Health First Foundation Ball Raises Funding, Cancer Awareness
See page 8

Health First Breast Center Features Comprehensive Approach
See page 6

Facility Service Dogs Lana, Paco Take Stress Out of Hospital Stays See page 8
Nurses are often the unsung heroes of the healthcare system. They provide competent and compassionate care while helping to ease pain and suffering. Nurses spend time with patients and form personal bonds during the healing process. They listen and answer questions and explain difficult medical procedures and medications. This ongoing communication helps patients and their families understand and manage their health issues.

However, nurses must remain at the cutting edge of their field to provide the highest quality of care. The healthcare environment is constantly changing and a lack of knowledge can lead to poor patient outcomes. Having highly trained and skilled nurses on staff is essential. Recent studies show that a higher prevalence of baccalaureate-and masters-prepared Registered Nurses at the bedside positively affect patient outcomes. Nurses with advanced degrees are better prepared to meet the high demands they face on a daily basis.

Honor To Care For Others

The Health First Foundation is committed to providing scholarships for Health First nurses who desire to return to school to complete their Bachelor of Science in Nursing (BSN) and Master of Science in Nursing (MSN) degrees. Funds for the Nursing Scholarship Program are only made possible through generous gifts to the Health First Foundation. Though the generosity of our community, more nurses will have the opportunity to receive an advanced education that might not otherwise be possible.

“I have worked for Health First for four years and helping patients and families in their time of need is so satisfying for me,” said Dawn Yochim, a nurse in Health First’s Palm Bay Hospital’s Emergency Department. “I consider it an honor to care for others, even in their darkest moments. Receiving a scholarship from Health First to continue my nursing education has given me the skills I need to make a meaningful difference in patients’ lives. I look forward to what the future holds and I am grateful to Health First and the Health First Foundation for making this possible for me.”

For more information about the Health First Foundation, log on to Health-First.org or call 321.434.7353.
Facility Service Dogs Lana, Paco Take Stress Out of Hospital Stay

YOU COULDN’T ASK for better friends than Lana and Paco. Who are these two admirable individuals? Well, they’re both dogs, Labrador/Golden Retriever mixes to be exact, and they’re both critical members of the Health First healing team.

You couldn't ask for better friends than Lana and Paco. They listen to you, they don’t judge and they are always there for you, eager to shower you with their love, no matter how cranky and lousy you may feel.

Who are these two admirable individuals? Well, they’re both dogs, Labrador/Golden Retriever mixes to be exact, and they’re both critical members of the Health First healing team.

You couldn't ask for better friends than Lana and Paco. They listen to you, they don’t judge and they are always there for you, eager to shower you with their love, no matter how cranky and lousy you may feel.

Who are these two admirable individuals? Well, they’re both dogs, Labrador/Golden Retriever mixes to be exact, and they’re both critical members of the Health First healing team.

If you want to share in their bountiful admiration society, all you need to be a patient, staff member, volunteer or visitor at Health First's Holmes Regional Medical Center or Health First's Viera Hospital, respective homes to Lana and Paco. The dynamic duo are facility service dogs from Canine Companions for Independence, a national nonprofit that is the largest provider of assistance dogs for individuals with disabilities and for facilities such as hospitals. As is its policy, Canine Companions provided the highly trained Paco and Lana free to Health First. The substantial costs of breeding, raising and training these life-changing animals is borne by Canine Companions through grants and private donations.

Hospitals, no matter how nice they are, are never want-to-be places for anyone, but Lana and Paco make the inherent stress of a hospital stay a lot more bearable just by being their own sweet doggy selves.

“Words cannot truly describe what Paco does, it’s just magic,” said Paco’s Viera Hospital handler, Dianna Green, vice president of clinical operations for Health First. "She fits right in with the pack," said Hersing, who owns two other dogs and a cat, in addition to Lana. A typical day for Paco and Lana entails lots of visits to patients and staff. They cuddle with patients and say hello to the nurses and doctors. "Words cannot truly describe what Paco does, it’s just magic," said Paco's Viera Hospital handler, Dianna Green, vice president of clinical operations for Health First.

"She makes everyone happy," said Lana’s handler, Karen Hersing, a licensed clinical social worker at Holmes’ case management department. "She makes everyone happy," said Lana’s handler, Karen Hersing, a licensed clinical social worker at Holmes’ case management department.

“Patients and staff light up when he is around. I have had physicians come to my office not to see me, but to say hello to Paco just to brighten up their day. You can feel the positive energy when he is out and about. Patients, visitors, volunteers, physicians, and staff all want to pet Paco when they see him. He brings joy to their day.”

Dogs, unlike humans, live to savor the moment, and it is not surprising that Paco and Lana’s seize-the-day canine philosophy is contagious. Problems and worries melt away for the humans who connect with them, at least for the moment, thanks to the wagging tails and sloppy kisses.

“She makes everyone happy,” said Lana’s handler, Karen Hersing, a licensed clinical social worker at Holmes’ case management department.

Cuddle with patients

Paco joined the Health First Viera Hospital team in 2013, while Lana first took her post at Health First Holmes Regional Medical Center last November. She has big pawprints to fill, for although Paco was the first dog at Viera, Lana follows the late, great Dart, Health First’s first facility dog, also handled by Hersing. When Dart passed away unexpectedly two years ago, Hersing was devastated, but the many requests from staff and patients for a dog encouraged her to become a facility dog handler again.

Both Hersing and Green volunteered for the job, which they perform in addition to their other duties. To qualify as a handler, both attended intensive live-in, two-week training periods at Canine Companions’ Orlando campus.

“It is what I would call “dog speed dating,” joked Green.

“In the beginning, we are matched with different dogs and ask to run the dogs through different commands. The instructors are watching as we worked with different dogs to see which handler and dog would make the best team. We are told right up front not to get our hearts set on a particular dog. I worked with several different dogs before Paco and I were matched up as a team.”

During the day, the pups wear their own Health First team badges, but after work, when the service dog vest is off, they chill out at their handlers’ homes, which both include dog and cat “siblings.”

“She fits right in with the pack,” said Hersing, who owns two other dogs and a cat, in addition to Lana. A typical day for Paco and Lana entails lots of visits to patients and staff. They cuddle with patients and say hello to the nurses and doctors. Photos get taken, paws get shaken and soft fur gets petted.

“You don’t get anywhere fast and that is the whole point of it,” said Hersing.

“These dogs do such good work and touch so many lives,” said Hersing.

For more information about Health First’s Holmes Regional Medical Center patient Nancy Grimaldi. “She makes everyone happy,” said Lana’s handler, Karen Hersing, a licensed clinical social worker at Holmes’ case management department.

LANA VISITS with Health First’s Holmes Regional Medical Center patient Nancy Grimaldi. “She makes everyone happy,” said Lana’s handler, Karen Hersing, a licensed clinical social worker at Holmes’ case management department.
HEALTH FIRST BREAST CENTER
Made Reality Thanks to Community Gifts Through Health First Foundation

Made reality thanks to community gifts through the Health First Foundation, the Health First Breast Center makes staying healthier a whole lot easier.

The 4,266-square-foot facility, with its cheery, comfortable design, is located at the north end of Health First Medical Group building at 1223 Gateway Drive in Melbourne. Under its roof is our cheery, comfortable design, is located at the north end of Health First Medical Group building at 1223 Gateway Drive in Melbourne. Under its roof is Health First Breast Center, a nurse navigator to guide patients through a multidisciplinary approach to coordinated breast health.

"A COMPREHENSIVE APPROACH to cancer treatment entails a multidisciplinary team involving various medical professionals," said breast surgeon Dr. Sharon Noori.

"For breast cancer, in particular, this approach typically involves radiology, surgery, radiation oncology and medical oncology. Patients seen at the Breast Center will meet with the breast surgeon and reconstructive surgeon, if necessary, usually at the same visit. Furthermore, we hold a Women's Tumor Board every other Friday, where we discuss management of difficult cases. There is at least one member of each discipline present at the meeting including radiology, pathology, surgery, radiation/medical oncology and nurse navigation."

Breast Center staff includes one full-time radiologist, four full-time mammographers, two sonographers, one nurse navigator, plus a team of nurses and several other support staff.

"Health First Breast Center provides a supportive environment with a multidisciplinary team of experts, providing the most up-to-date technology for breast health," said Marianne Stallings, diagnostic outpatient manager.

Dr. Chanchi Park explains, "The key to early detection is screening mammography. By the time a cancer is palpable, it is usually about 1.0 cm or greater. With screening, by definition, we are trying to detect these cancers before they are palpable. Screening is for asymptomatic patients. The majority of breast cancers develop in patients without a family history, so it is important for all women to get their mammograms even before they are 40 years old."

"We encourage all women to get their annual mammogram beginning at age 40."

Because time can be critical for an optimum outcome, the Breast Center emplois a nurse navigator to guide patients with abnormal screening mammograms that may require additional diagnostic work up and biopsy.

"Our patients are contacted by the nurse navigator within 24 hours after the abnormal screening exam is interpreted to schedule follow-up exams and answer any questions the patient may have," added Stallings.

"The nurse navigator follows the patient through the entire evaluation process. Reduced wait times for results means patients can access treatment quicker. Quicker treatment means better outcomes. The nurse navigator also serves as a patient advocate." "The nurse navigator guides them through the various aspects of diagnosis and treatment," said Noori.

"Currently, nurse navigator Robin Ison is focusing her efforts on expediting appropriate work up and biopsy for women who present with abnormal mammograms."

MARIBEL SOPER knows first-hand how important a multidisciplinary approach can be in battling cancer.

The images produced through the use of tomosynthesis find details that otherwise might have been hidden by tissue above or below. The use of 3D mammography has resulted in 41 percent higher detection rate for invasive cancers and has also minimized false positives by 40 percent, resulting in a 30 percent reduction in call-back rates for abnormal mammograms.

3D mammography is available to all patients, because patients are encouraged to check with their insurance provider to assure coverage. The Breast Center also offers an extensive continuum of sound waves to make detailed pictures of areas inside the breast and can be very helpful in furthering the breast abnormal findings.

A valuable tool in conjunction with mammography, ultrasound helps to distinguish between cysts and solid masses and can help detect benign versus cancerous tumors through a painless procedure that does not expose the patient to radiation. Magnetic resonance imaging, or MRI, is another diagnostic tool available to Breast Center patients. This technology uses a magnet and radio waves linked to a computer to make detailed images inside the breast in multiple planes. Though more invasive than mammography, the technology goes beyond conventional breast imaging to identify breast tumors other exams would fail to detect. "Approximately one in eight women in the United States will develop breast cancer," said Dr. J. Patel.

"In 2016 alone, there will be an estimated 252,710 new cases of invasive breast cancer. Our goal is to provide compassionate and sensitive care for the breast health of all women. We provide all kinds of diagnostic tests and surgical treatments, from digital screening mammograms to breast reconstruction." BREATK RECONSTRUCTION

Breast reconstruction is an important component of breast cancer treatment.

"Our goal is to provide the safest, evidence-based and most efficient care from the time of diagnosis to surgical treatment," said Dr. George Collins.

"There are several variables that play a part in a patient’s breast reconstruction plan and affects the timing and type of reconstruction offered as the same reconstruction option is the best choice for every patient. Breast reconstruction options and techniques vary and are tailored to each individual patient. We provide several types of breast reconstruction, including implant-based, autologous (using one’s own tissue), or a combination of the two following mastectomy and oncoplastic reduction techniques in breast conservation therapy. In addition, we are the only practice in the area to offer DIEP microvascular free flap breast reconstruction in Brevard County. In this procedure, the skin and fat from the lower portion of the abdomen is transplanted to the breast by reconnecting the blood vessels to this tissue to make it look and feel like an abdominal muscles." COMPREHENSIVE APPROACH

Research has shown that mammography together with breast MRI can increase detection of breast cancer in women at higher risk of this type of cancer. The National Comprehensive Cancer Network recommends yearly screening with mammography and breast MRI for higher risk populations, such as women with a previous history of breast cancer.

The Center also administers fine-needle aspiration, core biopsy and open biopsies to remove tissue or fluid from the breast for further analysis under a microscope.

To add an additional level of clinical guidance to the program, the Health First Breast Center hosts the Breast Program Clinical Committee, which addresses all aspects of the breast program. Ultimately, the goal of the breast program is to deliver exceptional and timely care to patients for every aspect of their breast health.

Brevard resident Maribel Soper knows first-hand how important a multidisciplinary approach can be in battling cancer. Soper, diagnosed with cancer at age 29, underwent a mastectomy and was cancer free for 16 years until 2012, when she was given the devastating news of inoperable Stage IV metastatic breast cancer. Through treatment by the Health First breast cancer team, Soper’s tumor was reduced to such a degree that by 2013 she was pronounced in remission.

"Health First makes it possible for me and other women and men facing breast cancer in our community to get all the care and treatment they need locally," said Soper.

"Breast cancer is both a physical and emotional journey. Having a dedicated breast health program with the resources and medical professionals to provide a comprehensive approach and who know and understand what patients need is invaluable."

For more information about the Health First Breast Center, call 321.728.6002. Take a virtual tour or schedule your screening mammogram online at

Dr. Noori
Dr. Patel
Dr. Collins
Dr. Park
Dr. J. Patel
Dr. Stallings
Dr. Sharan Noori
Dr. J. Patel
Dr. Chanhi Park MD, Health First Medical Group
Breast Surgeon specializing in breast reconstruction and breast cosmetic surgery
Dr. Sharan Noori, MD, Health First Breast Surgeon specializing in breast reconstruction and breast malignant breast disease;
Dr. George Collins, MD, Health First Medical Group
Breast Surgeon and Biologist
Dr. Chanchi Park, MD, Brevard Physician Associate specializing in breast malignant breast disease;
Dr. Robin Ison, RN, Health First Breast Center Nurse Navigator specializing in patient education and treatment guidance.
Dr. J. Patel, MD, Health First Medical Group
Breast Surgeon specializing in breast reconstruction and breast cosmetic surgery
Dr. Chanhi Park MD, Health First Medical Group
Breast Surgeon specializing in breast malignant breast disease;
On Saturday, April 16, the Health First Foundation hosted the 2016 annual Benefit Ball themed "A Walk in Wonderland" at the Charles and Ruth Clemente Center on the Florida Institute of Technology campus in Melbourne. More than 350 people enjoyed the event featuring food, music and dancing. Generous donations from members of the community helped to raise more than $400,000 for the Health First Cancer Institute. These gifts will help increase the resources and — more importantly — the hope our neighbors, friends and family members need to win their battle with cancer.

Over the past 34 years, the Benefit Ball has raised more than $5 million for health and wellness services in our community. Past beneficiaries include Hospice, Telemedicine - Emergency/Trauma Department, the daVinci Robotic Surgical System, Bright Star, VitaWatch, Digital Mammography Equipment, NICU at Health First's Holmes Regional Medical Center, the Stroke Program and the Peripheral Vascular Laboratory.

For sponsorship information for the 2017 annual Health First Foundation Ball, please contact Rachel Nave Hotgool, Administrator of Special Events for the Foundation, at 321.434.7353 or e-mail rachel.hotgool@health-first.org.

Dr. Lee and Elizabeth Scheinbart
Chris Johnson and Dr. Nani Golden
Bill Troner and Jessica Andre
Andy Eways, Tina Goins and Jeanne Andre

Health First now offers an all-inclusive breast care facility dedicated to providing the most up-to-date technology for breast health.

The Breast Center is located at the north entrance of Health First Medical Group's Gateway office. For more information, visit: HFBreastHealth.org.

1223 Gateway Drive, Melbourne, FL 32901 | 321.728.6002
**Thousands Learn How to Save a Life At Health First Free CPR Day**

On Saturday, June 4, Health First trained more than 5,000 people in CPR at Space Coast Stadium in Viera. With the theme of “Be a Superhero, Learn to Save a Life,” CPR Day turns regular citizens into rescuers to aid a victim until professional help arrives. Health First makes learning CPR easy with a guided class led by the trained Health First staff and volunteers, emergency medical professionals and physicians and mannequins lined on the baseball field. Participants as young as four, adults over 80 and every age in between went on hand this year to earn their American Heart Association Friends and Family CPR certificate, which also covers the proper use of automated external defibrillators and teaches participants how to help infants during a choking incident.

As a family practitioner, Dr. Brandes enjoys working with a wide range of patients. “Family practice is a truly wonderful branch of medicine,” he said. “Family practitioners treat everything from simple sore throats to more serious and challenging conditions. We have the privilege of providing care to individuals of different ages and backgrounds. There is something new to learn every day, and patients are often my best teachers.”

To make an appointment with Dr. Wayne Brandes, call 321.434.6555

---

**Former Naval Officer Wayne Brandes Now Accepting New Patients**

Specializing In Diabetes, Focuses On Family Health, Patient Education

Harnessing technology to help patients is wonderful, but for family practice physician Dr. Wayne Brandes, nothing beats face-to-face communication with patients.

“Effective communication is a major factor in a successful doctor/patient relationship,” said the Suntree physician with Health First Medical Group in Rockledge.

“I’ve learned in my years in medicine that taking the time to listen to my patients as they tell me not only about their symptoms but also about the context in which their symptoms developed, including the personal and family histories, is key to understanding the whole person, rather than just the immediate presenting problem. This understanding impacts successful care.”

Dr. Brandes is a doctor of osteopathy, a field that focuses on the personal touch.

“Both doctors of osteopathy, or DOs, and MDs are fully licensed physicians who can practice in all areas of medicine,” explained Dr. Brandes.

“DO medical school training emphasizes a whole-person approach to treatment and care. DOs are trained to listen and partner with their patients to help them get healthy and stay well.”

Doctors of osteopathy receive special training in the musculoskeletal system, the body’s interconnected system of nerves, muscles and bones.

“By combining this knowledge with the latest advances in medical technology, DOs offer patients the most comprehensive care available in medicine today,” said Dr. Brandes.

In the medical field for more than two decades, Brandes has extensive experience in medicine in military, corporate, public and private sector settings.

“I’ve been in medicine in a wide array of capacities, including family practice, military medicine, telemedicine, public health and health services research,” said Dr. Brandes.

“I believe this has given me an empathetic understanding of the personal and health care needs of patients as they navigate the health care system. From my time as a medical officer in the U.S. navy, for example, I experienced the unique health care and emotional challenges facing military members and their families, both active duty and retired. This directly impacts the care I provide with Health First, as there is a large community of military families in Brevard.”

**WIDE RANGE OF PATIENTS**

After earning a bachelor’s degree in psychology from the University of New Mexico, Dr. Brandes went on to achieve his Doctor of Osteopathy degree from the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa.

He completed his medical internship at Oakland General Hospital in Madison Heights, Michigan, his family practice residency at Tucson General Hospital in Arizona and his preventive medicine/public health residency at Johns Hopkins School of Public Health, where he received the John C. Hume Masters of Public Health Award.

As a family practitioner, Dr. Brandes enjoys working with a wide range of patients. “Family practice is a truly wonderful branch of medicine,” he said. “Family practitioners treat everything from simple sore throats to more serious and challenging conditions. We have the privilege of providing care to individuals of different ages and backgrounds. There is something new to learn every day, and patients are often my best teachers.”

To make an appointment with Dr. Wayne Brandes, call 321.434.6555.

---

**Former U.S. NAVY OFFICER and diabetes specialist Dr. Wayne Brandes is now accepting new patients at his office in Rockledge, located at 389 Commerce Parkway.**

**Health First trained more than 5,000 people in CPR at Space Coast Stadium in Viera. Participants as young as four, adults over 80 and every age in between went on hand this year to earn their American Heart Association Friends and Family CPR certificate.**

---

**ABOVE: Kids made their own pizzas and are courier to Pizza Gallery and Grill in Viera.**

---

**ABOVE: The Free CPR event also featured a free “For Your Heart SK Run/Walk.”**

---

**BELOW RIGHT: Health First staff and volunteers, emergency medical professionals and physicians and mannequins lined the baseball field at Space Coast Stadium.**

---

**FREE CPR EVENT attendees take a tour of the First Flight air ambulance helicopter.**
Health First

Breast Center

Girls night out mammography parties

Get your digital screening mammogram, enjoy the company of your friends and an opportunity to win a plush robe. Event dates and locations are listed below.

Health First Girls Night Out Mammo Parties are held 4:30 pm to 7 pm Refreshments will be served.

For more information, please visit HFbreasthealth.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 7</td>
<td>The Breast Center, 1223 Gateway Drive</td>
</tr>
<tr>
<td>June 12</td>
<td>The Breast Center, 1223 Gateway Drive</td>
</tr>
<tr>
<td>June 23</td>
<td>Titusville Imaging Center, 603 North Washington Avenue</td>
</tr>
<tr>
<td>August 9</td>
<td>The Breast Center, 1223 Gateway Drive</td>
</tr>
<tr>
<td>September 13 &amp; 27</td>
<td>The Breast Center, 1223 Gateway Drive</td>
</tr>
<tr>
<td>October 11, 18 &amp; 25</td>
<td>The Breast Center, 1223 Gateway Drive</td>
</tr>
<tr>
<td>October 12 &amp; 19</td>
<td>Viera Medical Plaza, 8745 North Wickham Road</td>
</tr>
<tr>
<td>October 19</td>
<td>Cape Canaveral Hospital, 701 West Cocoa Beach Cswy.</td>
</tr>
<tr>
<td>November 8</td>
<td>The Breast Center, 1223 Gateway Drive</td>
</tr>
</tbody>
</table>