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Welcome to the 2017 edition of "Health & Wellness."

Regardless of your age, chances are you have a friend or loved one who is living through some type of health-related illness or disease.

While we don't cover every known disease on the healthcare spectrum, we look this year at some compelling healthcare issues. In this edition, we provide insight into a few health topics that seem to be constants in our lives, such as heart dis-

ease and arthritis, but we also look at what could be the new silent killer - Hepatitis C.

With healthcare spending in the trillions each year in the U.S., it's more important than ever to shine a light on health and wellness in our community.

Along with providing knowledge and up to date information, the Guide will serve as a resource you can use in the coming year.

We wish you health and happiness in 2017.



Jon Cantrell

CLAY TODAY LEADER

3513 U.S. Highway 17
Fleming Island, Fla. 32003
(904) 264-3200

Publisher Jon Cantrell

Sales Manager Peg Oddy

Sales Staff

Susan Sawyer, Sandra Conklin & Hugh Osteen

Managing Editor Eric Cravey

Contributing Writer Wesley LeBlanc

Creative Services Eddie Hodges, Michele McNeill

A publication designed and developed to aid our readers in choosing medical and health professionals. The primary distribution is within Clay County, an insert to Clay Today and Clay County Leader newspapers. It is also available at participating medical facilities, local Chamber of Commerce offices and Florida Greeting Service. It can be viewed in its entirety at claytodayonline.com. For advertising information contact Clay Today (904) 264-3200.

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A healthy family lifestyle means making choices daily

**By Wesley LeBlanc
For Clay Today**

Doctors Craig Dolven and John Fetchero are primary care doctors who specialize in keeping their patients engaged in the healthcare community. What this means is that their patients come to them for almost anything that they might require advice on.

Maybe their daughter has a cold and they can't seem to shake it with over-the-counter medicine? Maybe they want to change up their diet or add more exercise to their lifestyle?

These questions, and many more, are the questions that Dolven and Fetchero answer for their patients every day.

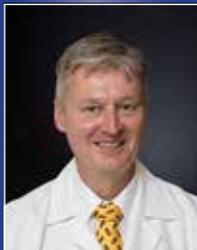
According to Dolven, one of the most common

reasons patients come in to see him is a change in diet. Patients discuss with Dolven why they want to diet and usually, Dolven suggests something called the MIND diet. It stands for Mediterranean-Intervention for Neurodegenerative Delay.

"[The MIND diet] is the first diet ever shown to decrease instances of Alzheimer's," Dolven said. "It's a good, healthy diet for people of any ages and any medical problems."

This diet is based on the eating habits of those found throughout the Mediterranean. This means that those following this diet are eating chicken, fish, vegetables with an emphasis on consuming more blueberries and olive oil than one might otherwise.

It's the healthy oils found in these foods, and the Omega Threes found in the fish, that helps prevent



Dr. Craig Dolven



Dr. John Fetchero III

Alzheimer's, according to Dolven.

But as many know, dieting isn't always the easiest task to tackle.

"The thing that stops most American families from following a healthy diet is the convenience, or lack of it," Fetchero said. "That's why we are here - to encourage them to take those extra steps."

It might be easier to drive to McDonald's but both Dolven and Fetchero insist that resisting the urge to do so, and instead cooking a healthy meal at home, will add years to your life, especially if the diet becomes a habit.

What can the family that already eats healthy do at home? According to Fetchero, the answer is simple - visit them.

"At least come in once a year for your physical, get your lab work done and get your appropriate screenings done," Fetchero said.

Fetchero urges patients to visit their doctor and then follow-up as instructed.

"We are here to support them and help them get where they want to be," Fetchero said. "We can't do this if they don't come see us."

All of these measures act as a preventative to problems that could arise in the future.

If you're eating healthy and making regular visits to the doctor, there's still one more thing that is essential to keeping yourself, and your family's lifestyle healthy - exercise.

Both Dolven and Fetchero view exercise as something that is case-dependent. By this, they mean that exercise should be completed based on what your body is capable of.

"If they can't tolerate exercise because of their needs, try swimming in a pool," Fetchero said. "If you can't run or jog, walk."

There's always a type of exercise that one could do to improve their life, according to Dolven.

If a family can engage in these three practices, dieting, regular visits to the doctor and exercise, Dolven and Fetchero guarantee a healthier life.

"If you make these investments in your health now, you're going to reap the benefits now and long into your life," Dolven said.

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Constantly Improving Healthcare As We Know It

At one time, families had to travel to downtown Jacksonville for care when they were critically ill or injured. Now, the Orange Park Medical Center team is setting the bar for other hospitals in the region.

The hospital consistently is highlighted by objective rating groups for its high quality of care. It received an "A" on The Leapfrog Group's "Hospital Safety Score" rankings and has been recognized by The Joint Commission for five years in a row as a Top Performing Hospital - something that less than 4% of America's hospitals have sustained.



Disease forces life-changing habits

By Wesley LeBlanc
For Clay Today

While only one percent of Americans have celiac disease, its effects can be found throughout the country. Next time you're at your favorite grocery store, take a glance at the labels found on food you've been eating for years. You might notice that it is now being marketed as a "gluten-free" product.

While that label might not matter to you, it matters greatly to that one percent who live with celiac disease.

What is Celiac Disease?

Celiac disease is a genetic autoimmune disorder in which the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. Two and one-half million Americans are undiagnosed and are at risk for long-term health complications, according to the Celiac Disease Foundation.

Dr. Dinesh Madhok, a gastroenterologist at Orange Park Medical Center, says patients with celiac disease must always remain aware of gluten. Gluten is a general name for the proteins found in wheat, rye, barley and triticale – a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many types of foods, even ones that would not be expected, such as ice cream.

"When

gluten is consumed by someone who has celiac, your body will react in an abnormal way to it," Madhok said. "An inflammation in the small intestine mainly will occur and that inflammation will lead to multiple other problems."

Celiac disease is essentially a disease that causes someone who has it to have an allergic reaction to gluten.

Celiac disease is a genetic disease meaning it comes from someone in your family lineage. According to Madhok, it is most commonly found in people of Irish descent.

This disease is usually asymptomatic in most people but occasionally, symptoms such as bloating, gas, diarrhea and abdominal pain make an appearance. These symptoms don't necessarily mean a person has celiac disease, but only tests ordered by a physician can ensure proper diagnosis and treatment.

If your doctor does determine you have celiac disease, they won't be able to prescribe any medicine or cure, because currently, there really is no cure. However, doctors will introduce you to a gluten-free diet and ultimately, a gluten-free lifestyle.

What does this mean? Well, those labels found on your favorite foods are going to be your new best friend. Those living with celiac disease are forced to carefully watch what they eat to ensure they avoid consuming foods that contain gluten.

And it's not just the foods. While many beverages are gluten-free already, many are not. Alcoholic beverages, including wines and distilled liquors and hard ciders are gluten-free. However, beers, ales, lagers, malt beverages and malt vinegars that are made from gluten-containing grains are not distilled and therefore are not gluten-free. There are several brands of gluten-free beers available in the United States and abroad.



Dr. Dinesh Madhok



Portable sensor detects trace amounts of gluten in food

By Rob Matheson
MIT News Office

For people with celiac disease or gluten intolerances, dining out can be stressful. Even trace amounts of the protein – found in wheat, barley, and rye – in a whole plate of food can cause adverse reactions.

Now MIT spinout Nima – co-founded by CEO Shireen Yates and Chief Product Officer Scott Sundvor – has developed a portable, highly sensitive gluten sensor that lets diners know if their food is, indeed, safe to eat.

Nima's sensor, also called Nima, is a 3-inch-tall triangular device with disposable capsules. Diners put a sample of food – about the size of a pea – or liquid into the capsule, screw on the top, and insert the capsule into the device, which mixes the food into a solution that detects gluten. In two to three minutes, a digital display appears on the sensor, indicating if the food sample does or doesn't contain gluten.

Every time someone runs a test, the result is automatically sent to an app Nima has developed. The diner can enter information about where and what they ate, and whether the food contained gluten. Any Nima user can log in to see the results.

The aim is to create "a peace of mind at mealtime," Sundvor said. By amassing data on food, he adds, the startup hopes to provide people with better information about what they eat. "Right now, we don't know what's in our food, whether it is allergens, pesticides, or other harmful chemicals," he said. "There's not a good way to get that data. We want to give people the ability to



understand their food better and how it affects their health."

Nima can sense gluten at 20 parts per million or more, the maximum concentration for "gluten-free" foods as determined by the U.S. Food and Drug Administration.

If any gluten is detected, the sensor will display an icon with a "gluten found" message. If the sample has less than 20 ppm of gluten, the sensor will display a smiley face.

Nima can detect gluten in foods that are labeled as "gluten-free" but may have picked up microscopic amounts of the protein during the production or cooking process. A steak may have been fried on the same grill as gluten-based foods, for example, or a salad dressing may contain trace amounts of wheat flour. The device can even detect if someone touched a piece of bread that contained gluten, before handling the food in question. "It's the equivalent to finding a breadcrumb in an entire plate of food," Sundvor said.

The Nima starter kit is \$279 and can be purchased through the company's website nimasensor.com.

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A look at mental health

By Wesley LeBlanc
For Clay Today

According to the National Alliance of Mental Illness, approximately one in five adults in the U.S. – 43.8 million or 18.5 percent – experiences mental illness in a given year.

Carol Visconti, an Outpatient Clinician and licensed Mental Health Counselor at Baptist Behavioral Health on Fleming Island, knows firsthand the struggles of those 43.8 million people who live with a mental illness.

"People will come into my office for many issues, from depression to anxiety to domestic violence, sexual abuse, childhood problems and so much more," Visconti said. "It's my job to help them through whatever the problem might be."

Each day, Visconti sees patients struggling with any number of issues but none are more common than Post Traumatic Stress Disorder and the depression and stress that more often than not, that accompanies it.

Visconti knows that many people hear PTSD and associate it with the military but she wants people to know that PTSD affects all kinds of people.

"PTSD comes from any type of traumatic event and because of that, almost anybody could potentially have PTSD," Visconti said.

Yes, a tour through Iraq in 2004 could have left a soldier with PTSD but so too can a sudden death in the family that occurred when someone was

young.

"I had this patient with severe anxiety and depression that came out of nowhere," Visconti said. "After spending some time with her, together we realized that it was a sudden death that she witnessed 20 years ago.

"She never processed this death and now, years later, because she never learned how to process this event, she's feeling this trauma once again," continued Visconti.

Stress, anxiety and depression don't necessarily have to come from one singular traumatic event, though. The American work force, in particular, doesn't know how to balance its work and its personal lives and this imbalance leads to the symptoms of mental illness.

"Ninety percent of my patients deal with major stress and anxiety and I feel like you could say the same for Americans across the board," Visconti said.

So, how does Visconti help her patients? She teaches her patients to develop what she calls a wise mind. Visconti explained a wise mind as a mind balanced in its feeling of emotion and its feeling of logic and reason.

It might seem cliché, but one of the best things you can do to develop a wise mind, according to Visconti, is deep breathing.

"Inhale through nose and exhale through the mouth," Visconti said. "When I have a patient do this, I want them to focus on what it feels like to do the breathing.

"I pull all their senses in because that helps them come into the present moment," continued Visconti.

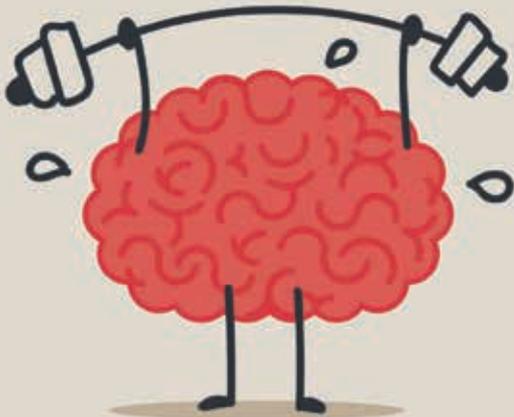
Beyond breathing techniques, Visconti focuses on actively listening to her patients. By actively listening, she tries to determine what the patient is feeling, what the underlying issue might be and what goals need to be made to help them overcome what they're feeling.

Visconti believes that there are many who struggle with mental health problems but ignore them in an effort to conceal that they are suffering with something that, unbeknownst to them, millions of Americans are suffering with too.

"Mental health isn't a stigma," Visconti said. "Don't be afraid to get support."



Carol Visconti, LMHC



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Heart disease – it's never too early for prevention

By Wesley LeBlanc
For Clay Today

Heart Disease has been, and still is, America's No. 1 killer. Half a million people die every year with one in four deaths being attributed to Heart Disease.

Sadly, many of those deaths occur because of a heart attack and even sadder, at least half of America's heart attacks could've been prevented, according to Carlos Zamora, a cardiologist at Baptist Heart Specialists of Fleming Island.

How could they have been prevented? "We all need to do a better job," Zamora said. "Know your numbers, your blood pressure, watch your sugar levels, and your cholesterol because all of these factor into your risk for heart attacks and heart disease."

Heart Disease, formally known as Coronary Heart Disease is a buildup of a waxy plaque substance inside the coronary arteries. These arteries supply blood to the heart so when this buildup occurs, your heart is essentially starved of the oxygen-rich blood it needs to keep pumping.

Beyond high blood pressure and high cholesterol, other factors that can lead to heart disease are the use of tobacco products, specifically smoking cigarettes, excessive alcohol, a poor diet and a lack of

physical exercise.

According to Zamora, 50 percent of Americans have at least one of those factors.

Age plays a role in the risk for heart disease as well.

"Men aged 45 and women aged 55 have the highest risk of heart disease," Zamora said.

What should you do to prevent heart disease? Well, you've heard most of the answers before but one might surprise you.

"Daily exercise, aerobic exercise, a balanced diet with fruits, veggies and fish can help prevent heart disease," Zamora said.

"One thing most people forget about, though, is stress management."

Stress causes inflammation and inflammation causes an elevation of blood pressure, which can lead to heart disease, Zamora said.

While today, Heart Disease is America's No. 1 killer, Zamora is hopeful that this will change in the future.

"We are in an era of cardiology that everyone should be excited about," Zamora said. "We've seen a lot of progress in the past 10 years."

"We've developed lots of new medications such as antibodies that knock down cholesterol levels and we are able to replace heart valves – the field is always finding new ways to tackle the problem."

Zamora urges everyone, not just someone in the at-risk age group or those with a history of smoking cigarettes, to get started on preventing heart disease.

"Don't think that this is only something that happens when you're 80," Zamora said. "It

is an ongoing process that could start way earlier than you think and it's because of that, that I urge people to get involved with the health of their heart."



Dr. Carlos Zamora





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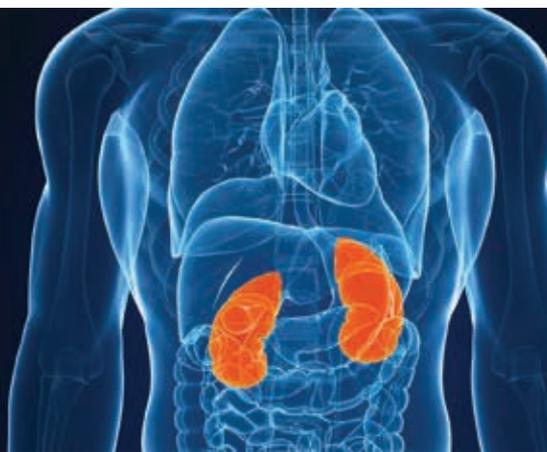
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Kidney health



Healthy kidneys perform a variety of functions in the human body, all of which combine to promote overall health. According to the National Kidney Foundation, every 30 minutes the kidneys filter all the blood in a person's body, removing any waste and excess fluid. Healthy kidneys also regulate the body's fluid levels while releasing a hormone that regulates blood pressure. That's an especially important function, as high blood pressure often has no symptoms but has been linked to a host of ailments, includ-

ing heart attack and stroke. Healthy kidneys also release the hormone that directs production of red blood cells, which the University of Rochester Medical Center notes are responsible for carrying fresh oxygen throughout the body. Such functions become more difficult to perform if the kidneys are not operating at optimal capacity, which they cannot do when a person has kidney disease. Healthy kidneys also help to keep blood minerals in balance, and that balance can help a person maintain normal blood pressure.

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Hepatitis C

Could You Have it?



Hepatitis C: The new silent killer?

By Wesley LeBlanc
For Clay Today

About 3 million American adults have Hepatitis C and do not even know it, according to Dr. Dinesh Madhok, a hepatologist at Orange Park Medical Center.

Madhok said one reason people may not know they have Hep C is because of its asymptomatic nature, which means a person can be a carrier for a disease or infection but not experience any symptoms of the disease.

Hepatitis C is a viral infection that affects the liver and is the leading cause of liver cancer and liver transplants in the U.S., according to Madhok.

"Hepatitis C is most commonly obtained via blood products," Madhok said. "Intravenous drug use that uses needles, snorting cocaine, or even blood screenings that occurred before 1992."

Because Hepatitis C replicates in the liver, parts of the virus trigger the immune system into action. In the process of trying to rid the body of the Hep C infection, the immune system turns on itself and kills infected liver cells. It's a slow process that progressed over years that can result in scarring the liver or loss of liver function due to the interaction between the immune system and the liver.

Doctors say many of those living with Hep C today got the disease because of exposure to blood, such as a blood transfusion, particularly before 1992.

What happened in 1992? Dr. Todd Pinder, a family medicine doctor at Baptist Primary Care of Oakleaf, said 1992 was a significant year in terms of blood screening.

"Before 1992, blood wasn't screened for Hepatitis C," Pinder said. "Blood transfusions could have occurred using blood that would today, test positive for Hepatitis C."

Both Madhok and Pinder recommend heading to your primary care doctor to get screened if you received a blood transfusion before 1992. If you screen negative, you're in the clear.

Those who received blood transfusions before 1992 aren't the only group that should play close attention to the disease, however. According to Pinder, the Baby Boomers, or those born between 1945 and 1965 are at high risk as well.

"The [Centers for Disease Control] recommends that everybody born between 1945 and 1965 should be screened for Hepatitis C," Pinder said. "The reason for

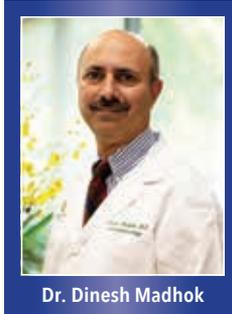
that is that not only was blood not being screened for it but that a decent amount of people experimented in that time period, if you will."

What Pinder is referring to is the widespread use of drugs during the 1960s. Regardless of what you did in this time period, it doesn't hurt to get screened.

Fortunately, if you have Hepatitis C, advancements in medicine allow doctors to treat patients in a quick and painless way.

"With the current treatment, which is pills, there's a 95 percent cure rate and it will usually be gone in 8 to 12 weeks," Madhok said.

Beyond these treatments, there is hope on the horizon to ending the silent epidemic that Hepatitis C seems to be. According to Madhok, doctors feel that Hepatitis C will no longer be a major threat to livers but sadly, that's only because newer and more prevalent diseases are finding their way into American bodies.



Dr. Dinesh Madhok

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Is It Age-Related Arthritis... Or Something Else?

By Douglas Roane, M.D.

You may be tired, your joints ache, you feel stiff and you can't do the things you used to do. Is it simply aging or something else? How do you know if this is arthritis due to aging or something more serious? Let's sort through the symptoms and allow you to decide if further evaluation is needed.

When people use the term "arthritis," they are usually referring to degenerative arthritis, also known as "osteoarthritis." Osteoarthritis is the most-common arthritis and is most often associated with aging or prior joint injuries and is due to gradual deterioration of joint cartilage. Overall, the term "arthritis" covers a broad range of more than 100 joint diseases.

Most of these are uncommon conditions, but rheumatoid arthritis, psoriatic arthritis and gout are quite common and conditions such as ankylosing spondylitis, calcium pyrophosphate dihydrate deposition disease (CPPD) arthropathy, one form of which is "pseudogout" and systemic lupus are other conditions often seen by rheumatologists. Many conditions that are not actually a form of arthritis can cause joint pain and stiffness, such as tendinitis or bursitis, strained or sprained ligaments, fibromyalgia or myofascial pain, polymyalgia rheumatica, and even systemic conditions such as hypothyroidism or liver disease.



Dr. Douglas Roane

It's important to diagnose properly the type of arthritis or other condition you may. Not only may the treatment be very different for these conditions, but also, some of these conditions, untreated, can have significant, and sometimes severe, complications. Rheumatoid arthritis or psoriatic arthritis can be an "erosive" arthritis, which can potentially cause severe joint damage and disability over a few years, occasionally over a few months.

Osteoarthritis symptoms usually include aching in the joints that is made worse with use and worsens during the day. Osteoarthritis can cause pain in the hands that is worsened with tactile activities such as cooking or using a hammer and occasionally turning keys and door-knobs. In the knees, osteoarthritis will cause pain especially with walking and stairs, and the knees are often stiff for a minute or so after prolonged sitting. It can cause morning stiffness usually lasting less than 15 or 20 minutes.

Chronic, inflammatory, autoimmune forms of arthritis, such as rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, will cause aching joints that are most often worse in the morning, with stiffness typically lasting more than one hour, often several hours. It typically gets better during the day and better with continued movement and use. Inflammatory arthritis usually causes boggy swelling in joints,



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whereas osteoarthritis causes bony swelling. Knee joints can swell with any type of arthritis, but if the knee is warm or hot, it suggests an inflammatory arthritis. Take note – symptoms of an inflammatory arthritis may or may not be severe, but joint damage can still progress rapidly over several months or years, and can be prevented with the right medications.

Blood tests can identify underlying diseases such as thyroid, liver or kidney disease. A sedimentation rate or C-reactive protein test can evaluate inflammation throughout the body, and may be elevated in inflammatory arthritis conditions, and are good screening tests for polymyalgia rheumatica. Antibodies associated with rheumatoid arthritis, such as the rheumatoid factor, may be elevated in rheumatoid arthritis, but sometimes can be normal. An ANA test is a good screening test for systemic lupus erythematosus. X-rays can also be helpful, but may appear normal in early stage arthritis.

A number of symptoms can give you an idea of what you may be dealing with. However, if the symptoms suggest something other than age-related arthritis or osteoarthritis, even if not severe, discuss them with your primary care doctor, or visit a rheumatologist.



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The Baptist Clay Medical Campus connects Clay County families to leading-edge emergency, primary and specialty care for children (newborn to age 18) and adults.

The centerpiece is the Baptist/Wolfson Children's Emergency Center, a freestanding hospital emergency center for pediatric and adult patients that is open 24/7. The Wolfson Children's ER has 16 beds and separate treatment and waiting areas for children is staffed by pediatric emergency medicine specialists and emergency physicians. It is the only dedicated children's ER in the region that is affiliated with Wolfson Children's Hospital. Our facility also has a LifeFlight helipad, Kids Kare Mobile ICU and ground ambulance for patients requiring additional care at a hospital. Our pediatric and adult ERs treated 24,000+ Clay County patients in the past year.

Baptist Diagnostics and Imaging is also located in the center, offering digital imaging and laboratory services for both children and adults. Tests offered include X-ray, CT, MRI, ultrasound, mammography, bone density and routine blood work. Outpatient CT and MRI appointments are available on Saturday mornings. Call 202.2222 to schedule an imaging test.

Next door, the three-story medical office building includes a unique partnership of pediatric specialists from Wolfson Children's Hospital, Wolfson Children's Rehabilitation, Nemours Children's Specialty Care, Fleming Island, and the University of Florida College of Medicine – Jacksonville.

The Wolfson Children's Specialty Center offers the following specialties:

- Audiology and hearing
- Allergy and immunology
- Cardiology
- Orthopedics and sports medicine
- Ophthalmology
- Otolaryngology (ear, nose and throat)
- Physical, occupational and speech and language therapies
- Psychology and psychiatry
- Pulmonology (respiratory care)
- Radiology (imaging)
- Urology

The Baptist Clay Medical Campus also includes primary care options for the entire family. Dale Boyd, MD, and Curtis Storm, MD, with Baptist Primary Care sees patients of all ages and one of three Orange Park Pediatrics offices is at Baptist Clay.

The Jacksonville Orthopaedic Institute is located on site where Nigel Sparks, MD, Scott McGinley, MD, and Richard Grimsley, MD, are available to treat orthopaedic needs. In addition, Jacksonville Orthopaedic Rehab is here to assist you in the orthopedic healing process. Cardiologist, Carlos Zamora, MD, has joined Simone Nader, MD, and David Stroh, DO, of Baptist Heart Specialists, providing cardiology services; Baptist Medical Center Cardiac Testing is on site for stress tests and other routine exams.

Baptist Behavioral Health offers outpatient appointments with Elisa Simon, MD, Katie Mohan, PhD, and Carol Visconti, LMHC. Paul Walker, MD, with Baptist ENT Specialists is on site and Baptist Rheumatology is also available for outpatient services. For more information, visit baptistclay.com.



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Today, the medical center is the community's hospital of choice. From award winning care as the only Comprehensive Stroke Center in Clay County to being recognized as the top hospital in Northeast Florida for patient safety, the hospital continues to rapidly grow and advance with the communities surrounding it.

"As the Chairman of the board for the Economic Development Council, I see the great success our community has had attracting new businesses to the region," said Chad Patrick, chief executive officer of Orange Park Medical Center. "With that success, comes growth that impacts the entire community. Orange Park Medical Center will ensure that the future healthcare demands will be met and our families are well cared for."

In 2015, the hospital opened Park West Emergency, a free-standing ER in West Jacksonville. "We know this area of our community has been underserved," Patrick said. "So we filled that gap and last year, we served more than 30,000 patients at Park West." OPMC recruited specially-trained trauma surgeons and nurses to provide care in their trauma center for those most critically injured at their greatest time of need. The hospital also expanded their rehabilitation care, opening a new 20-bed inpatient rehab center.

Over the past three years, the hospital has invested in its facility and staff to ensure our families are well cared

for. This included creating a dedicated Pediatric ER, inpatient Pediatric Unit and a pediatric intensive care unit for the most critically ill children. Parents find a warm, family-centered environment with specialists who've dedicated their lives to the care of kids and equipment that is sized specifically for them.

"As a parent, I know the worry you feel when your child is ill or injured," Patrick said. "That is why we've recruited physicians, nurses and staff with specialized pediatric training who are all about kids. Their training and focus is designed to calm parents and care for our smallest patients." When those parents are in need of care, they seek out Orange Park Medical Center for its high-end services, including advanced robotics, cardiology, neurology and comprehensive orthopedics.

At one time, families had to travel to downtown Jacksonville to receive care in their most critical moments, but now with Orange Park Medical Center's trauma center that is not the case. In fact, they are setting the bar for other hospitals in the region.

In 2016, Orange Park Medical Center was awarded an "A" on The Hospital Safety Score, rankings provided by The Leapfrog Group, an independent group committed to driving healthcare quality.

In addition, Orange Park Medical Center has been recognized as a Top Performing Hospital for five years in a row by The Joint Commission, the accrediting body for hospitals in the US. Fewer than 4 percent of hospitals across the country have sustained this level of excellence.

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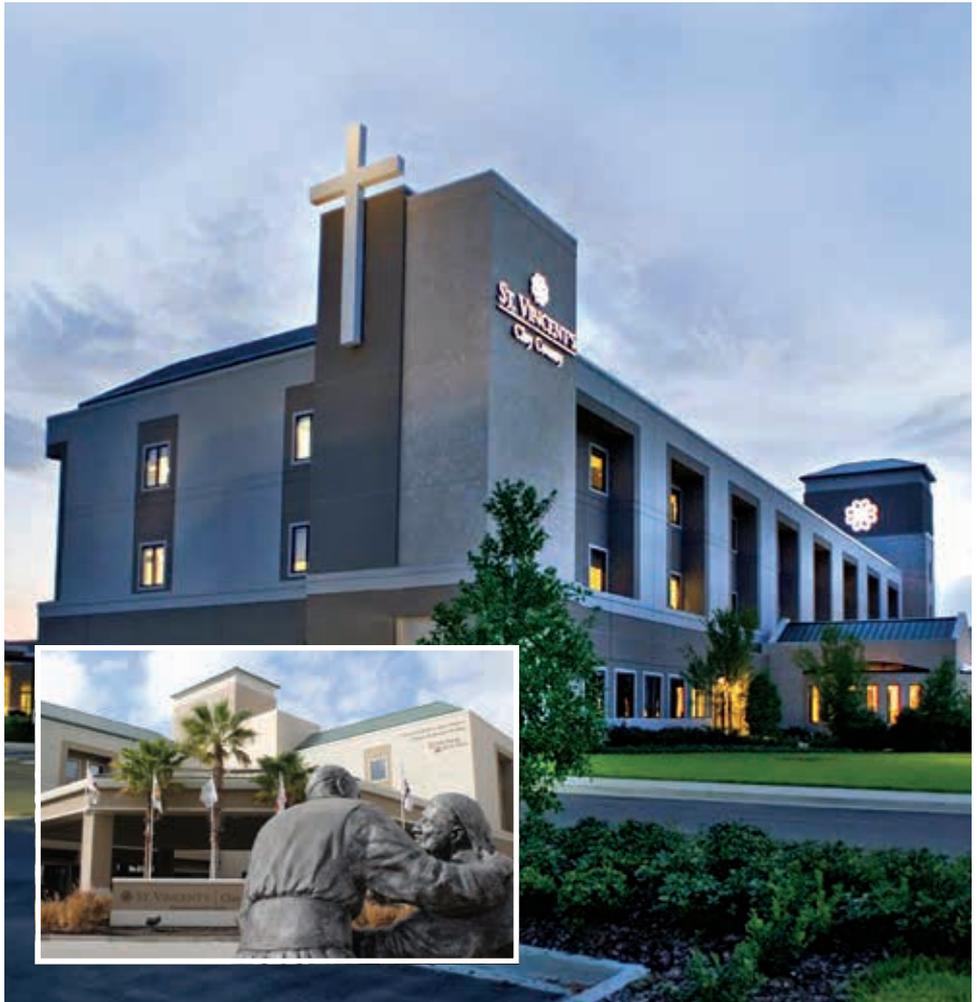
St. Vincent's HealthCare, part of Ascension, the nation's largest Catholic and non-profit health system, has been providing compassionate care to Clay County families for decades. From our Mobile Health Outreach Ministry to St. Vincent's Clay County in Middleburg, thousands in our community have trusted their care to St. Vincent's.

Last year, St. Vincent's Clay County doubled in size, creating more than 100 new jobs to the community, and adding much-needed maternity services.

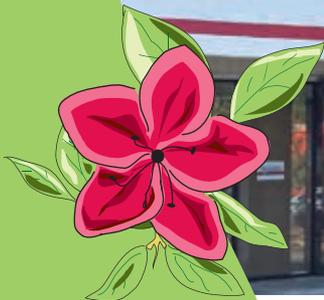
"We really want to elevate the level of care we provide our mothers-to-be," said Priscilla Lagmay, Nursing Manager at St. Vincent's Clay County's Family Birth Place. "Our goal is to make the entire process, from labor and delivery to recovery, effortless for the mother. We're excited to start growing families within our community."

The expansion also increased the size of our Emergency Department and added additional patients rooms.

To learn more about services offered at St. Vincent's HealthCare, visit www.jaxhealth.com.



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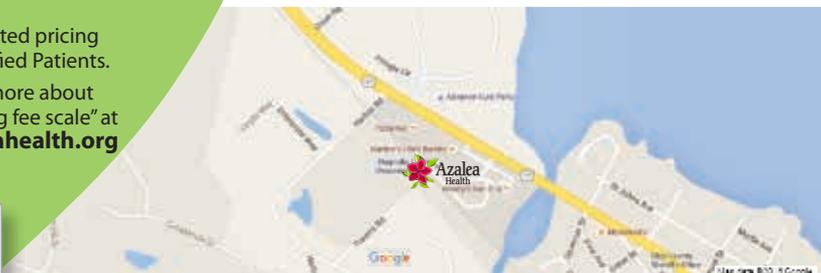
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