



discover

Alliance Health

Anterior Hip Replacement

New Procedure, Faster Recovery

When Diane Washburn, of Lake County, had anterior hip replacement surgery on her right hip in December, she was home four days later. That was much different from 2005, when she spent a week in the hospital and another two weeks in a rehabilitation facility following surgery on her left hip.

An avid orchid grower, Washburn was anxious to return to her garden. By early January, she no longer needed a walker and used a cane only when she was in a crowd. When spring arrived, she and her husband, Ralph, were on an airplane feeding their passion for travel.

“I’m back 100 percent,” says the 72-year-old Leesburg resident. “There’s not much I can’t do now—I can even pull weeds once in a while!”

Her orthopedic surgeon, Carl Ollivierre, MD, spearheaded the first anterior approach surgery for hip replacement last year at Leesburg Regional Medical Center.

A Different Approach

In the anterior approach, surgeons make an incision between the muscles at the front of the hip. Patients lie on their backs on a specialized table, which enables surgeons to work between muscles and tissues when replacing the joint.

“In the past, patients were placed on their sides, and muscles were cut,” explains Dr. Ollivierre. “The anterior approach preserves muscle integrity, which makes recovery time much faster.”

Dr. Ollivierre says that 90 to 95 percent of patients who need hip replacement are good candidates for the anterior approach if it’s their first surgery on the affected hip.

Washburn believes she delayed having the second surgery longer than she should have, but it paid off in this case. “I’m glad I waited five years so that I could have this newer procedure,” she says. “I bounced back twice as fast, maybe even three times faster.”

GET BACK TO THE LIFE YOU LOVE! | If a painful knee or sore hip is keeping you from the activities you enjoy, total joint replacement at the Alliance Bone & Joint Center may be right for you. To find a joint replacement surgeon, call the Alliance Health Line at **352-323-1000**. ☒

Having undergone anterior surgery to replace her right hip, Diane Washburn quickly returned to the activities she loves, including growing orchids and traveling.

 Leesburg Regional
Medical Center
Part of Central Florida Health Alliance



Thrill Seeker Back on His Feet at 83

Bob Fallstrom is a full-time newspaper editor and world traveler. His life of adventure came to an abrupt, but temporary, halt last November over a Costa Rican rain forest. Curiosity about zip-lining captured his attention while he was on a Panama Canal cruise.

“The accident was one-in-a-million,” Fallstrom says. “Someone was supposed to give an all-clear signal for the zip-liner behind me, but didn’t.”

The result was an almost catastrophic collision between Fallstrom and a 26-year-old man. Fallstrom sustained nine fractured ribs, a punctured lung and a fractured iliac wing (a pelvic bone near the right hip).

After two weeks in a Costa Rica hospital—with his daughter-in-law Julie Fallstrom, of Howey-in-the-Hills, by his side—Fallstrom was airlifted to Leesburg Regional Medical Center. He then spent two weeks at the William G. Ohme Rehabilitation Center, a recently expanded 22-bed inpatient comprehensive medical rehabilitation center at Leesburg Regional’s North Campus.

“The physical therapy was intense and they got me on my feet again so that I could return to the job I love,” says Fallstrom, who is now in his 62nd year as an editor for the Decatur, Ill., *Herald Review*.

Rebecca Jones, Administrative Director for the Ohme Rehab Center, says that patients

undergo therapy three hours a day, seven days a week. Patients stay an average of 15 days.

“Our patients are seen daily by a physician who specializes in physical medicine and rehabilitation,” Jones says.

The Ohme Rehab Center is designated by the Commission on Accreditation for Rehabilitation Facilities as a stroke specialty program. Although the center specializes in rehab for stroke victims, it also offers services for traumatic brain/spinal cord injuries, general neurological disorders, total joint replacements, orthopedic conditions and other debilities.

After his harrowing experience on a zip-line and a four-month recovery, Fallstrom had plenty of fodder for his weekly column, including a piece about his therapy at the Ohme Rehab Center. “Rehab was painful, necessary and successful,” he wrote. “Without the rehab workers insisting on the exercise, I would be a homebound invalid.”



State-of-the-Art Imaging Services

If you’re 40 or older, regular mammograms belong on your to-do list. This screening test offers substantial benefits for fighting breast cancer.

One of the most recent advances in x-ray mammography is digital mammography, and Leesburg Regional Medical Center offers this state-of-the-art imaging service to our community. Digital (computerized) mammography is similar to standard mammography in that x-rays are used to produce detailed images of the breast, but the system is equipped with a digital receptor and a computer instead of a film cassette. This new technology is key for early detection of cancer.

Leesburg Regional Medical Center was recently awarded a three-year accreditation in digital mammography as the result of a survey by the American College of Radiology (ACR). “We consider the ACR to be the benchmark for quality,” says Steve Smith, Director of Imaging Services for Central Florida Health Alliance. “They provide us with an independent, expert assessment of our image quality and practice standards. The ACR certification is the stamp of excellence in imaging.”

Recently, the mammography suite at Leesburg Regional underwent a makeover (made possible by a donation from the hospital Auxiliary) that resulted in a more comforting and positive experience for patients. Coffee and cookies are offered in the newly refurbished waiting area, and patients are provided with spa robes rather than the traditional hospital gown. “We are very proud of the services we offer,” says Margaret Beeching, RT(R)(M), AART, Mammography Coordinator at Leesburg Regional. “Our goal is to make sure that every patient feels loved. We provide a very hands-on effort coordinated between the radiologists and mammographers.”

CALL TODAY! | To learn more or to schedule an appointment at Leesburg Regional’s newly refurbished mammography suite, call **352-751-8888**. Same-day or next-day appointments are available as well as evening and weekend hours. ☒

DON’T STOP LIVING ADVENTUROUSLY! | Contact the Ohme Rehabilitation Center at Leesburg Regional to learn more about our intensive, specialized rehab services by calling **352-323-5620**. ☒

The Path to the Heart Starts at the Wrist

Each year, more than a million cardiac catheterizations are performed in the U.S. Most start with a puncture to the femoral artery in the groin. While this is the most common approach, the entry point is sometimes difficult to reach and has a greater associated risk of bleeding complications, especially in women; postprocedure pain; and a slower recovery period.

Leesburg Regional Medical Center now offers patients an alternative approach for heart catheterizations, which starts at the wrist.

The transradial approach uses the wrist to gain access to arteries that lead to the heart. Once access to the artery is made, the interventional cardiologist can determine if and where there are blockages that impede blood flow to the heart and/or open up the blocked artery.

The interventional cardiologists at the Alliance Heart Institute have embraced the transradial approach as a way to reduce risk of complications, improve patient outcomes and significantly improve the overall patient experience.

For some patients, including women, the elderly, those who have peripheral vascular disease and those who are obese, transradial access provides documented reductions in bleeding, swelling and back pain. In fact, patients treated with transradial

access are able to sit up and walk around almost immediately after the procedure, resulting in faster discharge and recovery.

“We’ve expanded our use of transradial access for both diagnostic and interventional procedures to ensure better outcomes and patient comfort,” says Srinivas Attanti, MD, interventional cardiologist.

“Patients and referring physicians now prefer this procedure as it enables the patient to be mobile much faster and offers less post-procedure pain.”

Shrikanth Upadya, MD, interventional cardiologist, continues, “It’s better for patients and it’s better for our healthcare system. There are less complications and more comfort for patients. Not everyone is a candidate, so we encourage patients to speak with their physicians.”



Kenneth Carter sits up in the recovery area just ten minutes after his heart catheterization.

NEED A HEART CATHETERIZATION? | The Alliance Heart Institute at Leesburg Regional Medical Center may be right for you. To find an interventional cardiologist associated with the Alliance Heart Institute, call **352-323-1000** or toll-free **1-800-889-3755**. ☎



Easy Patient ID and Faster Service


“All I had to do was swipe my membership card, and I was admitted to the Hospital so quickly,” says Terri Sandefer, Sumter County resident and new Healthy Express program member. The Healthy Express membership program at Central Florida Health Alliance offers free, expedited registration to its participants at Leesburg Regional Medical Center, The Villages Regional Hospital and our family of healthcare services.


The membership is free and includes a personalized membership card for expedited registration, a subscription to monthly e-health newsletters and a convenient wallet-size medication record card.



ENHANCE YOUR PATIENT EXPERIENCE! | Enrollment for Healthy Express is quick and easy. Simply complete an application at CFHAlliance.org/membership.htm or call **352-323-1000** or toll-free **1-800-889-3755**. ☎

Where to Find Us

 **Leesburg Regional Medical Center**
600 E. Dixie Ave. | Leesburg, FL 34748
352-323-5762

 **The Villages Regional Hospital**
1451 El Camino Real | The Villages, FL 32159
352-751-8000

Find a Physician

To find a physician or for more information, call the Alliance Health Line at **1-800-889-3755**.

DISCOVER ALLIANCE HEALTH is published by the Marketing and Public Relations Department of Central Florida Health Alliance. The information within this publication is intended to educate readers about subjects pertinent to their health and is not meant to substitute for consultation with a personal physician. Visit CFHAlliance.org for more information.

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2 Tips for Sun Safety


It's true: The power to stay safe in the sun lies in the palm of your hand. By taking a few precautions, you can enjoy summer sunshine without damaging your health. Start by following these two tips from the American Cancer Society and the American Academy of Dermatologists:

Use a palmful of sunscreen. Adults need about 1 ounce (a palmful) of sunscreen to cover their arms, legs, neck and face. Be just as generous when applying sunscreen to children.

Stand under a shaded tree, beach umbrella or other form of shelter whenever possible. Seek shade as often as you can, especially from 10 a.m. to 4 p.m., when the sun is the strongest.

DISCOVER MORE | Get more tips for staying safe when the weather gets warm. Visit CFHAlliance.org and select "Summer safety" from the "Select a health topic" menu. ☒



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Making a Difference With Each Result

A pathologist is a key player on your team of health providers. Your physician relies on doctors of pathology to help diagnose various illnesses through lab analyses of tissue samples, blood and other fluids.

"A patient may not see the pathologist, but that doesn't mean the pathologist isn't seeing the patient," says Orlando Icaza, MD, one of the three staff pathologists with Alliance Labs.

Pathologists are physicians who complete an additional five years of training in pathology after medical school and become board-certified in the field. All Alliance Labs pathologists specialize in anatomical and clinical pathology.

Dr. Icaza points out that many patients confuse anatomical and clinical pathology with forensic pathology. "Many people think pathologists look only at the tissue after a death," he says. "We are more involved with diagnosing patients for their physicians."

The best part of the job, Dr. Icaza adds, is helping physicians help patients by identifying and resolving medical problems.

Alliance Labs offers state-of-the-art medical lab facilities close to home, with locations at The Villages Regional Hospital, Leesburg Regional Medical Center, Lake Sumter Landing in The Villages and Buffalo Ridge across from The Villages High School. Also, a new location has opened at Alliance First Care in Tavares, next to Holiday Inn Express.

WHEN YOU NEED LAB WORK, DON'T WAIT! | Walk in to any Alliance Labs location for your outpatient visit or call **877-455-4522** for more information. No appointment necessary! ☒

