

AMERICA'S HEALTHIEST HOMETOWN

A weekly report on The Villages' efforts to become "America's Healthiest Hometown" compiled by Daily Sun Ombudsman **Larry D. Croom**
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Primary care centers in The Villages

Colony Care Center
Opened December 2012
Santa Barbara Care Center
Opening October 2013
Pinellas Care Center
Opening November 2013
Mulberry Grove
Opening February 2014
Lake Sumter Creekside
Opening March 2014

Fixing health care: All about Dr. Brooks Betts

Primary care doctors have been recruited as part of an initiative to revamp health care right here in Florida's Friendliest Hometown. The Villages Health is partnering with USF Health to bring in family doctors and specialists who will work as a team, all in the best interests of serving patients. This weekly feature will introduce these innovative doctors who have joined this effort.

What is your favorite thing about being a primary care doctor?

I thoroughly enjoy my interaction with patients. I enjoy watching patients get better. I even enjoy dealing with patients when they aren't getting better – the interaction of dealing with a patient that may never get better but still caring for them and helping them through that last part of their life.

How does spending more time with patients improve their overall health?

Our philosophy in this practice is we do not just treat patients, we teach patients to treat themselves. We want those patients to understand their disorder, to know how they can best treat it from the standpoint of their nutrition and activity, how they can prevent complications, what their treatments are about.

How does it feel to be a part of The Villages Health initiative?

It's exciting. Maybe the best way of describing it is this: I always enjoyed medicine and my wife used to say to me, 'you're the only person I know



Care Center: Colony
Age: 61
Undergraduate: Colgate University
Medical school: Philadelphia College of Osteopathic Medicine
Internship, residency: Osteopathic Hospital of Maine

who loves to go work.' And I did. And the last few years, it has gotten worse, and the last year was tough. The last year was a point where it was just everybody pushing more and more patients and less and less time with the patients. My wife said, 'you're not enjoying it as much anymore.' And I come down here with a whole new fervor.

Next week Find out all about Dr. Brent Stabler, a physician who practices at the Belleview Care Center.

Making an effort to enjoy good health What is your philosophy on health care?

“The best way to stay in good health is to do the things they taught us in kindergarten. Eat right, take a nap if you need to and take a recess. Be physically involved. Be emotionally involved. Be psychologically involved. I tell my children all the time, life is a participatory sport. You have to participate to get the best out of it. The next thing is, when there are issues, how do you deal with them in the most patient-centered, efficient way? Patients respect the honesty of a physician in terms of what's going on, where are we going, how do we get to where we want to be.”

Dr. Saul Rosenblum,
medical director,
Santa Barbara Care Center



Bill Mitchell / Daily Sun

Dr. Jeff Lowenkron talks about the new USF Specialty Care under construction in the old Wellness Center.

Integral part of care

Specialty Care Center key component of 'America's Healthiest Hometown'

(One in an ongoing series on The Villages' efforts to become "America's Healthiest Hometown.")

By **LARRY D. CROOM** / DAILY SUN OMBUDSMAN

The specialty care portion of the drive to create "America's Healthiest Hometown" is quickly becoming reality.

In just four months, the USF Health Specialty Care Center will open its doors in the former Wellness Center next to the Sharon Morse Building.

The center is a key component in the health care initiative sweeping through Florida's Friendliest Hometown. Patients will be referred there by the primary care doctors practicing under The Villages Health umbrella.

"By design, we're pushing toward integration and teamwork between primary care and specialty care," said Dr. Jeff Lowenkron, CEO of the USF Physician Group and chairman of the Comprehensive Medicine Department in The Villages. "We want to ensure that

everyone's working toward the same patient-centered goal in a coordinated fashion."

Lowenkron is recruiting specialists from several different fields, including gynecology, general surgery, orthopedics, cardiology, neurology, plastic surgery, pulmonary and gastroenterology.

He's already hired two local specialists and an administrator for the state-of-the-art, 25,000-square-foot facility.

"Our primary goal is to hire people locally to begin with," he said. "We're

presuming that teamwork does not happen by accident. We're selectively hiring or contracting with physicians who believe health care delivery is a collegial activity."

He said patients will quickly see the advantages of primary care doctors working hand-in-hand with specialists. "If you're working from the same basic game plan, you have a care plan that you've developed and all the doctors know what it is," he said. "That's incredibly powerful."

Dr. Elliot Sussman, chair of The Villages Health, said in many ways the two organizations are going through the same kind of hiring process.

"We're obviously out looking for the finest primary care physicians, and USF Health is looking for the finest specialty care physicians," said Sussman, who is also a professor of medicine at USF. "And they really need to be team players, because great medicine in the 21st century is a team sport."

An electronic medical record system will speed communication between teammates.

"All of this is being built with the patient in mind, to meet the

patient's needs," Lowenkron said. "It's just a much better way of delivering the care."

The partnership's mission is simple: Maximize residents' quality of life.

"I'm never going to go out and run a marathon, but by and large, if I can walk a marathon, why not?" asked Lowenkron.

Before joining USF Health, Lowenkron spent 17 years working for Kaiser Permanente, which is also an integrated care-delivery system. He said the concept coming to life in The Villages is quite special.

"Anytime that you can start to put something together, where you know you're going to be doing the very best for the patients, that's a dream job," he said. "By having the community, primary care and specialty care all aligned, we can see a better way to assure older Americans receive the outstanding care they deserve."

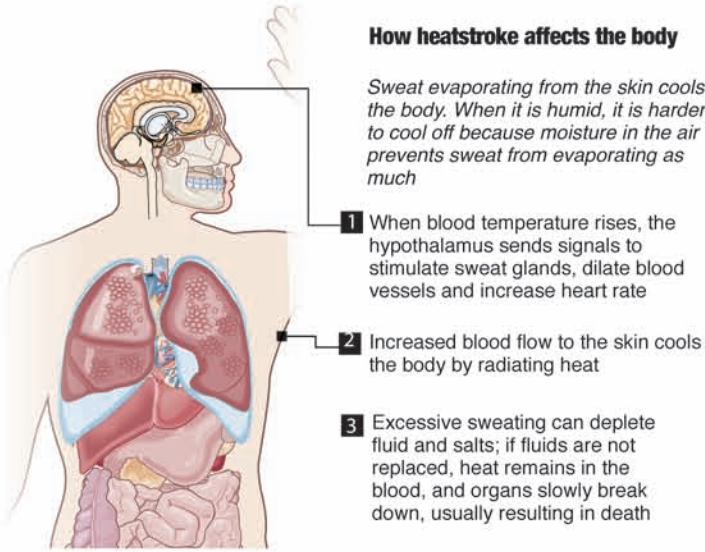
Email your health care questions to larry.croom@thevillagesmedia.com or send them to the Daily Sun, 1100 Main Street, The Villages, FL 32159, Attn.: Larry Croom.

When heat becomes life-threatening

Increased physical activity and prolonged exposure to the sun during hot, humid weather can bring on heatstroke, a dangerous condition in which the body is unable to cool itself. Heat exhaustion is a condition in which the body becomes dehydrated.

Recognizing and treating heat-induced illnesses

	Heat exhaustion	Heatstroke
How it starts	Insufficient water and salt intake are the primary causes; faintness, dizziness and fatigue usually are the first signs	Heat exhaustion, if untreated, can develop into heatstroke as heat builds up in the body
Skin	Usually cold and clammy, with heavy sweating	Hot, dry and red; perspiration usually stops completely
Pulse	Rapid and weak	Rapid and strong
Body temperature	Usually low or normal	Above 103 F (39.4 C); at 107 F (41.7 C), it usually is fatal
Other symptoms	Thirst, giddiness, weakness and lack of coordination	Fainting or staggering, confusion or delirium
Treatment	Lie down in a cool, shady place; loosen clothing; sip water (unless nauseated); seek medical attention immediately if vomiting occurs	Seek immediate medical attention; move to a cool place; remove clothing; apply a wet sheet or immerse in water



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Source: U.S. Centers for Disease Control and Prevention, American Medical Association Encyclopedia of Medicine, Complete Guide to Sports Injuries

Graphic: Chicago Tribune