services to make the transition easier and ensure all at-home needs are met.

5 Open to tours and staff interviews. No amount of online research can take the place of an in-depth visit to a prospective nursing home or rehab facility. Sarasota Memorial's Nursing and Rehabilitation Center welcomes prospective residents and their families to drop by for a tour to ask questions and to get a feel for the place.

6 Convenient location and flexible extended visiting hours. It can be hard to be separated from loved ones who are in a residential nursing center. Finding a facility that's convenient for drop-in visits and has flexible visiting hours means you can spend as much time with your loved one as you like. At Sarasota Memorial's center, visitors are welcome 24 hours a day, and its Clark Road location, a stone's throw from I-75, offers the ultimate in convenience for visitors from Sarasota and the surrounding counties.

THE BOTTOM LINE

According to the CMS, more than two-thirds of people older than 65 will require some type of long-term care during their lifetime. When it comes time to choose the right facility—whether it's for yourself or a loved one—it's good to know that the best is close to home. Find out more about the Sarasota Memorial Nursing and Rehabilitation Center at: www.smh.com/Home/Locations/Nursing-and-Rehabilitation-Center

tion in the level of care and facilitating the physical, social and emotional wellbeing of residents.

NURSING HOME CHECKLIST

The awards are evidence of Sarasota Memorial's stellar reputation in the healthcare realm, but how does the center rate from a caregiver or potential resident's perspective? We made a list of the most critical factors to consider when choosing a residential nursing facility to see how Sarasota Memorial stacks up. Consider the checklist a handy tool in your search for the ideal nursing home or rehab center.

1 The facility has trained staff and comprehensive-care options. The Sarasota Memorial Center's staff of about 200 cares for 120 residents around the clock, 365 days a year. Fully licensed and trained, the team has extensive experience in rehabilitation and geriatric care; plus, the center is one of a few with an entire unit dedicated to respiratory therapy for ventilator and tracheostomy residents. Each resident has at their disposal primary care nurses; a consulting dietician; physical, occupational and speech/language therapists; and others who work to ensure that residents receive the best personal and health care in a home-like environment.

2 Residents are not just 'patients.' Sarasota Memorial prides itself on creating personalized programs for each resident and encourages the resident's active involvement—and the family's—in planning medical care and treatment. "Our mission is to build personal and therapeutic relationships with our residents and their families. We want to do everything we can to help patients rest and recuperate in as healing and comfortable an environment as possible," DeCarlo said.

3 A variety of meaningful, engaging activities are offered—beyond bingo. Sarasota Memorial does not dictate residents' schedules. They can fill their downtime with optional activities that include fitness, educational programs, arts and crafts, music, cooking and group outings. If they prefer peace and quiet, residents can take in the tran-

PERHAPS YOU HAVE AN AGING PARENT OR SPOUSE WHO NEEDS PROFESSIONAL CARE

for the long-term, or a loved one who needs in-patient rehabilitation to recover from an accident or surgery. Whether the stay is for a few weeks or years, you want a facility that you can count on for top-notch medical care, and more importantly, the same level of personal care and attention that you would give your loved one at home.

In the Sarasota-Bradenton area, there's one center that stands out from the others: Sarasota Memorial Nursing and Rehabilitation Center. Having served the community for more than two decades, the award-winning, full-service facility offers residents all of the comforts of home, plus skilled care, personal attention, state-of-the-art treatment options and a full slate of activities for socializing and entertainment.

"What's most important here is that residents and their families feel safe, supported and well cared for in as warm and friendly an environment as possible," explained Maria DeCarlo, Vice President of Sarasota Memorial Rehabilitation Services.

Sarasota Memorial Nursing and Rehabilitation Center is regularly recognized among the best facilities of its kind, earning the highest 5-Star Ratings from the federal Centers for Medicare and Medicaid Services and "Best Nursing Home" rankings in U.S. News & World Report's annual reports. Florida's Agency for Health Care Administration also honored the center recently with the Governor's Gold Seal Award for Excellence in Long-Term Care for showing distinc-



Cancer Survivorship & Rehabilitation

SARASOTA MEMORIAL OFFERS CUSTOM PROGRAM TO HELP CANCER PATIENTS & SURVIVORS OVERCOME RIGORS OF TREATMENT

THANKS TO EARLY DETECTION AND TODAY'S MEDICAL ADVANCES, MOST CANCER PATIENTS ARE LIVING FULL AND FULFILLING LIVES, their cancer cured or controlled with therapy. But fighting that battle can be a difficult, often debilitating process – one that often leaves physical and emotional challenges in its wake.

Amid mounting evidence that comprehensive rehabilitation can help speed recovery and improve quality of life, Sarasota Memorial developed a specialized rehabilitation program to help patients and survivors overcome the pain, weakness, cognitive impairment or other issues that often follow chemotherapy, radiation, surgery or other cancer treatment.

Sarasota Memorial's survivorship and rehabilitation program offers an evidence-based and customized approach to promote wellness through rehabilitation exercises, nutrition and lifestyle coaching, psychosocial counseling, oncology massage, and more.

"When you're dealing with cancer, everyone's entire focus is on cure or remission," said Elizabeth Bornstein, Sarasota Memorial Oncology Social Worker. "But you have to live day to day with the cancer in order to get to those outcomes."

Some of the treatment-related conditions cancer survivors are left with include problems with balance and gait,



Howard Cowdrick gained strength and much more with Sarasota Memorial's specialized cancer rehabilitation program.

memory and concentration and swallowing and speech. And often they live with more pain and fatigue than they need to, because they are not aware of the benefits of targeted rehabilitation, she added.

That was the case with Sarasota retiree Howard Cowdrick, one of the first to enroll in the hospital's outpatient program last year. Diagnosed with prostate cancer in 2009, he had been battling ongoing fatigue, pain and balance issues from chemotherapy for years.

"The (cancer survivor) rehab program was the best thing I could have done," he said. "In eight weeks, I was able to gain back my balance, strength, confidence and do things I loved, like gardening and riding a bicycle, things that seemed so simple, but things that I wasn't able to do since my treatment."

Nationally, studies show that 65-90 percent of cancer patients and survivors experience physical and psychological issues that contribute to disability and lower quality of life, yet only 10 percent are referred to rehabilitation to address problems caused by cancer treatment.

"Our multi-disciplinary program gives patients the opportunity to improve various areas in their life they may have fallen behind on as they were focused, really, on just beating their cancer. That is where we can help move them from surviving to thriving," said Kelly Batista, director of Sarasota Memorial's Cancer Care Institute.

MORE INFORMATION

The Cancer Survivorship and Rehabilitation Program offers outpatient therapy services covered by Medicare and most insurance companies. It is available at multiple locations in Sarasota and Manatee counties. For information, call Sarasota Memorial at (941) 917-7827.

"Our multi-disciplinary program gives patients the opportunity to improve various areas in their life they may have fallen behind on as they were focused, really, on just beating their cancer. That is where we can help move them from surviving to thriving."

– Kelly Batista, director of Sarasota Memorial's Cancer Care Institute.



It's Out-of-this-World ...

Join Sarasota Memorial for our

REHABILITATION PAVILION Grand Opening

Sat., April 1st ★ 9 am to 12 pm

The countdown is on! Sarasota Memorial is all systems go and mission-ready to launch our new Rehabilitation Pavilion. For patients recovering from serious injuries and conditions, it's the region's most advanced facility ... and beyond. *It's out of this world.*

Stellar! Continuous tours of private rooms, therapy & gym areas, life skills retraining areas, including an apartment, kitchen, car, & mobility garden.

Super Galactic Demonstrations of latest integrated therapy systems, motor-assisted systems & a robotic exoskeleton.

The Zenith 10:30 am program & ribbon cutting!

Cosmic Children's activities

To the Moon! Refreshments

Rehabilitation Pavilion located on Arlington Street

Self-parking and shuttle service at hospital's Waldemere & North Garages.

