

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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Did you know?

Ginger Clive, an advanced registered nurse practitioner with The Villages Health, is a huge fan of the 1987 movie “Adventures in Babysitting.”

Fixing health care: All about Dr. Paul Daluga

Primary care doctors, specialists and other medical providers 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, care providers and specialists who will work as a team, all in the best interests of serving patients. This weekly feature will introduce these innovative medical providers who have joined this effort.

Why did you decide to become a doctor?

It’s funny, because it almost sounds like a cliché when they start talking about “Marcus Welby” back in the old days. When I was a kid, “Marcus Welby” was on TV and I thought that was the coolest thing, especially his young partner, who rode a motorcycle. So I thought that’d be interesting. I was probably 11 or 12 at the time and by the time I was 14, I was pretty sure I was going to be a family doctor.

What is your personal philosophy on health care?

The patient’s in charge. Patients express what they need and want. I try to give them the best medical advice that I can and try to work with them to get the best health and lifestyle they can. That’s pretty much how it works. It’s always fun to tell a patient, especially when there’s pressure from family or other docs to do stuff. I say, ‘You know what, believe it or not, you’re in charge,’ and people appreciate that.

How will you feel if this health care initiative is picked up and used in other communities and you were in on the ground floor of it?



Care Center:
Mulberry Grove
Age: 60
Undergraduate:
Indiana University
Medical school:
Indiana University School of Medicine
Internship, residency:
St. Frances Hospital (Beech Grove, Indiana)
Board Certified:
American Board of Family Medicine

I’d be very proud. It would really be something to be a part of it, to know that it started here. To know that the grassroots of it was here and it’s coming around to really give care to the folks that are not from The Villages.

Next week: Find out all about Dr. Christine Stopyra, a primary care physician who practices at the Lake Sumter Creekside Care Center.

Creating America’s Healthiest Hometown

What does the term patient-centered medical home mean to you?

“If you’re a patient, you never feel alone. You never sit there wondering, ‘I have a symptom, what do I do? It’s Friday. I’ll just tough it out. I don’t want to be a burden.’ And then there’s that sense of loneliness when it comes to your health and well-being. When you’re a member of a patient-centered medical home, all that goes away. If I have a patient in my panel who feels like they’re a burden, I haven’t done my job. You’re never alone with your health and medical concerns. That’s why I love it.”

Dr. Christine Stopyra,
Lake Sumter Creekside
Care Center



Care Centers in The Villages

Primary care

The Villages Health Colony Care Center

280 Farner Place, 352-674-1710

The Villages Health Santa Barbara Care Center

1575 Santa Barbara Blvd., 352-674-1740

The Villages Health Pinellas Care Center

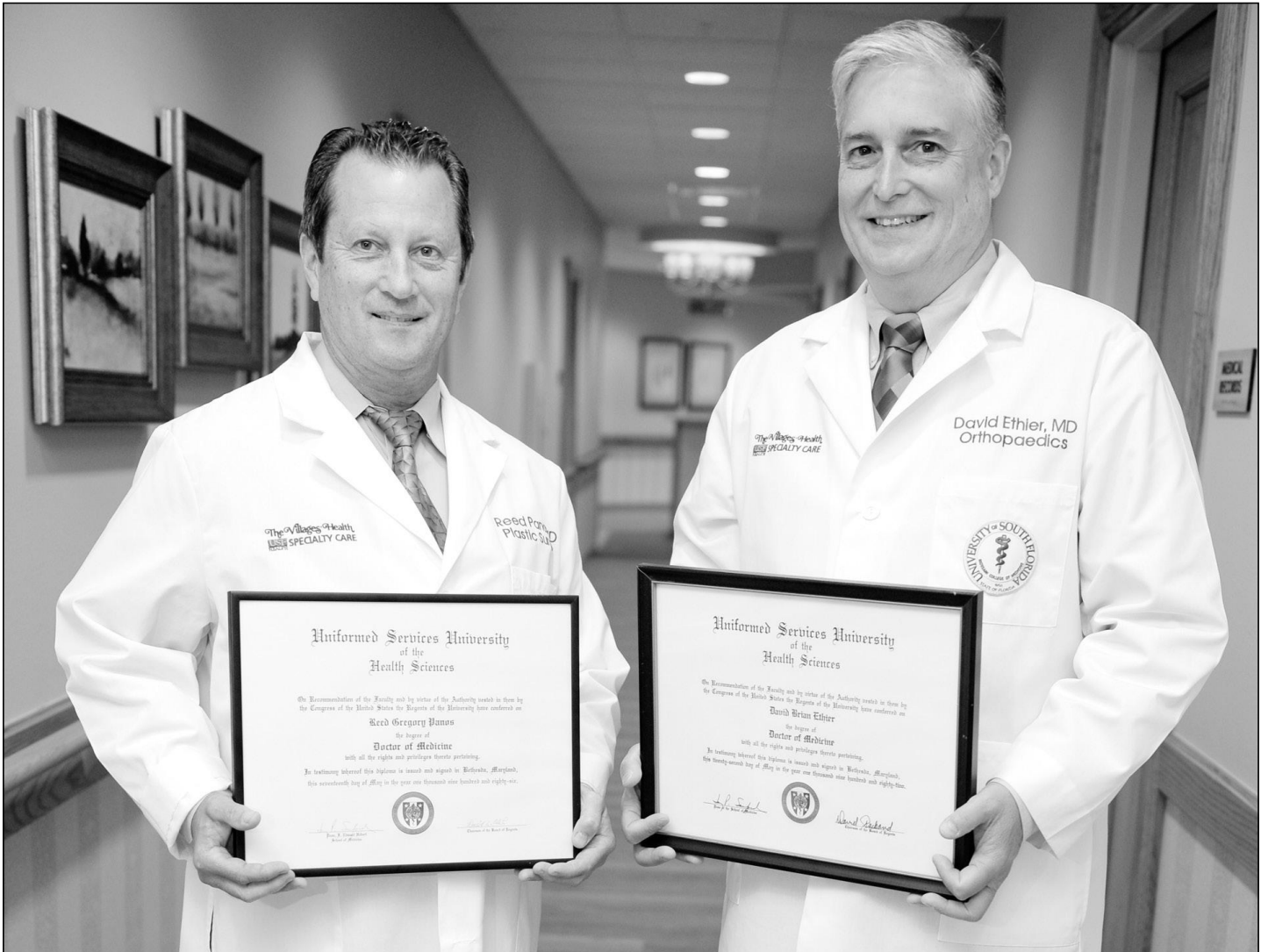
2485 Pinellas Place, 352-674-1720

The Villages Health Mulberry Grove Care Center

8877 S.E. 165th Mulberry Lane, 352-674-1750

The Villages Health Lake Sumter Creekside Care Center

1050 Old Camp Road, Building 100, 352-674-1760



Bill Mitchell / Daily Sun

USF Health’s Dr. Reed Panos, left, a plastic surgeon, and Dr. David Ethier, an orthopedic surgeon, both earned their medical degrees from the Uniformed Services University of the Health Sciences in Bethesda, Maryland, before embarking on long military careers in the Air Force.

EDUCATIONAL BOND

USF Health doctors say military medical school offered excellent training

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

Two physicians who practice at the USF Health Specialty Care Center share a special connection that dates back to their days in medical school.

Both Dr. David Ethier and Dr. Reed Panos earned their medical degrees from the Uniformed Services University of the Health Sciences in Bethesda, Maryland.

And both agree that the education they received was second to none and offered training that doctors at other traditional medical schools might not receive.

“You have to be in uniform; you’re in the military,” said Panos, a plastic surgeon who graduated from the military medical school in 1986. “You get everything any other medical school in the nation teaches, but you also get taught how to be a team player and you get taught the specifics of military training.”

Ethier, an orthopedic surgeon who served 24 years in the Air Force – 14 on active duty – said part of the additional training revolves around leadership. “It’s also training in how to collaborate in an organization,” said the retired lieutenant colonel, who graduated in 1982. “Those are some skills that when you go to medical school are not really taught.”

Ethier said a great deal of traditional medical training is centered around the doctor as the “commander in chief.” He said physicians often are taught that they make all the decisions and their say is final.

“Whereas in an organization like the military, it’s going to be much more collaborative,” he said. “It takes a different type of training in order to be able to get along with others in the organization that you rely on to help you take care of the patient.”

Ethier said one way the

military teaches the importance of teamwork is through various maneuvers.

“We did water survival; we did winter survival,” he said. “We learned to rely on each other to get done and survive, in some cases.”

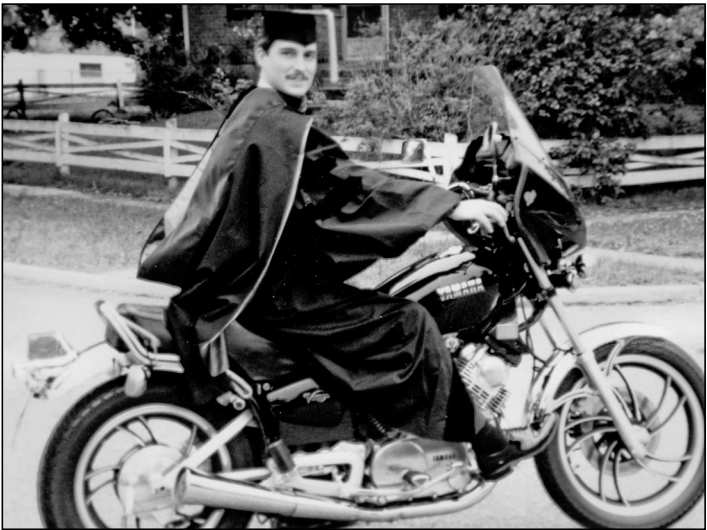
Panos, who spent four years in the Army and another 20 in the Air Force, said he appreciated the individualized attention he received during his classes.

“We kind of started with cutting-edge stuff,” said the retired colonel. “It was a medical school that, for the most part, took care of educating not just the medicine aspect, the science of it, but the personal nature of medical care.”

Panos said he also appreciates the specialized training he received in recognizing unique conditions, such as tropical diseases.

“I know parasitology and I know of very few medical schools that know anything about parasitology,” he said. “But we were required to know it because all the troops travel all over the world. They can pick up parasites anywhere and then when they come in, who’s going to have to figure it out? That’s us, the military doctors.”

Panos said that specialized disease training came into



Submitted photo

Dr. David Ethier enjoys a ride on his motorcycle after graduating from medical school at the Uniformed Services University of the Health Sciences in Bethesda, Maryland, in 1982.

Coming June 1

Dr. Reed Panos and Dr. David Ethier recall special airborne adventures from their days in the Air Force.

play many years ago when he was sent to Honduras on a medical mission. He said he’ll never forget one particular case involving a man who had leishmaniasis, a disease that had created a very large cancerous-looking mass that had spread throughout the man’s mouth.

“Leishmaniasis is a parasite that grows in tsetse flies on the beach,” he said. “It’s actually treated medically, initially, but this guy didn’t have any money and he couldn’t treat it. So I actually cut it all out and reconstructed him and cured him.”

Ethier said his entire military experience, starting with those critical years in medical school, really helped prepare him for his new career with USF Health.

“A lot of the same types of checks and balances are in place,” he said. “You can really draw similarities to the

Dr. David Ethier

Branch: Air Force
Years served: 24
Rank: Lieutenant colonel
Age: 57
Specialty: Orthopedic surgery

Dr. Reed Panos

Branches:
Army; Air Force
Years served: 24
Ranks: Captain; colonel
Age: 59
Specialty: Plastic surgery

structure of the organization and things. It worked well for the military, and I think a lot of organizations adopt the same principles to function well.”

Panos agreed.

“I’m part of a team,” he said. “I don’t think as an individual practitioner. I coordinate with other people because that’s the way to do business. The concept of taking care of the population in a larger sense, with lots of people helping and we’re all on the same team, is what I’m bringing here.”