In light of recent tragedies such as the Pulse nightclub shooting in Orlando, where 49 lives were lost and every second counted, Health First and the Brevard County Sheriff’s Office (BCSO) are working together to teach life-saving techniques to members of our community at no cost.

“Stop the Bleed” is a nationwide campaign to empower individuals to act quickly and save lives by using life-saving interventions such as pressure and tourniquet application.

Health First trauma providers and law enforcement officials are teaching “Stop the Bleed” training classes (Bleeding Control for the Injured B-con) at the Health First Training and Education Center (3470 N. Harbor City Blvd., Melbourne) at no cost to the community thanks to the generous support of the Health First Foundation. However, donations are being accepted to ensure the continuation of this life-saving training.

For a complete class schedule and to register for the course, visit HFsaves.org. If you are interested in donating to the Health First Foundation to ensure the continuation of this life-saving training, please call 321.434.7353 or visit HFgive.org

DID YOU KNOW?
- Trauma is the Number 1 cause of death for Americans between ages 1 and 46.
- Trauma is the Number 3 cause of death overall.
- More than 1,100 law enforcement officers and first responders have received the “Stop the Bleed” training.
- Each year, more than 192,000 people lose their lives to trauma.
- After a traumatic injury, bleeding is responsible for more than 35% of pre-hospital deaths and over 40% of deaths within the first 24 hours.
- Bleeding is the No. 1 cause of preventable death.

Health First and Brevard Sheriff’s Office Partner to ‘Stop the Bleed’
Incredible Water Rescue of Child Captures America’s Imagination

Health First Nurse Assists In Brave, Unforgettable Rescue of 23-Month Old Girl

My husband and I have only been married a few years, and when we were married, he made the statement, “I promise to always make it an adventure” as part of his vows. My husband is a sergeant at the Cocoa Police Department and I am a night shift clinical charge nurse at Health First’s Cape Canaveral Hospital in the emergency department. Because of hectic schedules we like to plan date nights. On August 19, we decided to take a ride to Sebastian to eat dinner. After dinner, we went home via U.S. 1 and decided to stop and take pictures of the moon over the Indian River.

We were just coming into Melbourne when my husband received a call from Cpl. Alan Worthy at the Cocoa Police department. He explained they had several 9-1-1 calls of an overturned boat in the Indian River just south of the Hubert Humphrey Bridge (State Road 520), with reports of two adults and two babies in the water. He had called the Coast Guard but they were more than an hour away. Cpl. Worthy wanted to know if my husband was able to respond in the Cocoa Police boat, which is docked at the marina in Cocoa Village.

My husband said he was on his way saying, “my wife is coming with me.” While we were en route to the marina, my husband told me what happened and said, “I can’t take you home, besides, if I need medical, I will need you there.”

We met at the marina and put the boat in the water. Cpl. Worthy said that there was a man and woman and their infant still in the water. As we were heading south in the river we could see the wreckage.

We drove around the capsized boat where we found a woman frantically swimming and yelling out her child’s name. She said that she was looking for her 23-month-old daughter named Kennedy. We confirmed everyone was accounted for except Kennedy. The mother told us they had heard Kennedy crying but couldn’t tell from where and that she was wearing a bright pink life vest.

With the help of Brevard County Sheriff’s Office Aviation Unit helicopter, we searched the area south of the bridge. At this point, my husband said we should go back to the overturned boat and search around it again. As we pulled up to the boat, I heard a distressed baby cry. The mother then started calling out “Kennedy” as we searched under the bridge and around the boat.

My husband pulled up next to the overturned boat and Cpl. Worthy leaned over the edge of the police boat shining his flashlight and calling out “Kennedy.” After a few minutes, he suddenly jumped up and said, “I think I see her, I see something pink.” He jumped into the water. Cocoa Police Officer Matt Rush jumped in as well, and a Good Samaritan fisherman also assisted.

“I FELT HER FOOT!”

Officer Rush came up out of the water and excitedly yelled, “I felt her foot!” He immediately dove under again. Within seconds a bright pink life vest popped up out of the water with Officer Rush holding on to the child. Cpl. Worthy took the child from Officer Rush and started swimming the few feet to the police boat. Kennedy was whimpering and coughing a lot.

I removed the life vest so I could visualize her better and assessed that she was not bleeding from anywhere. I wrapped her up under my life vest as much as possible in an effort to hold her close to provide warmth. I kept talking to her and patting her on her back. At the shore, Brevard County Fire Rescue and the Cocoa Fire Department were there. Kennedy’s dad came over immediately, talking to her and kissing her. The paramedics took her into the ambulance with her dad to go to the hospital.

I noticed mom on the shore holding her infant and crying. I went over to her, hugged her, and reassured her that her child was safe. Feeling this mother’s emotions was overwhelming. At the same time, I was relieved that Kennedy was recovered and relatively unharmed.

MIRACULOUS RECOVERY UNFORGETTABLE

Being a part of this miraculous recovery will stay with me forever. I have worked many years in emergency medicine and rarely have seen a positive outcome when the odds were stacked against it. It started with Kennedy’s parents making sure she wore her life vest. I encourage all who read this to always wear life vests on boats, especially on children.

I am proud to be a part of this rescue, moreover, I am proud of the heroes who work every day with the Cocoa Police Department and our brave first responders who keep their citizens safe. As my husband promised me on our wedding day, it’s always an adventure.
Medicare Advantage Plans Also Cover Emergencies and Urgently Needed Care

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tirement brings a delicious vista of days spent pursuing leisure passions, but as they say, with “great privileges come great responsibility.” When you retire, you, and not your former employer, are responsible for obtaining healthcare coverage that will be critical if your supposedly rosy retirement years ever were to turn blue because of illness or accident.

Yes, traditional Medicare will be an integral part of your medical protection, but note that it is just a part and not the totality. Medicare is composed of Part A, which covers hospitalization expenses, Part B, which covers outpatient medical expenses – the doctor’s visits, diagnostics and treatments – at a monthly premium that currently is $134.00 - $131.80, or more, depending on your income. Don’t think that premium gets you off the hook for medical expenses, for with Part B, you will still be responsible for an annual deductible of $166, then 20 percent of Medicare-approved covered services. There is no ceiling to the maximum out-of-pocket costs you could incur in a year.

To the rescue comes Medicare Part C, also known as Medicare Advantage Plans, offered by insurance companies such as Health First, which has the approval of the Centers for Medicare and Medicaid Services (CMS). These plans offer the advantage of fixed co-pays – or no copays at all in some instances – plus enhanced benefits and the option for prescription drug coverage.

There are some ground rules for these money-saving plans.

“Medicare Advantage Plans, the individual must be entitled to Part A and enrolled in Part B, and must live in the plan’s service area,” said Denitza Hernandez, Director of Medicare Sales for Health First Health Plans.

IMPRESSION COVERED

The scope of coverage is impressive. "Medicare Advantage Plans must cover all of the services original Medicare covers, except for hospice care, but hospice care is covered by original Medicare even if you’re in a Medicare Advantage Plan,” Hernandez added.

“All Medicare Advantage Plans also cover emergencies and urgently needed care.” That’s when things get trickier. Some plans choose not to cover services not deemed medically necessary under Medicare.

You need to check with your provider to see if a service you want or need is covered,” Hernandez said.

The ultimate beauty of Medicare Advantage Plans is their ability to control costs through managed care, just as health maintenance organizations, or HMOs, and preferred provider organizations, or PPOs. For the consumer, that translates into lower premiums than traditional Medicare and supplementary insurance.

"Plans such as Health First also offer bonuses that include wellness services, gym memberships and coverage for prescription drugs and vision, hearing and dental benefits,” Hernandez added.

“They are truly a one-stop shop for medical coverage and can save you both money and worry. They cover everything at a cost you can afford.”

While the good news is that Medicare Advantage Plans can be your health’s – and your wallet’s – best friend, the bad news is there are literally thousands of these plans available. Selecting the one perfect for you will take time.

ALL PLANS NOT EQUAL

Not all Medicare Advantage Plans are created equal, so consumers need to do their due diligence before selecting one that best suits their needs. If you’re already on Medicare, you can change plans during the AEP, or Annual Enrollment Period, which runs from Oct. 15 through Dec. 7. Coverage becomes effective on Jan. 1 the following year, so choose wisely…or you’ll be stuck with the wrong plan for a year ahead.

Consumers nearing retirement age should explore Medicare and its options well ahead of that magic day when you clean up your desk and head out of the office for the last time. You will have a limited amount of time to select a plan after you retire, so it pays to be ready.

“Know the premiums, deductibles and other costs. How much will hospital stays and doctor visits cost you out of pocket? Is there a yearly limit to these expenses?”

While some consumers are not tied to any particular physician, others couldn’t think of leaving their favorite doctor. If you’re in the latter category, make very, very sure your doctor accepts the coverage you’re considering. If you want to switch to another physician, ascertain that he is accepting new patients with your coverage.

“You also want to check if you need to get referrals to see a particular physician,” said Hernandez.

You may also have hospitals you prefer over others. The plan you select should include your favorite health care facility as an option. Plans that provide prescription coverage should encompass medications you routinely take. Convenience of locations for both pharmacies and physicians accepting the plan is also a consideration.

If a plan permits you to fill your prescriptions by mail, even better. Travel is often on the to-do list of many retirees, and if you’re one of these folks, consider a plan that covers your health while out of state or even out of country.

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Health First’s Medicare Advantage Plans, for example, offer everything original Medicare offers, plus additional benefits such as allowances for dental care, hearing and vision, as well as free membership at the health care system’s four Pro-Health and Fitness Centers, a nice bonus, since with retirement, you will have extra time to get in shape or take up a sport.

Health First’s Medicare Advantage Plans cover emergency care around the globe and offer no deductibles and preventive services at no cost to the patient. No referral is needed to see any of the plans’ 4,000 in-network physicians and providers.

Medicare Advantage Plans differ from Medicare supplements or Medigap plans because they handle all of your claims on your behalf. To help in your decision-making, Medicare.gov, the official government site for all things Medicare, offers a star system that rates plans on customer service, wellness options, chronic disease management and approximately 30 other detailed quality signals.

For information on original Medicare and Medicare Advantage Plans, call 1-800-MEDICARE or see medicare.gov. For more on the Health First Medicare Advantage Plan, call 1-800-716-7737 or see myhfhp.org.
Kathy Taylor’s ‘It’s a Nurse’ Video Pays Tribute To Nurses Everywhere

HEALTH FIRST WAS SO INSPIRED by Kathy Taylor’s letter about the outstanding care provided by its nurses, the letter was produced as a video, word for word, with images of Health First nurses. Nearly 300 Health First nurses and associates recently gathered to hear Taylor’s story at all four Health First hospitals.

Kathy Taylor endured the biggest heartbreak of her life—the loss of her 26-year-old son, Cory. Cory struggled for many years with heroin use and developed endocarditis and congestive heart failure as a result. This grieving mother wanted to do something to pay tribute to all of the nurses who cared for them during their multiple hospital stays at Health First’s Holmes Regional Medical Center. Kathy wrote a letter to the nurses to share her story. Health First was so inspired by her letter, they turned it into a video, word for word with images of Health First nurses. The video is meant to serve as a tribute to nurses everywhere who selflessly give of themselves to help others.

Kathy now lives in Ohio to be close to her granddaughter, Evey, and her daughter who is a cardiac care nurse and son-in-law who is a police officer in Cleveland. She recently came back to Melbourne to share her story at special “It’s a Nurse” events to visit again with the nurses who cared for her son.

HEARTFELT THANKS TO HEALTH FIRST NURSES

Without a dry eye in the room, nearly 300 Health First nurses and associates gathered to hear her story at all four Health First hospitals. Added with her heartfelt message of thanks to the Health First nurses was her hope to begin work on outreach programs back in her home state of Ohio to help others like her son who were good kids who were introduced and addicted to heroin. “This return to Florida was so life changing and inspiring,” Taylor said. “I know Cory is looking down on me and he is proud of the work I am doing in his honor.” Kathy joked that she thought her letter might end up in a break room somewhere in the hospital and maybe a few people would read it. Little did she know that her poignant words have now been viewed more than 500,000 times on the Internet.

“I can never thank my friends at Health First enough for making this beautiful video,” Taylor said. “It has helped me to grieve and to find a true passion and calling in life while helping others realize the compassion and real gift of nurses.”

You can view the “It’s A Nurse” video at hfnnurses.org

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Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information.

Limitations, copayments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call toll-free 1.877.904.4908 or TDD/TTY relay 1.800.955.8771.

The provider network may change at any time. You will receive notice when necessary. Only one gift card to Medicare eligibles who RSVP and attend a seminar with no obligation to enroll in the plan.

To reserve your seat and get a $10 gift card call toll-free 1.877.904.4908 or TDD/TTY relay 1.800.955.8771. We’re available seven days a week from 8 a.m. to 8 p.m.

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Healing Is Family Affair For Health First Cancer Institute Radiation Oncologist Dr. Anil Dhople

Sister Dr. Anita Dhople Is Hospitalist At Health First’s Viera Hospital, Father Dr. Arvind Dhople Is Professor Emeritus At Florida Tech

Healing is all in the family for radiation oncologist Dr. Anil Dhople with Health First Cancer Institute.

His father, Dr. Arvind Dhople, professor emeritus at Florida Tech, is world known for his research into infectious diseases. Dr. Dhople’s mother, Padmini, served for many years as a researcher in maternal and child health at Johns Hopkins School of Hygiene and Public Health in Baltimore. Both her father and grandfather were physicians in her native India. His older sister, Dr. Anita Dhople, is a hospitalist at Health First’s Viera Hospital.

Although both brother and sister opted for medicine as a career, the elder Dhoples never pushed their children into the decision. “I always wanted them to do what they wanted, but to do it well,” said the patriarch of the Dhople family.

For Dr. Anil Dhople, as well as for his sister, practicing medicine—and doing research—proved the right choice.

Dr. Anil Dhople earned his bachelor of science degree in biomedical engineering from Johns Hopkins University and had originally considered that field as a possibility, but a summer internship changed his mind. “I always wanted to be a doctor, to do something to help people,” he said. In 1994, Dr. Dhople earned his medical degree from the University of Florida College of Medicine and completed his internship in internal medicine, as well as his residency training in radiation oncology, at the University of Maryland School of Medicine. He served as assistant professor in the Department of Radiation Oncology at the University of Maryland School of Medicine from 2007 to 2009 and has been clinical assistant professor at the University of Central Florida School of Medicine since 2010.

Board-certified in radiation oncology by the American Board of Radiology, Dr. Anil Dhople currently treats a broad spectrum of cancers that include breast, lung, brain, gastrointestinal and prostate, among others. He is an expert with state-of-the-art radiation options such as Stereotactic Body Radiation Therapy (SBRT), Intensity Modulated Radiation Therapy (IMRT), Image Guided Radiation Therapy (IGRT) and Stereotactic Radiosurgery (SRS).

He counts as a favorite among his arsenal for treating that most common cancer in women, breast cancer, complex equipment such as 3D Breast Tomography, which depends on many X-ray images of the breast from different angles. A computer assembles the series of X-ray images into a highly focused, three-dimensional picture of the breast. This technology makes cancer easier to detect, particularly in dense breast tissue.

“We have been using it very successfully for the past year in the diagnosis as well as for routine surveillance of breast cancer survivors,” he said.

MULTIDISCIPLINARY APPROACH

Health First’s multidisciplinary approach to treatment is critical for optimal outcomes and he is proud to be part of this team, says Dr. Anil Dhople.

“We get together surgeons, medical oncologists, radiation oncologists, pathologist, primary care providers and radiologists to review complex cases, which results in earlier diagnosis and a more appropriate treatment,” he said, adding that as little as four decades ago, breast cancer remained a “hidden illness,” because women were reluctant to seek medical help or didn’t have access to the care needed.

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“The cure rates were so low because by the time these cancers were diagnosed, they had advanced to an aggressive stage,” said Dr. Anil Dhople.

“Breast cancer awareness initiatives, coupled with more sophisticated diagnostic and treatment technology, has really changed the picture.”

Dr. Anil Dhople was raised in Satellite Beach from the age of four and although both he and his sister left Brevard to test their wings, they eventually flew back to the family nest in Brevard.

“The tightly knitted family gets together at least once a week. Dr. Anil Dhople and his wife, Pamela, have been married 10 years and are parents to Alaina, six, and Amira, eight.

“I am blessed to be able to raise my children in the same neighborhood that I was brought up in,” says Dr. Arvind Dhople, who attended Surfinda Elementary, Delaura Junior High and Satellite High School.

“To provide complex, state-of-the-art cancer treatments, with a team of compassionate and empathetic people, in the community that raised me, is an honor and privilege.”

Dr. Anil Dhople practices at the Health First Cancer Institute. 1130 S. Hickory Street, Melbourne. For more information, call 321.409.1956 or visit hfcan.org

Health First Delivers Free Ice Cream To Thank Local First Responders

In an effort to show Health First’s support for first responders, the Integrated Delivery Network (IDN) delivered free ice cream to Brevard County first responders during the week leading up to the 15th anniversary of 9/11.

Chilly Willy Ice Cream & Sno-Balls delivered frozen treats on behalf of Health First to 588 first responders and two canines working at 38 different Brevard County Emergency Medical Services (EMS), fire/rescue, police and sheriff departments across the county.

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Health First

Breast Center

Girls night out mammo 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 and wine will be served.

Call today 321.434.6100. Appointment times are limited and will go fast.

For more information, visit HFBreastHealth.org

The Breast Center, 1223 Gateway Drive, Melbourne
October 11, 18 and 25 • November 8

Health First Imaging, 603 N. Washington Avenue, Titusville
October 6 and 20 • November 3

Viera Medical Plaza, 8725 N. Wickham Rd., Suite 101, Viera
October 12 and October 19

Cape Canaveral Hospital, 701 W. Cocoa Beach Cswy., Cocoa Bch. October 19