IN SAFE HANDS
THE NEW FRONTIER IN MINIMALLY INVASIVE HEART SURGERY

PHILANTHROPY SUPPORTS HEALTHCARE

ADVANCED KNEE REPLACEMENT SURGERY

Bryan Bush, M.D. and Vitaly V. Piluiko, M.D., Bethesda Health’s newest cardiothoracic surgeons
The new year marks a very exciting time for Bethesda, as we celebrate the one-year anniversary of Bethesda Hospital West this month. We want to thank everyone in our community for their tremendous support in making our first year so successful. Thanks to your support, we cared for nearly 15,500 adults and children in our Emergency Department, and saw some 2,900 admissions to our medical-surgical and intensive care units. As we begin to explore plans for expanding this hospital to meet our community’s needs, the most important point to remember is that you DO have a choice when it comes to your hospital and health services. When you or a loved one need emergency medical care, you have the right to choose where you are taken for your treatment. We hope you will choose a Bethesda Health facility—with 600 physicians and two Emergency Departments that are so complete they come with hospitals attached.

On behalf of our medical staff of 600 physicians and 2,700 employees, we want to wish you a Happy New Year.

Roger L. Kirk, FACHE
President & Chief Executive Officer
Bethesda Health, Inc.

Correction: Robert V. Carida, M.D., and Louis D. Snyder, M.D., interventional cardiologists on the Bethesda Health Medical Staff, should have been included in the list of interventionalists performing transradial cardiac catheterizations at Bethesda Heart Hospital in the fall 2013 issue of Bethesda Life. We regret the error.

Bethesda Life is a community magazine of Bethesda Health, Inc.

Roger L. Kirk President & CEO
Bob Broadway VP, Corporate Strategy
Lisa L. Kronhaus Director, Public Relations
Cynthia M. Williams Editor
Kristin Calder Bethesda Hospital Foundation Editor

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On Jan. 8, 2014, Bethesda Hospital West celebrates its first year of caring for the community! As the “Jewel of the West,” the 80-bed, all-private-room hospital is proud to serve the western communities with first-class healthcare. Bethesda Hospital West’s 24-hour Emergency Department provides care for adults and children alike—with Board Certified emergency physicians and pediatric emergency physicians on site at all times. In addition, as a certified Advanced Primary Stroke Center and an accredited Chest Pain Center and Heart Failure Center, Bethesda Hospital West is prepared for all of your family’s emergencies.

Along with comprehensive medical, surgical and intensive care, the hospital also provides outpatient laboratory and imaging services. The hospital features a “cater to you” food service, which means patients may order meals...
Bethesda Hospital has earned The Joint Commission’s Gold Seal of Approval® for its Orthopaedic Knee Replacement program by demonstrating compliance with The Joint Commission’s national standards for health care quality and safety in disease-specific care. The certification award recognizes Bethesda’s dedication to continuous compliance with The Joint Commission’s state-of-the-art standards at both Bethesda Hospital East and Bethesda Hospital West.

For more information, visit www.BethesdaOrthopaedics.org today.

Bethesda Hospital, composed of Bethesda Hospital East and Bethesda Hospital West, is proud to be a Pathway to Excellence®-designated hospital by the American Nurses Credentialing Center (ANCC).

Bethesda was the 106th hospital organization in the nation and the second hospital in Florida to achieve this designation, and it remains the only hospital in Palm Beach County with this distinction. The Pathway to Excellence designation identifies the elements of work environments where nurses can flourish. The designation substantiates the professional satisfaction of nurses at Bethesda Hospital and identifies it as one of the best places to work.


The Pathway to Excellence designation is evidence of Bethesda’s commitment to its nurses and dedication to a supportive work environment.

PERFECT PATH!

Bethesda Health offers a variety of support groups open to our community. Groups support those who have experienced cancer, macular degeneration, stroke and the loss of a loved one.

www.MyBethesdaHealth.com » 561-737-7733, ext. 84405

www.MyBethesdaHealth.com » 561-737-7733, ext. 84195

Are You in PrimeTime? More than 16,000 active adults in our community are taking advantage of this FREE program designed for those 50 and over. Call for your application today. Or visit our website for more information about the benefits of Bethesda’s PrimeTime Club.

To learn more about Bethesda Hospital West, visit www.BethesdaWest.org or call 561-336-7000. Bethesda Hospital West is located at 9655 W. Boynton Beach Blvd., Boynton Beach.

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In 2010, Bethesda Hospital Foundation embarked on a new campaign in support of Bethesda Health. We called it *Caring for our Community* because that is Bethesda’s mission.

*Caring for our Community* reaches into every segment of Bethesda Health. As a not-for-profit, community-based hospital, we are here to serve everyone in the community. While striving to maintain a state of medical excellence, Bethesda has become a regional center of innovation and care.

**MEETING HEALTHCARE NEEDS**

So that we may successfully continue to serve the community’s healthcare needs well into the future and reflect the medical advances and technology that our residents deserve, our *Caring for our Community* Campaign will allow Bethesda to stay at the forefront of medical technology and progressive patient care, while remaining a not-for-profit, community-owned hospital.

**PHILANTHROPY TOGETHER**

Bethesda Hospital Foundation’s mission is to support Bethesda Health through the acquisition, management and disbursement of philanthropic assets and by building support for Bethesda Health within the community. Philanthropy makes exceptional healthcare possible for you, your family, your friends and your neighbors.

We have counted on you, and your support has made us a world-class healthcare provider. In our last campaign, the Foundation raised more than $110 million from nearly 10,000 individuals, corporations and foundations, with some making gifts as modest as a few dollars and some as exceptional as millions. Together, the funds created the Centers of...
Excellence that have made Bethesda the most comprehensive hospital in Palm Beach County.

GOAL
Each and every contribution is vital and helps us fulfill our mission. Our goal is to raise $60 million. We are proud to announce that we have reached the half-way mark—$30 million. These funds are being used to support four basic strategic goals:

■ Centers of Excellence:
  Support and sustain our Centers of Excellence for Bethesda Health, including Bethesda Hospital East and Bethesda Hospital West, by focusing on the health priorities of our community.

■ New Technology:
  Prepare for the future by providing the latest state-of-the-art technology and advanced medical treatments to improve patient care.

■ Medical Education:
  • Support and develop our clinical and nursing staff.
  • Create and expand the College of Health Sciences.
  • Develop a graduate medical education program to attract students who will become the future physicians and nurses right here.

■ Patient Care:
  Improve and enhance model programs for innovative and effective patient care and treatment.

HOW YOU CAN HELP
You deserve the finest in healthcare available to you, here when you need it. We belong to you and your support helps us provide the very best to you. You can help by making a contribution. A special envelope is inserted in this magazine for you. If you would like to support a specific Center or initiative, please note it on the envelope. Thank you for your support.

Centers of Excellence:
■ Bethesda Heart Hospital
■ Comprehensive Cancer Center
■ Center for Women and Children
■ Orthopaedic Institute
■ Center for Emergency Services–East and West

New Technology:
■ Center for Minimally Invasive Robotic Surgery
■ Electronic Medical Records System
■ Instrument Tracking System–Censis
■ Driskill Endovascular Interventional Center
■ Kimmelman Endovascular Interventional Center

Education:
■ College of Health Sciences
■ Graduate Medical Education (GME) Program

Patient Care:
■ Driskill Center for Caring Excellence

www.BethesdaHospitalFoundation.org
The Benefactors Pavilion—a Center of Excellence—has been named for two benefactors who have generously contributed to Bethesda Health: Peter and Mary Blum

The most significant gifts to an organization can happen in fortuitous and serendipitous ways. Mary Morrell-Blum, chairman of the Foundation Board of Directors for the past three years, celebrated her birthday in June. Her husband, Peter Blum, wanted to give her a gift that was both significant and meaningful.

As her birthday neared, he came up with the idea of naming the Benefactors Pavilion at Bethesda Hospital East in her honor. At a surprise luncheon for Mrs. Blum, the gift was made and announced to her, and their friends and family. With this naming, Mr. Blum made a contribution of $2 million to Bethesda.

“Because we both feel so blessed with our health and our marriage, I wanted to honor Mary with a gift that reflected this,” said Mr. Blum.

Mary and Peter Blum pose by their Benefactors Pavilion sign at Mary’s birthday celebration upon the unveiling of her gift from Peter.
The Benefactors Pavilion is now called the Peter and Mary Blum Benefactors Pavilion. And it could not be more fitting.

Two of the Foundation’s most involved and hardworking board members thought it was important enough to share their good fortune with the Hospital by naming one of our most important Centers of Excellence.

Mr. Blum’s support of our community spans half a century, and he has impacted the lives of so many in our area through his continued generosity and leadership while calling South Florida home. He became a Benefactor to the Hospital in 2002 and has served on the Bethesda Hospital Foundation Board since 2006. In that time, he has supported many hospital programs and initiatives and created the Blum Scholarships to support the college education of Bethesda employees.

“We can’t believe our good fortune and the friendship and support of these two extraordinary philanthropists,” said Kay Harvey, Foundation Executive Director.

The Benefactors Pavilion features 11 suites at Bethesda Hospital East and four suites at Bethesda Hospital West for our Benefactors Pavilion Society members.

The Bethesda Hospital Foundation invites you to consider a charitable donation to support our non-profit community hospital mission at the Benefactors Society donor recognition level. To thank our major donors, we’ve created Benefactors-level service and private concierge VIP patient rooms that combine world-class medical care with the comforts of home and the amenities of a five-star hotel.

Upon hospitalization, Benefactors Society-level donors receive complimentary stays in one of the eleven Benefactors Pavilion suites of Bethesda Hospital East, one of the four VIP Suites in Bethesda Hospital West, or a VIP room in the Heart, Orthopaedic or Maternity areas, as appropriate. A special menu and food service are provided. Our host will take your order to be prepared in the Pavilion kitchen, complimentary for you and your guest.

Most importantly for your health, you enjoy that extra level of “TLC” with a nurse-to-patient ratio of one nurse to three or four patients—and access to our Benefactor concierge service to make your stay as comfortable as possible. Benefactors receive expedited service in our Emergency Room after appropriate triage, due to their pre-registration.

Benefactors Society donors receive courtesies beyond access to a VIP suite. Benefactor-level donors may also receive assistance with physician referrals and coordinating care, access to wellness programs and complimentary flu shots in the fall. Special codes in the hospital computer records alert staff when a Benefactor is admitted. Lifetime members are issued a Gold ID card. Reserved parking spaces are also available.

All courtesies are extended on a non-guaranteed, “first-come, first-served” basis, and depend on availability because they are gestures of thanks to our major supporters of Bethesda’s charitable mission.
Donate to Bethesda and receive lifetime income for you and/or your spouse

Please consider a Charitable Gift Annuity as a way to support Bethesda Hospital Foundation and provide you, and/or a spouse, with guaranteed income for life.

Bethesda Hospital Foundation is a charitable organization licensed by the state of Florida to offer a Gift Annuity. In the Gift Annuity method of donating, you make an upfront donation and we make a contract with you to pay you income for life at a fixed rate of return. When you pass away, the remainder goes to Bethesda's charitable purposes. There are many advantages to the Annuity.

If your CDs or money market funds are not providing income, you can transfer them to Bethesda Hospital Foundation and get the secure feeling of fixed lifetime income at higher return rates.

Your Gift Annuity donation is put into Bethesda's pool of other Gift Annuities that has a special back-up reserve required by the state of Florida to guarantee the cash payments for your lifetime.

Your Gift Annuity donation qualifies you for a tax deduction on the gift. The deduction is usually about half or less of the upfront gift because it subtracts the value of the funds you're likely to get back in Annuity payments.

The older you are, the better it is for you, as you will receive a higher guaranteed fixed rate of return. If you're within six months of your next birthday, you will qualify for a higher rate.

Your Gift Annuity income payments do not depend on whether the market goes up or down, but they are a fixed rate guaranteed by contract.

Your annual Annuity payment is mostly tax-free, but partially taxable depending on your age. (Once you outlive your actuarial life expectancy, the entire payment is taxable, however.)

Recognition in one of the VIP donor levels is offered, depending on the tax-deductible annuity residuum value.

Example

Katherine is concerned about the way her investments have not produced dependable income for her needs at 83 years of age.

She would like to make a donation to Bethesda because she is grateful for having a world-class hospital so close to her Florida residence, but she does not feel comfortable with an outright donation because she still wants some income.

Katherine transfers $20,000 in stocks to the Bethesda Hospital Foundation. The Gift Annuity Agreement she signs with Bethesda provides her with:

- A contractually guaranteed rate of return of 7.4 percent based on her age.
- Contractually guaranteed income for life of $1,480 a year paid out at $370 a quarter, 80 percent of which would be tax-free income for the duration of her 7.8-year life expectancy.
- An estimated charitable tax deduction of about one-half the upfront donation, in this case $10,000.

In addition, because her tax deduction is $10,000, Katherine is recognized for one year at the Benefactors Society donor level.

Call (561) 737-7733, ext. 85448 for your personalized rates.
WAYS OF GIVING
The Bethesda Hospital Foundation offers many options so you can help support Bethesda Health

By check: Make out a check to the Bethesda Hospital Foundation.

By Credit Card: Visa, MasterCard, American Express, and Discover are accepted.

Donate Online: www.BethesdaHospitalFoundation.org

By Wire Transfer: Transfer funds into ABA # 066009650 and account # 5310003292.

By Stocks: Transfer stocks or other securities as a gift to the Bethesda Foundation by directing your broker to call 561-276-1680; use DTC code 5198 for deposit into account # 731-04001. If the stocks have appreciated in value, there are two advantages to this: avoid paying capital gains taxes and receive credit for a charitable tax deduction on the full market value. (If the gift is a pledge payment, the account number is slightly different. It is: # 731-04005.)

By Bequest in your Will: Name Bethesda Hospital Foundation as a beneficiary in your Will for a specific dollar amount or a percentage of your estate. This bequest lowers your taxable estate by that amount.

By Trust: Put your assets in ownership of a Trust, like your residences, real estate, stocks, etc. The Trust’s assets may grow and provide income for you now and benefit to heirs and charity later.

Charitable Remainder Trust: Name Bethesda Hospital Foundation a beneficiary for a specific dollar amount or a percentage of the Trust’s remainder value (e.g. 50%, 25% or 10%). Make the Trust “irrevocable” and your gift qualifies for a tax deduction and recognition at one of our VIP Donor Clubs.

Lead Trust: If you would prefer to help Bethesda now rather than when you pass away, a Lead Trust provides the Trust’s “lead” or “first” income to Bethesda now or for a period of years, leaving your heirs to inherit the remainder.

By Life Insurance: Donate a policy with coverage you or your family really does not need anymore by changing the policy’s beneficiary to Bethesda Hospital Foundation, and when you pass you’ll make a donation to the hospital. Make Bethesda both beneficiary and policy owner and you can take a charitable tax-deduction now on the policy’s market value or cost basis, and your premium payments will be tax deductible, too.

By IRA (Individual Retirement Account): Did you know if you leave your IRA to an individual, both estate taxes and income taxes will apply? If you name a charity like Bethesda Hospital Foundation as a partial beneficiary, that lowers the amount of estate and income taxes. Name Bethesda as full beneficiary and your estate’s taxable value is lowered too.

By Matching Gifts: Did you know your donation could be doubled or possibly even tripled thanks to many employers’ matching gift programs? Approximately half of all Fortune 500 companies have matching gift programs, and many companies also match gifts of retirees and spouses. Simply contact your employer’s HR department or provide Bethesda with your employer’s name and we will find out if a match is offered.

Charitable Tax Deduction: Donations to Bethesda qualify for a charitable tax deduction to the full extent of the law because Bethesda is an IRS Code 501-c-3 tax-exempt, non-profit charitable organization with federal tax-exempt ID number 59-6137805 and state of Florida charity registration number CH2817. A copy of the official state of Florida registration and financial information may be obtained from the Division of Consumer Services by calling toll free (800) 435-7352 within the state. Registration does not imply endorsement, approval or recommendation by the state of Florida.

Call (561) 737-7733, ext. 84445 if you have any questions or interest.
With the opening of Bethesda Hospital West one year ago, the Foundation commemorated the pioneering families that developed and maintained the land on which our hospital stands and from which our community has grown.

Our community’s history is entwined with the history of these families who saw the community’s promise and future. Long before large tracts of houses, schools, fire stations or hospitals, these generations of farmers tended the land we now call home.

As we look to the future, we honor the farming community and the families that are represented here. Their rich heritage of stewardship is a symbol of commitment, dedication and purpose, which parallels Bethesda’s values.

We thank the families who have helped us break ground and lay the foundation for generations of families who will benefit from having a hospital in our community:

Bethesda Hospital West was built on a 58-acre site that the Amestoy family farmed for 30 years. The main entrance drive is named after the family matriarch, Nancy Amestoy.
The Bethesda Hospital Foundation is planning a full season of events to raise support for Bethesda. Visit www.BethesdaHospitalFoundation.org to register, purchase tickets or to receive more information.

**MARK YOUR CALENDAR**

The Bethesda Hospital Foundation is planning a full season of events to raise support for Bethesda. Visit www.BethesdaHospitalFoundation.org to register, purchase tickets or to receive more information.

**17 JAN FRI**

**THE BETHESDA PRO-AM**

LPGA greats Beth Daniel (l) and Meg Mallon (r) with Bethesda Health President and CEO Roger Kirk.

**20 FEB THUR**

**QUAIL RIDGE DAY OF GOLF TOURNAMENT**

Quail Ridge Co-Chairmen Kathy and Warren Vodok.

**24 FEB MON**

**HUNTERS RUN DAY OF GOLF TOURNAMENT**

Hunters Run Co-Chairmen Bruce Lynn, Margery Roberts and Sandy Mendelsohn.

**1 MAR SAT**

**59TH ANNUAL BETHESDA BALL**

Last year’s ball was a “A Royal Celebration,” with Co-Chairmen Susan and William Skinner, M.D., presiding as we honored the late Jim Byrnes, M.D., who was a great supporter and past chairman of the Bethesda Ball. Guests packed the dance floor as Almost Elton John serenaded the crowd.

Please join us for the 2014 Bethesda Ball—our 59th year! The festive and elegant evening will include dinner, dancing and live entertainment. Sponsorships and tickets are available.
Getting to know Bethesda’s newest cardiothoracic surgeons, Bryan Bush, M.D., and Vitaly V. Piluiko, M.D., and the new frontiers of minimally invasive cardiothoracic and robotic cardiac surgery

The Bethesda Heart Hospital is proud to introduce its newest team members, Bryan Bush, M.D., and Vitaly V. Piluiko, M.D. With advanced training in robotic and minimally invasive cardiothoracic surgery, Dr. Bush and Dr. Piluiko bring a comprehensive blend of expertise in minimally invasive heart and lung surgery experience that makes this duo one of the most experienced teams in South Florida.

Q: In your experience, what makes Bethesda Heart Hospital unique?
Dr. Piluiko: Bethesda’s “Total Team Approach” benefits all patients, including those with complex cardiac conditions. Here, multiple medical specialties work together to develop a collaborative care plan unique to each patient. Our goal is that every patient will have an excellent experience—both professionally and clinically—with support for the patient and family.

Q: What expertise do you bring to South Florida?
Dr. Bush: In addition to my traditional cardiothoracic surgery experience, I have advanced training in minimally invasive and robotic heart surgery, bringing new surgical options for patients in South Florida. I trained at the East Carolina Heart Institute with Dr. Randolph Chitwood, who...
has performed more than 850 robotic valve surgeries, and his outcomes are excellent. The key to success, as with any type of robotic surgery, is the volume of procedures performed. I’ve done hundreds of these procedures, and I am excited to bring that experience to Bethesda.

Dr. Piluiko: With more than 20 years of experience and training, I’ve had the opportunity to work with some of the most renowned heart surgeons in the world, including Dr. Denton Cooley, performing research on ventricular assist devices and transmyocardial laser revascularization. As an assistant professor at Loyola University in Chicago, I also had the opportunity to introduce minimally invasive methods in the treatment of heart valve disease, atrial fibrillation and lung cancer.

Dr. Piluiko: Minimally invasive aortic valve surgery or repair allows surgeons to avoid sternotomy completely, or perform only partial sternotomy with a small incision that is 3 to 4 inches in length compared to the 8 to 10 inches for a standard sternotomy. The results are less trauma to the body, quicker recovery and less pain, while providing the same durable valve repair or replacement.

Q: What cardiac surgeries can be done with these techniques?

Dr. Bush: The most common robotic cardiac surgical procedure is mitral valve repair or replacement. Another exciting option intended to cure patients with atrial fibrillation is a robotic or minimally invasive MAZE procedure, which can be performed as a stand-alone procedure or combined with valve repair. Other robotic procedures include closure of atrial septal defects, cardiac tumor excisions and coronary bypass.

Q: What are the advantages to robotic heart surgery?

Dr. Bush: For the patient, there is a much smaller incision made in the right chest wall, as opposed to the traditional open heart surgery performed by opening the entire sternum. The incision is only 3 to 3.5 centimeters in length. This means less pain, quicker recovery, a small scar and less chance of needing a blood transfusion.

For the surgeon, the robotic camera system allows a close-up, high-definition view of the cardiac structures that’s not possible under direct vision. The robotic instruments take away any tremors and enable the surgeon to make more precise movements than he or she can make with their hands. The robot also equalizes the precision of the right and left hands.

While the long-term outcomes of robotic and conventional surgery are similar, some studies show that length of stay and blood transfusion requirements are less for robotic valve surgery, which translates to similar overall costs.

Q: How are patients benefiting from these new minimally invasive procedures?

Dr. Piluiko: The exciting advancements in minimally invasive surgery enable us to perform cardiac surgery on patients who most likely would not have been considered candidates 10 years ago. We’re now able to help patients in their 80s and 90s so they can continue with their active lifestyles. Just one recent example was an 88-year-old patient of mine who had coronary artery bypass surgery. The next day he was sitting up texting his family saying how great he felt.

Q: What should patients look for when considering heart surgery?

Dr. Bush: It’s important for patients to carefully review all of their surgical options with their physician care team, taking into consideration their personal health history. If a minimally invasive or robotic procedure is their best choice, they should seek a program with a team of experienced cardiologists and well-trained surgeons.

Whether a traditional surgical approach or a new minimally invasive procedure is a better option, the patient should always seek a team experienced in all aspects of coronary disease.

Bethesda Heart Hospital is located on the campus of Bethesda Hospital East at 2815 S. Seacrest Blvd., Boynton Beach. Learn more at www.BethesdaHeart.org or call (561) 737-7733, ext. 84405.
The VERASENSE Knee System helps surgeons optimize knee replacement surgery outcomes

As vice president of the Valencia Reserve Men’s Golf Club, getting back to the links was important to Alan Friedman of Boynton Beach. In just three years, the group had grown from about 20 people to 150 members. When his knee pain began keeping him from the golf course, he knew it was time to do something.

In the spring of 2013, Friedman, a retired dry cleaner from New York, contacted orthopaedic surgeon Elvis Grandic, M.D., of Orthopaedic Surgery Associates. After successfully replacing his left knee in May, Dr. Grandic repeated the procedure on Mr. Friedman’s right knee in September.

“I didn’t want to wait any longer. My knees were keeping me off the golf course,” says Friedman.

This time, Dr. Grandic had a new tool in the operating room—the VERASENSE Knee System by Orthosensor, Inc.

A member of Bethesda’s Orthopaedic Institute team, Dr. Grandic was one of the first surgeons in South Florida to use the VERASENSE Knee System.

“This new tool by Orthosensor provides valuable data during the surgery to help put the implant in a better position to ensure

Alan Friedman is back in the swing of things after undergoing two knee replacement surgeries performed by Elvis Grandic, M.D.
the patient receives a more balanced fit,” explains Dr. Grandic.

Knee Deep in Data
Surgeons utilize the VERASENSE Knee System to quantify and verify the proper rotation, alignment and load of the knee implant during total knee replacement surgery. Proper balance of the soft tissues, such as ligaments, tendons and muscles, are critical for a knee implant to function correctly.

“The tension needs to be equal on both sides,” Dr. Grandic continues. “Not too tight, not too loose.”

VERASENSE provides real-time data to the surgeon using the latest innovations in sensors, accelerometers, microelectronics and wireless communications. Once the implant position is finalized, the sensor instrument is removed and replaced with a permanent implant component. Until now, surgeons’ decisions about these soft tissue functions were based on individual judgment, experience and skill set. Now they can see precise data pertaining to the fit and alignment of the implant.

Dr. Grandic explains how the “knee balancer” uses these high-tech embedded sensors to accurately measure the load distribution, ligament tension, compartment balance and knee kinematics through the full range of motion.

“I can make very precise adjustments to customize the implant positioning and gap balancing,” says Dr. Grandic. “Mr. Friedman came through the surgery with flying colors,” he adds.

A Whole New Ballgame
As is typical with knee replacement surgery, Mr. Friedman was up and walking just hours after his surgery at Bethesda Hospital West.

“Both of my knee surgeries were done at Bethesda Hospital West, and both were wonderful experiences,” says Friedman. And best of all, I’m back on the golf course!”

Dr. Grandic says his main goal is to help his patients get back to their active lifestyles without joint pain: “It’s about helping people feel better so they can get back to the activities they enjoy.”

FROM PREVENTION TO COMPLEX CARE
Bethesda Orthopaedic Institute provides access to leading-edge orthopaedic care, from prevention and diagnosis to treatment and rehabilitation.

State-of-the-art orthopaedic procedures at the Bethesda Orthopaedic Institute include:
- Joint reconstructive surgery
- Minimally invasive surgery
- Hands/upper extremities surgery
- Foot/ankle surgery
- Sports medicine
- Specialized fracture medicine
- Comprehensive inpatient and outpatient rehabilitation

To find a physician affiliated with the Bethesda Orthopaedic Institute, or for more information, visit www.BethesdaOrthopaedics.org or call 561-737-7733, ext. 84499. Bethesda Hospital East is located at 2815 S. Seacrest Blvd., Boynton Beach. Bethesda Hospital West is located at 9655 W. Boynton Beach Blvd., Boynton Beach.
# Upcoming community lectures

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>TIME</th>
<th>LECTURE</th>
<th>PRESENTER</th>
<th>LOCATION</th>
<th>RSVP</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Tuesday</td>
<td>2 p.m.</td>
<td>Advances in Cardiac Arrhythmias</td>
<td>Yoel R. Vivas, M.D.</td>
<td>Bethesda Hospital West</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>16</td>
<td>Thursday</td>
<td>1 p.m.</td>
<td>Low Back Pain and Treatment Options</td>
<td>William S. Berman, M.D.</td>
<td>Bethesda Hospital West</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>23</td>
<td>Thursday</td>
<td>4:30 p.m.</td>
<td>Patient Empowerment in the Diagnosis and Treatment of Hypertension</td>
<td>J. Acey Albert, M.D.</td>
<td>Bethesda Hospital East</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>4</td>
<td>Tuesday</td>
<td>2 p.m.</td>
<td>The Agony of “Defeet”: Advanced Solutions for Foot and Ankle Pain</td>
<td>Alan A. MacGill, D.P.M.</td>
<td>Bethesda Hospital West</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>5</td>
<td>Wednesday</td>
<td>4:30 p.m.</td>
<td>Mending a Broken Heart &amp; Questions for Your Cardiologist</td>
<td>Lawrence M. Weinstein, M.D.</td>
<td>Bethesda Hospital East</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>6</td>
<td>Thursday</td>
<td>6:30 p.m.</td>
<td>Surgical Weight Reduction Symposium</td>
<td>Miguel A. Lopez-Viego, M.D.</td>
<td>Bethesda Hospital East</td>
<td>561-737-7733, ext. 84688</td>
</tr>
<tr>
<td>18</td>
<td>Tuesday</td>
<td>4:30 p.m.</td>
<td>State-of-the-Art Procedures: Total Hip and Knee Arthroplasty</td>
<td>Robert B. Zann, M.D.</td>
<td>Bethesda Hospital West</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>5</td>
<td>Wednesday</td>
<td>4:30 p.m.</td>
<td>Taking Care of Your Aching Joints</td>
<td>Charlton E. Stucken, M.D.</td>
<td>Bethesda Hospital East</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>6</td>
<td>Thursday</td>
<td>6:30 p.m.</td>
<td>Surgical Weight Reduction Symposium</td>
<td>Miguel A. Lopez-Viego, M.D.</td>
<td>Bethesda Hospital East</td>
<td>561-737-7733, ext. 84688</td>
</tr>
<tr>
<td>13</td>
<td>Thursday</td>
<td>1 p.m.</td>
<td>I’m Having Chest Pains ... Is it an Emergency?</td>
<td>Charles L. Harring, M.D.</td>
<td>Bethesda Hospital West</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>25</td>
<td>Tuesday</td>
<td>4:30 p.m.</td>
<td>Diabetes Management in the Primary Care Setting</td>
<td>Michael Scott Burke, M.D.</td>
<td>Bethesda Hospital East</td>
<td>561-731-CARE (2273)</td>
</tr>
<tr>
<td>26</td>
<td>Wednesday</td>
<td>2 p.m.</td>
<td>Guard Against GERD</td>
<td>David C. Hellman, D.O.</td>
<td>Bethesda Hospital West</td>
<td>561-731-CARE (2273)</td>
</tr>
</tbody>
</table>

Don’t accept defeat! If you’re suffering from foot or ankle pain, join Alan A. MacGill, D.P.M., on Tuesday, February 4, at 2 p.m., for his lecture “The Agony of ‘Defeet’: Advanced Solutions for Foot and Ankle Pain.”

For more information: 561-737-7733, ext. 84405

Register online or learn more about our community events: www.MyBethesdaHealth.com