



your health

MARTIN HEALTH'S WELLNESS MAGAZINE • SPRING 2012

ELECTRONIC MEDICAL RECORDS and Your Health



CONTENTS

4 Nutrition Support for Breast Cancer Survivors

Martin Health's new weight-loss challenge helps survivors take pounds off once their cancer treatment is completed.

7 Getting to Know MyChart

Available now through Martin Health, this safe and secure electronic medical record system helps streamline many aspects of your care, from requesting prescription refills to viewing test results, and more!

8 Meet Jacob: Pediatric Therapist Extraordinaire

Children at the Pediatric Therapy Center at the Treasure Coast Medical Pavilion are giving "two paws up" to Pet-Assisted Therapy with Jacob the Weimaraner.

12 A Treasure Coast Couple Makes a Gift and Makes a Difference

Martin County residents Ed and Joan McGowan recently gave a generous \$2 million gift to help Martin Health System fulfill its mission of providing care to residents of the Treasure Coast.

For Your Health, a publication of the Marketing Communications Department of Martin Health System, is designed to help you and your family make informed health care decisions. You can also find answers to your health-related questions by visiting our website at martinhealth.org. If you have further questions or comments, please contact Susan Polowczuk at 772.223.2835, or e-mail foryourhealth@martinhealth.org.

Editor: Susan Polowczuk
Featured Writers: Susan Polowczuk and Scott Samples
Art Direction: Susan Polowczuk
Photography: Steven Martine

Martin Health System is a not-for-profit, community-based health care organization. It offers a continuum of care, including preventive, primary and acute hospital care, as well as cancer care, fitness and rehabilitation services. Its 2,900 associates and more than 385 affiliated physicians operate in 12 different locations serving Martin and St. Lucie counties.

Cover: Marjory Ash (left) with her daughter, Marjory Pierce, and grandchildren, Claire Pierce and Michael Humphrey, navigate the new world of MyChart and electronic medical records together.

A New Tradition in Health Care *Tradition Medical Center Update*

Tradition Medical Center, located in west Port St. Lucie, will be a 90-bed hospital that provides access to critical medical needs for residents of the region. It will play a pivotal role in research studies performed by life sciences organizations located in the Tradition development. The conceptual rendering (see bottom right) leaves room for upward expansion for future needs.

Currently planned services include a wide array of specialties that include emergency medicine, general medicine, general surgery, oncology, orthopaedics, spinal surgery, outpatient surgery, diagnostic imaging and more.

PROJECTED TIMELINE:

- **March 2012:** Groundbreaking
- **December 2013:** Construction Completed
- **January 2014:** Grand Opening



Conceptualized lobby view of Tradition Medical Center.



Tradition Medical Center will be located on a 20-acre site at the southwest corner of Tradition Boulevard and Interstate 95.



Exterior view of the new Tradition Medical Center.

THOMSON REUTERS

50 TOP
CARDIO HOSPITALS **2012**

Two-Time Winner!

Martin Medical Center named a 50 Top Cardiovascular Hospital. **2nd Year in a Row!**

The Thomson Reuters 50 Top Cardiovascular Hospitals award identifies the nation's best providers of heart care. Martin Medical Center was selected from more than 1,000 top U.S. hospitals as a provider of exceptional cardiovascular services 2 years in a row.

What does this mean for our patients?

- Higher rate of survival
- Fewer complications
- Returning to your life sooner! *

Let the Frances Langford Heart Center
at Martin Health care for you.

For more information, **visit martinhealth.org/heart.**

For a physician referral, call 1.866.361.HOPE.



MARTIN HEALTH SYSTEM



Nutrition Support FOR BREAST CANCER SURVIVORS

Weight gain during breast cancer treatment is a common issue among patients. A new program called Healthy Living Breast Cancer Survivor Weight-Loss Challenge works with survivors once their treatment is completed to help take pounds off.

“Our first group lost more than 90 pounds over the course of eight weeks,” says Sally Hastings, MS, RD, LD/N, outpatient oncology nutritionist.

“We work with them to give them healthy, tasty and nutritious meals and recipes that are tailored for their cancer prevention needs.”

The group looks at proper nutrition, how to read labels and portion control. We have fun learning with cooking demonstrations, taste testing and by giving them simple tools for a healthier lifestyle. Best of all, they say, is a great group dynamic and the camaraderie that results from being with people who understand what they’re going through.

“We are very comprehensive in what is provided to the recovering patient,” adds Hastings. “And we do go beyond nutrition to make sure their lives are balanced and supported.”

That support includes fitness demonstrations with exercise specialist Jodi DiTerlizzi, CPT, emotional support discussions with oncology social worker Kim Ouellette, MSW, and clinical topics such as how to care for yourself from breast health navigator Andrea Schwerdt, RN, BSN, OCN.

Participants graduate not only with less weight and greater knowledge, but also with a care plan for going forward.



The first group of participants lost more than 90 pounds.



Sally Hastings, MS, RD, LD/N, coaches breast cancer survivors on the benefits of good nutrition.



JOIN US. The program is supported by a grant from Women in Philanthropy. For more information or to sign up, contact Sally Hastings at 772.223.5945, ext. 3711.

NEW Pilot Program!

Cancer Survivorship Care Plan

The Robert and Carol Weissman Cancer Center has developed a new pilot program that makes the transition from patient to survivor as smooth and supportive as possible by providing survivorship care plans when patients complete their treatment. The plan will include:


- A record of care
- Follow-up guidelines for prevention and surveillance

- Information on resources that help to deal with the psychosocial aspects of cancer survivorship

The Healthy Living Breast Cancer Survivor Weight-Loss Challenge described on page 4 is a component of the new pilot program.

Cancer survivors are given a complete care plan that includes following medications, keeping lines of communication open

between specialists and primary care physicians, emotional support that allows for a continuum of care once treatment is complete, and prevention and detection of new or recurrent cancer.

 **REACH OUT.** For more information about the Cancer Survivorship Care Plan, contact Kim Ouellette, MSW, at 772.223.5945, ext. 3719.



Martin Health's compassionate care continues after treatment ends. Carei Needham, RN, BSN, greets pancreatic cancer survivor Sarah Carswell.

MORE SUPPORT

Our other cancer support programs include:

Active Treatment Cancer Support Group

Meets every Thursday, 1 to 2:30 p.m.

Cancer Survivors' Workshop

Meets on the last Wednesday of the month, 2 to 3:30 p.m.

Both groups meet at:
Robert and Carol Weissman Cancer Center
501 E. Osceola Street, Stuart

Please call 772.223.5945, ext. 3719 for more information.

Ask About MyChart!

Access, Convenience = Satisfaction

MyChart gives you access to your medical records and provides convenient self-service functions.

MyChart is integrated with Martin Health's electronic medical record. It's easy for YOU to get involved in your own health:

- View test results
- View upcoming and past appointments
- Request appointments and schedule annual physicals
- Get automated health-maintenance reminders
- View education materials
- Request prescription refills
- Send and receive information to and from your doctor's office
- Manage the care of children or elderly parents



MARTIN HEALTH SYSTEM

Available only
through your Martin Medical Group
Primary Care Physician.

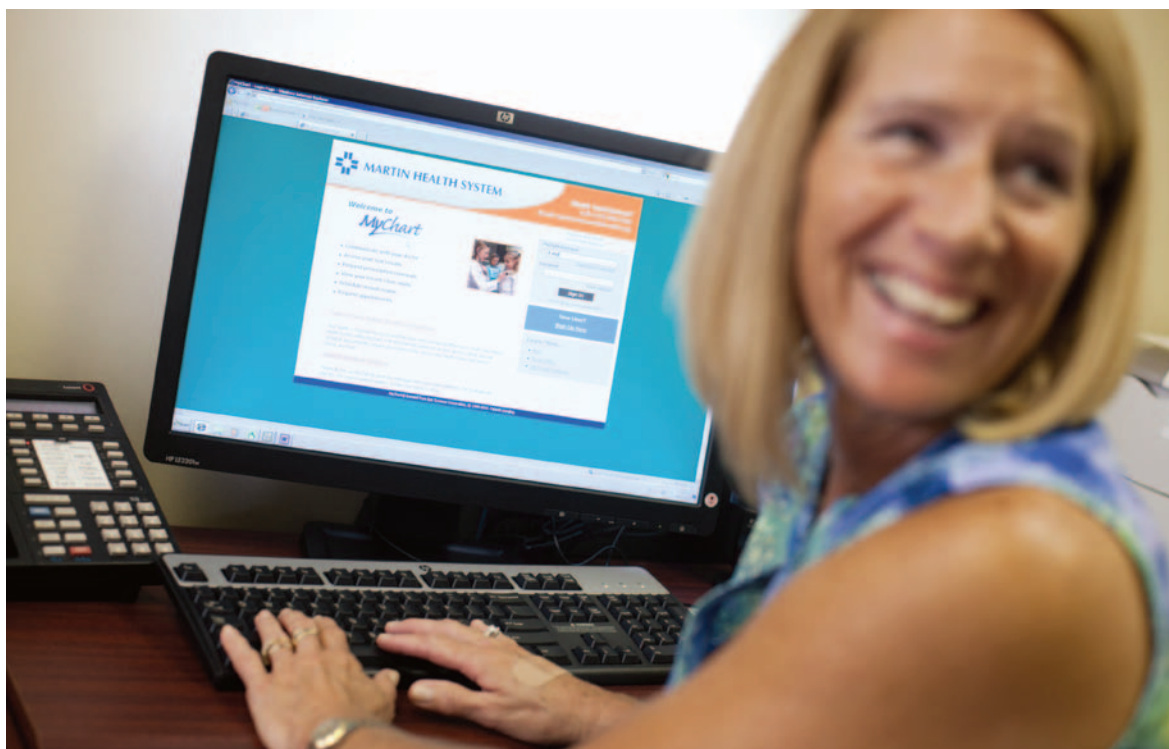
Ask your doctor how to sign up!



MyChart
App now
available!

www.martinhealth.org

GETTING TO KNOW MyChart



Patient Linda Nelsen test drives MyChart, available through your Martin Medical Group primary care physician.

MyChart is a component of Epic, a new, highly integrated, state-of-the-art clinical electronic medical record system implemented at Martin Health in late 2011 to improve day-to-day processes resulting in high-quality patient safety and communication. It is part of a federal government mandate to ensure that all medical records in the United States are converted to an electronic format by 2014 in an effort to keep them secure and reduce health care costs.


The benefits of Epic include having one consolidated electronic record for each patient. That record contains information from current and prior visits to Martin Health System physician offices, hospitals or emergency departments.

Our electronic medical record system is the same one used by such renowned health systems as the Cleveland Clinic, Stanford, Tampa General and Shands University of Florida Medical Center, among others.

Patients are able to provide demographic and medical history just once, regardless of where care is provided. Safety is enhanced for the patient with physicians inputting medication and treatment orders directly into the system. Automatic alerts help prevent potential allergic reactions or negative drug interactions.

The other benefit is less paper. Nearly everything that was once written, saved and communicated using paper, pen and clipboard charts is now completed electronically using a keyboard, mouse and computer.

MyChart allows patients to access portions of their medical information through a secure online connection from home or anywhere else. Lab results, visit summaries and discharge instructions are all available online through MyChart.

 **GET STARTED.** MyChart is simple and safe from unauthorized access because it is password-protected and delivered via an encrypted connection. Ask for an activation code on your next visit to your Martin Medical Group primary care physician.

Martin Health patients can also stop by the Health Information Management office at Martin Medical Center, 200 S.E. Hospital Avenue, Stuart, for an activation code. Then go to martinhealth.org and click on the MyChart button to get started! For a list of Martin Medical Group physicians, please go to martinhealth.org/mmmg.

MEET JACOB: Pediatric Therapist Extraordinaire

Pet-Assisted Therapy is Pawsatively Perfect

He's obedience-trained, a graduate of the Canine Good Citizen Program and Therapy Dogs Incorporated, plus he's veterinarian-approved. This is Jacob, a 5-year-old Weimaraner with soulful eyes and a heart of gold. He's also the new best friend of young patients at the Martin Pediatric Therapy Center at the Treasure Coast Medical Pavilion.

Pet-assisted therapy is designed to help motivate patients to participate in activities such as range-of-motion, strengthening, sensory integration, balance, coordination, visual goals and speech, and voice motivation.

"Most children relate well to pets," says Judy Lipofsky, PT, clinical manager of pediatric therapy. "The key in pediatric therapy is to have fun and incorporate everyday activities into life while trying to work on improving a child's condition. Jacob is just a good way to achieve goals and motivate a child."

Lipofsky says the children are more motivated to try to crawl, stand up and walk to pet, brush, feed or walk Jacob. The physical therapists have also have



Pet therapy pooch Jacob is prepared for anything, even rain.

found that some of the children with very tight muscles seem to relax and open their hands to feed and pet their new friend. In addition, some of the speech or language-delayed children tend to talk and make more sounds with Jacob present.

A grant from Women in Philanthropy allows Jacob to come to pediatric rehab one day a week. He is assisted in all sessions by his owner, physical therapist assistant Donna Tinney.



PUT YOUR BEST PAW FORWARD. Physician approval is required for pet-assisted therapy. For more details on the program, talk with your doctor or contact pediatric therapy at **772.223.5677**.



Kenneth Ganetis, 20 months old, squeals with delight as he and pediatric rehab therapist Judy Lipofsky, PT, play peek-a-boo with his four-legged-friend, Jacob. Jacob's nose harness signals him that he is working.

Quick Action for Stroke Recovery



Lt. Brian Nethers is grateful he has no residual effects from a stroke he suffered last fall.

For 30 years, Lieutenant Brian Nethers has saved lives as a paramedic, yet he never dreamed he would be the one on the gurney due to a stroke.

"I'm 51 years old," says Lt. Nethers. "I eat right, exercise and I've had great results on my annual physicals year after year. It just didn't make sense. Stroke was not in my vocabulary."

But there he was delivering a heart attack patient to the Martin Medical Center Emergency Department when his crew noticed something was not right with one of their own.

"Lt. Nethers was sweaty. One side of his face drooped and I clearly saw he had signs of a stroke," recalls Jonathon Honeycutt, a City of Stuart paramedic. "He kept saying nothing was wrong so we picked him up and put him on the stretcher. He was in complete denial."

CT scans showed four clots in Lt. Nethers' brain that led to a sudden loss of blood flow. He was treated with the intravenous drug tPA,

tissue plasminogen activator, also known as the clot buster.

The quick response and treatment are credited with saving his life and preserving his health.

"Time is truly of the essence in the case of stroke," says Jane LaCombe, RN, clinical performance coordinator at Martin Health. "Ideally, we have a window of three hours once the stroke occurs to give the tPA clot buster for it to be effective. Recognition of symptoms and then time are critical in determining the outcome."

Two days later, MRIs showed all of the clots in Lt. Nethers' brain were completely gone.

"I can walk, talk and I have no residual problems due to the stroke," says Lt. Nethers. "And a heart issue was discovered that apparently led to the clots. I am just thankful that my crew was so persistent when I was in full denial."

"He was in the right place at the right time," says Honeycutt. "We were really fortunate to be here at Martin Health."

Act 'FAST' — Know the Symptoms of Stroke

"We know what heart attacks look like; not many people know what a brain attack looks like," says LaCombe. Use the acronym FAST to remember the warning signs:

- **Face:** Sudden weakness of the face (drooping on one side), blurred, double or decreased vision
- **Arm:** Sudden weakness or numbness of one or both arms
- **Speech:** Sudden difficulty speaking, slurred speech, garbled speech
- **Time:** Time is of the essence. The sooner treatment begins, the better the chances are for recovery. With any of these symptoms, call **911** immediately.



Lt. Brian Nethers with his wife, Sue, at Martin Medical Center just days after the stroke.



ACT FAST. For more information on the Stroke Center at Martin Health, please go to martinhealth.org/stroke.

New Seven-Day Glucose Monitor for Those with Diabetes



The sensor is worn on the abdomen.



The transmitter is about the size of a quarter.



The receiver shows the display screen.

The Dexcom® SEVEN® PLUS CGM System is a continuous glucose monitor designed to make your glucose management needs easier.

The monitoring device, approved by the United States Food and Drug Administration, contains a small wireless, water-resistant sensor needle that is inserted just below the skin on the abdomen every seven days. The sensor monitors blood glucose levels every five minutes. These levels are transmitted via a transmitter attached to the sensor. The transmitter sends blood glucose readings to a receiver, which is a handheld device that shows blood glucose levels, trends of where glucose is headed and how fast it is moving.

Patients with diabetes can also customize glucose alerts to notify them if their blood glucose is too low or too high.

“The beauty of a seven-day continuous glucose monitor is being able to identify where blood glucose levels are going,” says Carolynn Strom, Martin Health diabetes education program coordinator and a certified Dexcom SEVEN PLUS trainer. “If a patient has a blood glucose level of 100 mg/dl and decided that the levels were OK and got in the car to drive somewhere, the trend could alert the patient that his or her blood sugars are falling quickly and thus could prevent a hypoglycemic episode, which is a major problem when patients are insulin dependent.”

Strom says another example would be if blood glucose levels were high and rising quickly, the patient could give a correction dose of insulin, provided that the patient had discussed correction factors with his or her physician.

Note: The continuous glucose monitoring device does not eliminate finger-stick testing. Patients still need to test their blood glucose levels at least twice a day to calibrate the glucose monitoring system. Patients reapply the continuous glucose monitoring device every seven days.



LEARN MORE. Most health insurance companies cover the Dexcom SEVEN PLUS CGM. To find out if you qualify, call 858.200.0200, select option 2, or e-mail customerservice@dexcom.com. You can also call your Martin Health physician for guidance. If you need assistance finding a physician, please call 1.866.361.HOPE (4673) and check out our diabetes education site at martinhealth.org/diabetes.

BACK IN THE SADDLE

After Hip Replacement

A total anterior hip replacement was not on the radar of 44-year-old Dan Decowski. The Palm City sports enthusiast loves to run, bike, surf and play with his two children.

"I thought I had a groin pull but it did get worse to the point I was limping," recalls Decowski. "That's when my orthopaedist told me my hip was essentially gone."

Decowski underwent surgery through the Orthopaedic Specialty Center at Martin Health. The Orthopaedic Specialty Center focuses on the best practices and procedures to lead patients to a faster, healthier recovery. Orthopaedic physicians with the combined experience of more than 280 years provide complete orthopaedic care, offering the latest advancements in surgical and nonsurgical treatment options tailored to a patient's individual problems and circumstances.

Patients attend free preoperative education classes to learn more about their surgical procedure, pain management, rehabilitation and nutrition.

"I knew what I was facing every step of the way," says Decowski. "It was a very important and reassuring part of the process. I felt everyone was working with me to get me back on my feet."

That didn't take long. Only six months after surgery, marathons may be out but Decowski is back on his bicycle, back on his surfboard and back to chasing the children.

"It feels so great to be pain-free," he says.



Dan Decowski is back to riding after hip replacement therapy.



YOU CAN BE PAIN-FREE, TOO. For more information about the Orthopaedic Specialty Center, call **772.223.6966** or go to martinhealth.org/orthopaedics.

A Treasure Coast Couple Makes a Gift and MAKES A DIFFERENCE



Ed and Joan McGowan generously made a \$2 million gift to Martin Health.

As 30-year residents of Martin County, Ed and Joan McGowan understand the critical role philanthropy plays in providing access to health care in the community.

To help Martin Health System fulfill its mission of providing care to residents of the Treasure Coast, the McGowans recently gave a \$2 million gift. The charitable gift annuity offers unrestricted support, which means the funds can be used for a variety of projects, such as technology, infrastructure, educational programs and more.

“It is an incredible feeling to help Martin Health provide care for people,” says Ed McGowan. “We have seen the health system and the community grow throughout the years and we wanted to contribute in a way that would be beneficial for everyone involved.”

The McGowans have a strong tradition of assisting health care through philanthropy. Since 2004, they have provided annual gifts of

\$100,000 toward the Martin Health Foundation Chrysanthemum Ball, which raises funds for technology and infrastructure projects.

Ed McGowan spent many years as a successful real estate investor in New York, while Joan McGowan was actively involved in New York City arts organizations, including The Julliard School and the Metropolitan Opera. Joan McGowan has served for several years on the Mum Ball Committee, and her expertise in the entertainment and fundraising world has greatly benefited the annual charitable event.

“Ed and Joan have been tremendous partners with Martin Health, allowing us to make a significant difference in the lives of Treasure Coast residents,” says Arthur M. “Rusty” Brink Jr., vice president and chief philanthropic officer. “Their compassion, vision and leadership have created a legacy in this community that will last for many years to come.”



GIVING SPIRIT. To learn more about donating to Martin Health and to meet other generous donors, visit GIVEmhs.org. Call 772.223.5634 for a confidential, personal conversation about charitable giving with Rusty Brink, Certified Financial Planner and Vice President of the Martin Health Foundation.

BLOOD CLOTS AND AIR TRAVEL


Jetting away for vacation? Walk or stretch often during your flight. Any flight lasting more than an hour may increase your risk for blood clots.

Blood clots most often form in the lower leg or thigh. They can then break off and travel to your lungs, creating a very dangerous condition. Other risk factors include:

- A stroke, an injury or another condition that makes it hard for you to move
- Taking hormones, such as birth control
- A family or personal history of clots
- Being obese or older than age 65

Symptoms include swelling, redness, soreness or a warm spot on your arm or leg. A clot in your lung may cause fainting, coughing, chest pain or trouble breathing. Seek medical help right away for suspected clots.

To prevent blood clots, keep moving, wear loose-fitting clothing and eat less salt.

 **READ ON.** To learn more on the causes, symptoms, diagnosis and treatment of blood clots, search for the term "thrombosis" at martinhealth.org/healthlibrary.



Have You Included Martin Health System in Your Will?

Include Martin Health System in your will or trust today and help save lives tomorrow.

Gifts to the Martin Health Foundation help provide access to the latest treatment options, sophisticated technology and cutting-edge equipment.

You can make a bequest for a specific dollar amount or for a percentage of your estate.

You can designate your bequest for general use or you can restrict its use. The greatest benefit is the satisfaction of knowing that your gift will provide life-saving care close to home while your assets remain in your control.

Please consider a gift today or let us know if you have already included Martin Health in your plans. Contact the Foundation at 772.223.5634 or GIVEmhf.org. Help save a life.



MARTIN HEALTH FOUNDATION

www.GIVEmhf.org

1310-11

LOOK what's HAPPENING

Mark your calendar for these health-related events. For a complete list of community events, visit martinhealth.org and click on "Calendar of Events."

Prostate Cancer Screening — Free!

Tuesday, Feb. 28, 4 to 6 p.m.

Robert and Carol Weissman Cancer Center,
second floor

501 E. Osceola Street, Stuart

Call **772.223.5945, ext. 3736** to
schedule an appointment.

Skin Cancer Screening — Free!

Sponsored by Martin Health System
and Moffitt Cancer Center

Sunday, March 11, 11 a.m. to 1 p.m.

Digital Domain Park

525 N.W. Peacock Boulevard, Port St. Lucie

No reservation necessary

For more information, please call
772.223.5945, ext. 3704.

Better Breathers Club

Thursdays, March 8 and April 12
2:30 to 4 p.m.

A support group for people with Chronic
Obstructive Pulmonary Disease and
their caregivers.

Robert and Carol Weissman Cancer Center
501 E. Osceola Street, Stuart
Please RSVP to **772.631.7727.**

EMPOWER: Take Charge of Your Cardiovascular Health

Thursdays, Feb. 16, March 15 and
April 19, 5 to 7 p.m.

A support group for stroke and cardiac
patients, their families and caregivers. The
meetings are free and open to the public.
They include a heart-healthy dinner,
informative lecture, complimentary golf
instruction and special activities for
caregivers. The group meets every third
Thursday of the month.

Monarch Country Club

1801 S.W. Monarch Club Drive, Palm City
Please RSVP to **1.866.361.HOPE (4673).**

Weight-Loss Surgery Educational Session

Tuesdays, Feb. 28, March 13 and 27
6 to 7 p.m.

Learn about Martin Health's weight-loss
programs.

Martin Medical Center

Conference Room C

200 S.E. Hospital Avenue, Stuart

Call **1.866.361.HOPE (4673)** to register.

Quit to Get Fit Smoking Cessation Program

"Quit Smoking Now" classes are available to
help anyone who wants to be tobacco-free.

These six-week classes provide free nicotine
replacement therapy (patches, gum,
lozenges) for those eligible, and techniques
and support. For more information or to
sign up, contact Martin Center for Health
and Healing at **772.287.QUIT (7848)** or
e-mail quitnow@mmhs-fla.org.

WELCOME NEW PHYSICIANS!

The following physicians recently
joined the Martin Health team:

Hossam Hassanein, MD
Internal Medicine

Alma Reyes-Trocchia, MD
Pathology

Karl A. Rosen, MD
Ophthalmology

For a physician referral, call
1.866.361.HOPE (4673) or visit
martinhealth.org and click on
"Physicians."

JOIN US!

March for Babies Walk Saturday, April 28

A 4-mile March of Dimes walk
beginning and ending at Memorial
Park in downtown Stuart. Money
raised will support lifesaving research,
community services, education
and advocacy to help babies
get a healthy start.

Registration begins at 7 a.m.

The walk takes off at 8 a.m.

Join the Martin Health System team by
going to marchforbabies.org; click on
"join a team" and enter Martin Health
in the "What's your team's name?"
box. Or call **772.562.0115** for more
information.



MOVES TO IMPROVE KNEE ARTHRITIS

One of the best treatments for arthritis is inexpensive, widely available and has few side effects. But a new study in the journal *Arthritis & Rheumatism* shows that fewer than one in seven men and one in 12 women with knee arthritis are using it.

The miracle therapy in question? **Exercise.** Though doctors once thought it could further damage arthritic joints, they now know physical activity can:

- Decrease joint pain
- Increase flexibility
- Improve mood and outlook
- Straighten your posture and improve your balance
- Strengthen the muscles around your joints
- Keep your weight in check
- Strengthen the heart and improve blood flow to your joints

If you're among the sedentary, it's never too late to put your joints in motion. For best results, talk with your doctor about combining flexibility, strengthening and aerobic exercise into your physical activity regimen.

Ask your doctor if there are times when you should avoid exercise, such as when your joints are visibly swollen. Using pain medications before exercise, or ice after, may reduce discomfort.



GET MOVING. Martin Health and Fitness

Centers in six different locations offer you a variety of options for staying healthy and fit on the Treasure Coast. Visit martinhealth.org/fitness to learn about the classes, packages and medically-directed fitness programs available.



EXERCISE TIPS:

LEG STRAIGHTENING

This exercise strengthens your thighs and may reduce symptoms of arthritis of the knee.

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under your thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex your foot to point your toes toward the ceiling. Hold the position for one second.
4. Breathe in as you slowly lower your leg back down.
5. Repeat 10 to 15 times.
6. Repeat 10 to 15 times with your other leg.
7. Repeat 10 to 15 more times with each leg.

TIP: As you progress, you may want to add ankle weights.



Cool Spring Treat: Yogurt Popsicles

INGREDIENTS

- 1 cup plain low-fat or fat-free yogurt
- 1 banana, sliced
- 1 tsp. vanilla
- 1 cup fruit juice or fruit chunks

DIRECTIONS

1. Blend ingredients together and pour into small paper cups.
2. Freeze.
3. Place a plastic spoon or Popsicle stick in each cup when yogurt mixture is half frozen.
4. To serve, turn cup upside-down and run hot water over it until the Popsicle slips out. Keep the cups to use as a holder. Makes four or five small Popsicles.

Note: For a simpler version, pour fat-free or low-fat drinkable yogurt (or regular yogurt) into a paper cup. Add a stick and freeze. Peel the cup and eat.



P.O. Box 9010
Stuart, FL 34995-9010

5300M



Please pass this magazine along to a friend
or recycle when you are finished.

For Your Health is published four times a year by Martin Health System, P.O. Box 9010, Stuart, FL 34995-9010. © 2012. All rights reserved.

For Your Health and its graphic representation are trademarks. Reproduction without permission is strictly prohibited. No material in this issue may be reproduced without written permission.

All articles in *For Your Health* are written and edited by professionals in health care communications and reviewed for accuracy by appropriate specialists. *For Your Health* does not promote any form of medical treatment, nor does it encourage the self-management of medical problems. It is meant to supplement, not replace, the advice and care of health care professionals.

HealthSouth, Martin Health Announce Plans for Inpatient Rehabilitation Hospital

HealthSouth Corporation and Martin Health System have announced plans to partner on a new comprehensive medical rehabilitation hospital in Martin County. The 34-bed hospital will provide comprehensive physical rehabilitation to patients who have experienced stroke, trauma, brain and orthopaedic injuries or other major illnesses or injuries.

Construction on the 48,400-square-foot hospital is expected to begin in the second quarter of 2012. The freestanding hospital will be built on the Martin Hospital South campus and will include all-private rooms, a spacious, on-site therapy gym

and cutting-edge rehabilitation technologies. The development of the new rehabilitation hospital represents a significant investment in the community and is expected to generate approximately 80 new, full-time jobs.

“Martin Health’s partnership with HealthSouth will provide a tremendous benefit to residents of our community,” says Mark E. Robitaille, president and chief executive officer of Martin Health System. “Having the rehabilitation hospital on the same campus as Martin Hospital South will offer patients much-needed access to comprehensive health care services close to home.”

The new medical rehabilitation hospital will be built on the
Martin Hospital South campus in south Stuart.

