Foundation Golf Classic Raises More Than $204,000 for Aging Services

5K Runners, Walkers ‘Race the Sun’ For Melanoma Awareness

Health First Summer Safety Tips
Staying Healthier Just Got Easier

Girls’ Night Out Mammo Parties

Get your digital screening mammogram, enjoy the company of your friends and the opportunity to win a plush robe. Event dates and times are listed on HF.org/breasthealth.

Health First’s all-inclusive breast center is dedicated to providing the most up-to-date technology for breast care.

- Comprehensive breast program
- Individualized treatment plans
- World-class 3D imaging

Schedule Your Appointment Today

Schedule your screening mammogram online or call 321.434.6100 to attend a Girls’ Night Out Mammo Party. Most insurances accepted.

Visit HF.org/breasthealth | Call 321.434.6100
Outdoor Activities Come With The Potential For Emergencies

For many, summer is the epitome of enjoying life. But with an uptick in outdoor activities comes the potential for emergencies.

“We are blessed with beaches and sunshine for miles,” said Rob Spivey, Health First’s Trauma Program Manager. “But, it's important to remember some important tips to ensure your time in the Sunshine State doesn't land you in the Emergency Room.”

Below are some common summer hazards and advice on how to protect yourself and your family.

“When you're out enjoying the Florida sunshine with your family this summer, please play it safe and keep these tips in mind,” said Spivey.

WATER SAFETY

According to the Centers for Disease Control and Prevention (CDC), drowning is the leading cause of death from ages 1 to 4, the second-leading cause of death for children ages 1 to 14, and the fifth-leading cause of death for people of all ages.

According to the Florida Department of Health, in 2016 alone, there were:

- 428 drowning deaths statewide
- 22 drowning deaths in Brevard County (fifth worst in the state for drownings)

That equates to about 3 deaths per 100,000 people

The best way to prevent drowning is to knowing the basics of swimming, as well as being vigilant when anyone, especially children, are in the water.

Drowning happens quickly and quietly, so focused attention on swimmers is key in prevention. Safety equipment such as life jackets, flotation devices and fences around swimming areas can reduce the risk of injury or death.

Knowing CPR is an important skill for everyone to have. Health First hosts free CPR lessons annually at no cost to the community.

KNOWING CPR is an important skill for everyone to have. Health First hosts free CPR lessons annually at no cost to the community.

STAY COOL

Heat exhaustion is another condition often treated in Florida. The symptoms may include heavy sweating and a rapid pulse, which is a result of your body overheating. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe.

The causes of heat exhaustion include exposure to high temperatures – especially when combined with high humidity and physical activity. Without prompt treatment, heat exhaustion can lead to heatstroke, a life-threatening condition.

“If you think you’re experiencing heat exhaustion, you should stop all activity and rest, move to a cooler location, and drink cool water or a sports drink,” said Spivey.

The signs and symptoms of heat exhaustion are cool, moist skin, heavy sweating, feeling faint and/or dizzy, fatigue, weak, rapid pulse, low blood pressure upon standing, muscle cramping, headache and nausea. You should contact your doctor if your signs or symptoms worsen, or if they don’t improve within an hour. If you are with someone showing signs of heat exhaustion, seek immediate medical attention if he or she becomes confused or agitated, loses consciousness, or is unable to drink.

INJURIES

Playgrounds and outdoor play spaces are fun, but be sure to play it safe. Spivey says he sees emergency department visits rise in the summer for all types of injuries, due to schools being on summer break, increased daylight and the favorable weather.

Falls continue to be a leading cause of injuries across the U.S. In Florida alone, more than 3,000 deaths were tied to fall-related injuries, most involving seniors.

Just under 3 million children will visit an emergency room or urgent care center related to falls. Prevention begins in the home, with safety and awareness screening. One of the biggest preventive measure to reduce falls can be found in community wellness programs. Many cities have adopted home visit teams to assess fall risks and provide wellness screenings.

The city of Satellite Beach has a successful Community Paramedic Program, in which paramedics schedule appointments to conduct wellness exams and checkups.
The Health First Foundation raised more than $204,000 at its Health First Golf Classic April 16 at Suntree Country Club. The funds will benefit Health First Aging Services, which is dedicated to providing high-quality health care for seniors, as well as support for their caregivers.

The tournament featured a shotgun start and four-person scramble format, as well as games, contests and prizes for all skill levels. All golfers received a tournament shirt, special giveaway range balls, breakfast, lunch and gifts.

THE HEALTH FIRST GOLF CLASSIC WINNING TEAM included, left to right, Shane Sarver, Danny Ellis, Rob Stephenson and Ryan Church.

LEFT TO RIGHT: Joe Felkner, Kevin Steele, Michael Steele and Tim Shultz

LEFT TO RIGHT: Robin Rice, Eric DaCosta, Ray Barbour and Herb Jones

The Health First Foundation would like to give special thanks to the presenting sponsor BB&T, and the 2018 Golf Classic Committee, including John Breitfeller, Pam Carman-Hayhurst, Gene Cavallucci, Charlie Coddington, Percy Cohrs, Justin Cook, Bob DiBella, Pamela Gatto, Kelley Hunt, Shana Marshall, Maureen Michel, Adrian Moser, Brent Naylor, Bill Potter, Robin Rice, Barry Richardson, Raquel Rogers, Jim Shaw and Kevin Steele.
More than 350 runners took part in Health First’s “Race the Sun 5K” on Sunday, April 30, at Health First’s Viera Hospital in support of raising melanoma awareness. An estimated 161,790 new cases of melanoma will be diagnosed in the United States this year alone.

Health First Dermatology’s Larry Bishop, MD, and Vanessa Johnson, MD, both spoke prior to the event, providing tips on how to recognize melanoma and how to stay safe from the sun’s harmful rays. Each race participant received a T-shirt and sunscreen in their race bags.

Health First Dermatology strives to meet the highest possible standards, using innovative, safe and effective care in the treatment and prevention of skin conditions.

For more information, visit HF.org/dermatology

MORE THAN 350 RUNNERS took part in Health First’s “Race the Sun 5K” in support of raising melanoma awareness on Sunday, April 30, at Health First’s Viera Hospital.
Whether making a retail purchase online or dealing with a business in person, customers have grown to expect to get what they want, on their terms.

That’s the future Health First is working toward.

Health First is embracing this consumer-driven shift and is leading the way in delivering the health care that patients and the community need — and deserve. Ever-advancing technology continues to not only help healthcare organizations do this, but do it in a way that’s tailored to each individual patient.

ONE HEALTH FIRST will harness evolving technology, which we’ve already folded into our existing services. HF Now online check-in and scheduling services allow patients to book same-day appointments at a time and facility – either an Emergency Department or Urgent Care center – that works for them.

INTEGRATING ALL ASPECTS of your care, including Health First Health Plans, helps make your care experience more seamless.
From this comes a new vision for the Integrated Delivery Network (IDN) – One Health First. It’s about you, the care you need, the variety of methods in how we deliver that care, and the community of which we’re all a part.

We strive to do this because we feel strongly – We are One. We are Brevard.

During the next 5 to 10 years, expect health care to morph into an experience that is unique to each patient. Having an IDN that connects all the segments of your health care helps streamline it. When hospitals, care providers, health plans and outpatient services converge, you get what you need more quickly. It also allows these providers to coordinate the multiple aspects of your care.

We’re also dedicated to making each experience you have with Health First a wonderful one.

HARNESSING TECHNOLOGY

One Health First will harness evolving technology, which we’ve already folded into our existing services. HF Now online check-in and scheduling services allow patients to book same-day appointments at a time and facility – either an Emergency Department or Urgent Care center – that works for them.

Telehealth services will also continue to expand, with patients having the ability not only to communicate with their care team through patient portal messaging, but through virtual visits via video chat.

Health First has been a part of Brevard County for more than 80 years. We’ve seen our share of changes – and have utilized them to improve our IDN and community. The purchase and integration of MIMA in February 2013 with Health First Physicians – now Health First Medical Group – illustrates our dedication and success. Interlinking all of these services only enhances and accelerates care for patients.

For more information visit HF.org
PHYSICIAN SPOTLIGHT
Q&A with Dr. Stuart Liberman

QUESTION: What is your medical specialty?
DR. LIBERMAN: I am a urologist treating both adults and pediatrics. I also perform Urologic Surgery.

QUESTION: Can you tell us a little bit about your education?

QUESTION: Can you tell us about your professional background?
DR. LIBERMAN: I was originally a physician with MIMA, and I am now part of Health First Medical Group with my hospital affiliation at Health First’s Holmes Regional Medical Center.

QUESTION: Where are you located?
DR. LIBERMAN: My office is at Health First Medical Group, located at 1223 Gateway Drive, Suite 2A, Melbourne.

QUESTION: Did you always want to go into medicine?
DR. LIBERMAN: I originally wanted to be a research scientist, so after college I went to graduate school at Duke University, where I received a Master’s degree in Immunology. But after working in a laboratory for several years, I realized that I wanted to be involved directly in patient care. So I changed course and went to medical school. This turned out to be one of the best decisions I ever made.

QUESTION: How did you choose your specialty?
DR. LIBERMAN: After doing a Urology elective in medical school, I realized that this specialty was perfect for me. Urology combines surgery, which I very much enjoy, with a busy office-based practice. It is this combination which I find extremely fulfilling and appeals most to me.

QUESTION: What’s your favorite aspect of your job?
DR. LIBERMAN: I take care of patients with a wide range of conditions, including cancer, kidney stones, erectile dysfunction, urinary tract infections and voiding dysfunction, to name a few. I have been privileged to take care of many of my patients for over 20 years.

QUESTION: What is one piece of advice you would tell patients about their health?
DR. LIBERMAN: You must be proactive about your own health. Exercise, healthy diet and reducing stress are up to you.

To schedule an appointment with Dr. Liberman, please call 321.725.4500, Ext. 7489
People in need of total knee replacement surgery usually have problems walking, climbing stairs and getting in and out of chairs. Some may even have trouble sleeping due to resting knee pain.

Dr. Scott Miller is now offering total knee replacement surgery in an outpatient setting for those patients who qualify.

Key Benefits of Outpatient Surgery:

- Recovering at home in your own environment
- Less chance of hospital-related infections
- Less out-of-pocket expenses
- Better patient satisfaction

Call 321.434.9200 to schedule your consultation
A healthy diet is at the core of a healthy life. That’s why Health First is making it easier for associates and guests to make better dietary choices.

Through this new initiative, food items on Health First’s hospital menus will now be color-coded, helping customers decipher which choices are best for overall health, as well as what should be limited.

This effort will identify foods’ potential pitfalls by identifying menu items as the following:
- Green: Good for you
- Yellow: Eat in Moderation
- Red: Choose Sparingly

Every day, the cafeterias will each feature different items identified as healthy choices. Each of the food stations will display the new color-coded options on the screens above, so everyone is aware of what category each of the items falls into.

Four-week menus will be accessible on the We Are Health First Intranet, under “Hospital Menus,” to give associates the ability to plan their healthy meals over a month in advance.

Green items include foods that have the following per serving:
- Have less than 10 percent of calories coming from saturated fat
- 0 trans fat
- Less than 100 mg cholesterol
- Between 2gm to 5gm of fiber
- Less than 16 gm of sugar

With sodium, green choices (per serving) will have:
- Less than or equal to 140 mg for entrees, deli salads and soups
- Less than 300 mg for side dishes, prepared sauces and salads
- Less than or equal to 175 mg for breads

COMPREHENSIVE PROGRAM

The goal of the Health First wellness program is to offer comprehensive programming to support, engage and motivate associates to adopt Healthy Behavior and Healthy Care activities to achieve the highest level of personal health and well-being.
Customers seeking cancer care in South Brevard now have a more convenient option.

With Amit C. Barochia, MD, joining the Health First Medical Group team in April, the Health First Cancer Institute opened its newest facility at 1421 Malabar Road NE in Palm Bay.

Spanning from Titusville to the north, this is the fifth location for the Cancer Institute, offering customers needing oncology services even more options to beat the disease, close to home.

Dr. Barochia, who served as a physician with Cancer Care Centers of Brevard before joining Health First, is board certified in Internal Medicine, Medical Oncology and Hematology by the American Board of Internal Medicine.

Before coming to Brevard, Dr. Barochia lived in Pennsylvania, where he was an attending physician with Pinnacle Health Cancer Center in Harrisburg and also worked as a hospitalist in the Department of Hematology and Oncology at Penn State University Hershey Medical Center in Hershey.

Dr. Barochia earned his Bachelor of Medicine and Bachelor of Surgery from B.J. Medical College at Gujarat University in Ahmedabad, India. He is a member of the American Society of Clinical Oncology, the Florida Society of Clinical Oncology, the Brevard County Medical Society and the Florida Medical Association.

HIGHLY SKILLED TEAM

Health First Cancer Institute is the only multi-specialty oncology provider in Brevard County. The Institute, founded in 2015, was the result of several years of planning by Health First to fill a gap in cancer care in our community.

As Central Florida’s only fully Integrated Delivery Network, Health First created the Cancer Institute to offer the latest technologic advances, exceptionally trained oncology physicians, and state-of-the-art facilities across our area. The Health First Cancer Institute brings together a highly skilled team of oncology professionals from all points of the cancer care continuum — inpatient, surgical, outpatient, wellness and survivorship — to provide care for customers close to home.

Our team consists of physicians, surgeons, nurse practitioners, nurses, therapists, pharmacy staff and financial counselors.

Visit HFcancer.org or call 855.894.HOPE (4673) to learn more or make an appointment.
Convenient locations for you, close to your Brevard home

- 490 N. Washington Ave. Titusville
- 225 Cone Road Merritt Island
- 8725 N. Wickham Road Viera
- 1130 S. Hickory St. Melbourne
- 1421 Malabar Road NE Palm Bay

Most insurances accepted

HFcancer.org
Call 855.894.HOPE (4673) to make an appointment