

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**. Email larry.croom@thevillagesmedia.com. Or call him at 753-1119, ext. 9366.

Contact The Villages Health at 352-674-1700 or visit the website at thevillageshealth.com.

Did you know?

Dr. J. Stephen Long, a primary care physician at the Colony Care Center, is a fan of the 1994 hit movie “The Shawshank Redemption,” which was written by Stephen King and starred Tim Robbins and Morgan Freeman.

Villages Health Q&A

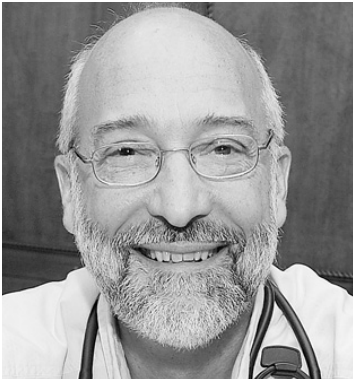
Discovering the Role Genetics Play When it Comes to Health

How big of a factor is a person’s genetics when it comes to their life expectancy and health?



“Genetics plays a major role in the development of certain diseases – cardiovascular disease, diabetes and cancer. However, being genetically predisposed to develop certain conditions does not necessarily mean that one is fated to do so. Environment and lifestyle choices are major factors that will determine whether or not a patient develops these conditions.”

Dr. Robert Reilly, medical director, Creekside Care Center



“It can be profound. Genetics can play a dominant role in the case of certain diseases that are known to “run in families.” For example, if a woman’s mother had breast cancer, her own risk of breast cancer is likely much higher than her neighbor who has no breast cancer in her family history. The same may be true for a first-degree relative with a stroke or heart attack at a young age.”

Dr. Joe Hildner, director of medical affairs



“Genetics plays a huge role in general health and life expectancy.”

Dr. Dave Jordahl, medical director, Colony Care Center



“There is no question that genetics have a lot to do with longevity and health. Within the genetic make-up of each person, however, there are many factors that we do control.”

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

Creating America’s Healthiest Hometown

What is the advantage of audiologists working alongside primary care doctors?

“Primary care doctors are so well-versed in so many different conditions. We really are able to look at, is this something that’s being exacerbated by a vascular disorder or is it something neurological or something related to the endocrine system. They just have such a wide variety of experience in so many different forms of medicine and I think that’s really helpful to the patient.”

Dr. Laura Pratesi, audiologist



Primary Care Centers in The Villages

- 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

Specialty care

The Villages Health Specialty Care Center
1400 N. U.S. Highway 27/441, Building 810
352-674-8731



Bill Mitchell / Daily Sun

From left, Dr. James Flaherty, an OB-GYN; Karen Bolderman, manager of diabetes education; and Dr. Edward Morris, a rheumatologist, recently joined the staff of The Villages Health’s Specialty Care Center.

Joining the Team

Specialty Care Center Medical Providers Thrilled to Be Part of The Villages Health

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

THE VILLAGES

Growth at The Villages Health Specialty Care Center is going strong, with two new physicians and a manager of diabetes education recently joining the practice.

And according to Dr. Elliot Sussman, chair of The Villages Health, more specialists are on the way.

“We’ve hired a cardiologist who will be beginning in the March-April time-frame and we have several other cardiologists who are coming back for interviews,” he said. “We’ve had several gastroenterologists down and more coming, as well as a couple of neurologists and urologists. So we really see ourselves as building a team of excellent specialty physicians to partner with primary care physicians in an effort to continue to build our model of a patient-centered, primary-care-driven practice.”

The recent additions to the medical team at the Specialty Care Center include Dr. Edward Morris, a rheumatologist; Dr. James Flaherty, an OB-GYN with a sub-specialty in female pelvic medicine and reconstructive surgery; and Karen Bolderman, a registered dietitian, licensed dietitian/nutritionist and certified diabetes educator.

For his part, Morris said he is thrilled to be a part of the health care initiative here after practicing in Baltimore for 35 years. The longtime rheumatologist, who treats conditions such as osteoarthritis, rheumatoid arthritis, gout, systemic lupus erythematosus, inflammation of the blood vessels and inflammatory muscle diseases, added that he is particularly excited about the opportunity to work alongside primary care doctors in a successful patient-centered model of care.

“I think the concept is

wonderful,” he said. “It’s more comprehensive. It’ll avoid repetitive testing and there will be better communication between the primary care doctor, the specialist and the patient. And I think that in the long run, it will also save money for both medicine in general and the individual patient.”

Flaherty, who came to The Villages Health from Maine, said he is eager to work in a medical environment where communication between primary care physicians and specialists not only is encouraged, but is expected.

“It’s really exciting to think about, my gosh, Joe can call me up and ask me a question and I can answer it pretty straight-forward,” he said. “I can look on my electronic medical record and see the same thing that he or she is seeing and be able to work together as a team to provide health care in the way that I think it should be provided.”

Bolderman, who developed type 1 diabetes as a child, said she’s looking forward to working alongside Dr. James Mersey, an endocrinologist at the Specialty Care Center. Bolderman said the two worked together in Baltimore for about 12 years and they’re excited about making diabetes education a staple in the community.

“I think The Villages Health is a phenomenal system,” she said. “I’m passionate about what I do and I hope to fill a void. There’s many people here who have diabetes.”

Dr. Elliot Sussman, chair, The Villages Health

On Karen Bolderman, certified diabetes educator
“Karen will be closely working, both with Dr. James Mersey, a specialist in endocrine and diabetes care, as well as with all of our primary care physicians and the community at large to build a series of programs that I hope will impact the toll that diabetes now takes on Villagers. We’re lucky to have her in our community.”



On Dr. James Flaherty, OB-GYN

“We’re very, very fortunate to have convinced Dr. Flaherty to come down here. He’ll be adding, along with his colleague, Dr. Kathleen Steepy and the nurse practitioners we have, another specialty focus and just some additional care for Villagers, as well as the wealth of experience he has in working in large, multi-specialty groups.”

On Dr. Edward Morris, rheumatologist

“Dr. Morris is a superbly trained rheumatologist. I talked with him at the end of last week after he saw his first couple of patients and he had a big smile on his face. He loves the model of care we have and had already realized what a significant contribution he was going to be able to make to Villagers.”

Where to go: The Villages Health Specialty Care Center is located at 1400 U.S. Highway 441 N., Suite 810, in the old wellness center building near The Villages Regional Hospital. Office hours are Monday through Friday, 8 a.m. to 5 p.m. Call 352-674-8700 for more information. New patients should call 352-674-1700.

Bolderman said it’s essential for those who have diabetes – both type 1 and type 2 – to learn about the disease as soon as possible.

“It’s important for them to have the knowledge and skills to manage their diabetes and to fit their diabetes into their life,” she said. “And it’s important to learn how to manage their diabetes so that they can prevent or delay the onset of complications and enjoy life, despite the fact that they have a chronic disease.”

Sussman said he’s looking forward to adding more quality physicians to work alongside those who are currently practicing at the Specialty Care Center.

“We’re delighted with the quality of folks from around the country who now want to join The Villages Health model,” he said. “And I predict we’ll see some very significant growth over the next couple of months with regard to attracting more specialty physicians to our group.”

Coming Feb. 8: Medical providers tout benefits of electronic medical record.