Countdown to completion

The Patricia R. Guerrieri Pavilion is nearly finished.

In this issue:

- WOW: Women Owning Wellness
- Cancer Screening

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FALL 2012
To the women in our community,

Fall has arrived, and we could not be more proud to announce that the Dorothy Mangurian Comprehensive Women’s Center will soon be complete!

With the exciting addition of the Patricia R. Guerrieri Pavilion, all three phases will be open to the public. After so many years of hard work, dedication and incredible generosity from our community, this project has finally come to fruition in its entirety (read more about Phase 3 on page 4).

To celebrate, we are having a community opening of Phase 3’s Patricia R. Guerrieri Pavilion on Saturday, Nov. 17. Please plan to attend and bring your family!

Although the Center will soon be completely built, the fundraising continues to support its special community outreach programs and women’s health charity care. This is where Women Owning Wellness, or WOW, comes in! This new volunteer group will branch out of the Holy Cross Hospital Auxiliary, and its main purpose is to raise funds for women’s health at Holy Cross.

Their first order of business was taking on our fifth annual “This One’s for the Girls” luncheon, benefiting the Women’s Center. The luncheon was held on Oct. 4 at the Hyatt Pier 66 and chaired by Carrie Stiles Tidwell, Libby West and Laura Minor. Due to our printing deadline, the full article and photos from the luncheon will be in the next issue of Time Out for Women (read more about WOW on page 6).

Inside this issue you will also read more about:

- Community education events
- Medical acupuncture
- Dizziness and how it is treated
- Assessing your cancer risk
- The Women’s Center Boutique
- International services
- Valve and structural heart disease
- Diabetes skin care
- Endoscopic ultrasound
- The Holy Cross Hospital Golf Classic
- Links of Love

We hope to see you on Nov. 17!

Warmly,

Patrick Taylor, MD, and Doreen Koenig

From the CEO

Doreen Koenig, Dorothy Mangurian Comprehensive Women’s Center Community Leadership Chair

Patrick Taylor, MD, Holy Cross Hospital President and CEO

In this issue

WOW! Women helping women

Finding (and keeping) your balance

Diabetes: Save your skin

An inside view with endoscopic ultrasound

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Information in TIME OUT FOR WOMEN comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.

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TIM E OUT FOR

women

Holy Cross

Hospital

2 Time Out for Women
FREE COMMUNITY LECTURES

Dinner with the Doctor
October to May, Wednesdays, 4 to 5 p.m.
Sister Innocent Conference Center, Holy Cross Hospital
RSVP at 954-351-5886

Time Out for Women
October to May, one Thursday each month, 6 to 7 p.m.
Dorothy Mangurian Comprehensive Women’s Center
For the schedule and/or to RSVP, call 954-351-7804.

The Ortho Hour
Dates, times and locations vary.
For the schedule and/or to RSVP, call 954-351-5886.

SUPPORT GROUPS

Alzheimer’s Support Group
For caregivers, family and friends of those with memory-loss issues.
First and third Saturdays of each month, 10 a.m.
Sister Innocent Conference Center, Holy Cross Hospital
For more information, call 954-491-2499.

Bariatric Informational Sessions
Second and fourth Tuesdays of each month, 6 to 7 p.m.
Sister Innocent Conference Center, Holy Cross Hospital
For more information, call 800-554-2839.

Bariatric Support Group
Fourth Tuesday of each month, 7:15 to 8:30 p.m.
Sister Innocent Conference Center, Holy Cross Hospital
For more information, call 954-351-7770.

Bereavement Support Groups
  ➔ General bereavement: Second and fourth Mondays of each month, 2:30 to 3:30 p.m.
  ➔ Dealing with losses during the holidays: First three Thursdays in December, 6 to 7:30 p.m.
  ➔ Grieving spouses only: First and Third Tuesdays of each month, 6 to 7:30 p.m.
Michael and Dianne Bienes Cancer Center, Holy Cross Hospital
For more information, call 954-267-7770.

Breast Cancer Survivorship Support Group
Second and fourth Mondays of each month, 6 to 7:30 p.m.
Michael and Dianne Bienes Cancer Center, first floor
For more information, call 954-267-7770.

I Can Cope Program
Series of classes about cancer and its comprehensive treatment offered in a one-day format; offered once in Spring and once in Fall.
Michael and Dianne Bienes Cancer Center
For more information, call 954-267-7770.

Look Good...Feel Better for Cancer Patients
Third Monday of each month, 7 to 9 p.m.
Michael and Dianne Bienes Cancer Center, first floor
For more information, call 954-267-7770.

Lymphoma/Leukemia and Multiple Myeloma Groups
Fourth Thursday of each month (third Thursday in November), 5:30 to 7 p.m.
Michael and Dianne Bienes Cancer Center, second floor
For patients diagnosed with cancer of the blood/lymphatic system.
For more information, call 954-267-7770.

Mended Hearts Chapter #347
Jim Moran Heart & Vascular Center
Affiliated with the American Heart Association. Provides support, health information and outreach programs to survivors of cardiovascular disease.
For more information, call 954-229-7961.

Newly Diagnosed Cancer Support Group
Tuesdays, 10:30 a.m. to noon
Eight-week sessions; registration required.
Michael and Dianne Bienes Cancer Center, first floor
For more information, call 954-267-7770.

Prostate Cancer Support Group
Fourth Tuesday of each month, 4 to 5 p.m. (No meetings in November and December.)
Michael and Dianne Bienes Cancer Center
For more information, call 954-267-7770.

Survivor/Caregiver Cancer Support Group
First Monday of each month, 6 to 7:30 p.m.
Michael and Dianne Bienes Cancer Center, first floor
For more information, call 954-267-7770.

STRIVE Support Group
First Wednesday of each month, 10 to 11 a.m.
Sister Innocent Conference Center, Holy Cross Hospital
For stroke survivors and their family and friends. For more information, call 954-776-3075.
CONSTRUCTION of the third and final phase of the Dorothy Mangurian Comprehensive Women’s Center is under way and almost completed! Phase 3, the Patricia R. Guerrieri Pavilion, is set to open Nov. 17 for our Community Day. Plan to attend this fun and free event to see the fully finished Center.

Part of the Guerrieri Pavilion will include an art gallery featuring local women artists. The exhibitions will change every six months. The gallery opens with the stunning works of noted oncologist turned artist Wilma Siegel, MD. Dr. Siegel has had many exhibitions throughout the country and is celebrated for her work connecting medicine with art.

We are pleased to have Irvin Lippman, retired Museum of Art Executive Director, as our guest curator for this exhibition. Under Lippman’s leadership, the museum achieved unprecedented success with exhibitions making it the most attended art museum in South Florida. Joining Lippman is the Museum of Art Exhibition Designer and Chief Preparator Freddy Jouwayed, who will serve as the Women’s Center art gallery Exhibition Designer. Holy Cross is very excited to have Siegel, Lippman and Jouwayed share their talent and expertise with the Women’s Center.

The Guerrieri Pavilion’s community education rooms (varying in size to accommodate 10 to 150 people) will host many community outreach programs for the Women’s Center. Holy Cross is reaching out to several of our community’s prominent nonprofit organizations, including Women in Distress of Broward County, Gilda’s Club, the Mental Health Association of Broward, the National Council of Catholic Women and the Girl Scouts of America, to provide space for them to conduct their services at the Women’s Center.

The Reverence Wall will also be permanently installed in the Guerrieri Pavilion and will showcase the sentiments of 20 special donors whose inspirational messages will be inscribed on glass panels in a spectacular installation of wood and stone. These donors are dedicated to the mission of the Women’s Center to bring quality and compassionate care to all the women in our community.

Donors will provide personally fulfilling quotes—something that resonates in their hearts, including tributes to loved ones, lines from a favorite poem, a passage from the Bible, something to inspire others or simply something that makes them smile. Rita Case; Nancy Brown, of the Fritch Foundation; AutoNation; Mary Short; Monica and Mike Maroone; and Gail and Michael Kaplan already have their quotes up.

This level of support also designates donors as Mercy Circle supporters of Holy Cross Hospital. Their names will also be recognized in the rotunda donor recognition area adjacent to the main lobby of the Hospital and on the major donor wall of the Women’s Center. If you are interested in supporting the Women’s Center and becoming a Reverence Wall donor, please call 954-229-8569.

In addition, the Guerrieri Pavilion will offer a medical spa, lifestyle counseling rooms, a health education lobby, a volunteer office, physician suites, a café and a teaching kitchen. The teaching kitchen in the Guerrieri Pavilion will be used for demonstrations on healthy cooking, proper nutrition, heart-healthy eating, special diets for people with diabetes or cancer, weight control, and more.
Medical acupuncture: Get the facts

MOST HISTORIANS AGREE that acupuncture started during the Stone Age between 8000 and 3000 B.C. Stone needles have been found in ancient tombs excavated in Mongolia and Hunan Province. Later, the needles used were made of bone and bamboo. In the Bronze Age, needles were made out of metal, iron, gold, silver and jade.

In Chinese medicine, Chi (the vital force or energy) nourishes and travels throughout the body along different channels, or meridians. When the distribution of energy is balanced in the channels, there is a state of good health. External and internal causes (bacteria, stress, trauma, etc.) produce local accumulations of energy followed by symptoms (headache, spasms and anxiety). Chronic diseases such as renal failure and cancer deplete energy on the channels. In acupuncture, very thin needles are inserted in specific points throughout the channel to increase energy (twisting to the right, using heat moxibustion or electrode stimulation) or drain an area (twisting the needle to the left, leaving it longer and removing it slowly) to balance the energies and decrease symptoms.

Each channel embodies specific organs, tissues and expected psychosocial reactions. The organs are also paired with the environment (fire, earth, wood, metal and water). Unlike western medicine, acupuncture treats the whole body with a focus on environmental relationships, not only symptoms. The acupuncturist relies on a physical exam (similar to western medicine) with special attention to the tongue and 28 different qualities of the pulse of both wrists to find energy distribution.

Within the United States, an ear acupuncture protocol has been created and approved to treat drug and alcohol dependence. In recent years, U.S. military doctors who practice acupuncture have advanced semipermanent ear subcutaneous tag insertions that have been shown to increase pain threshold. Every soldier is offered this protocol at the time of deployment to the front.

Pregnant women are treated with acupuncture for multiple conditions: nausea, headache, sinusitis, back pain and itching. There are also specific treatments to prepare for and conduct labor.

Learn more about medical acupuncture at the Dorothy Mangurian Comprehensive Women’s Center by calling Dr. Lichtinger at 954-229-8660 or the Zachariah Family Wellness Pavilion at 954-229-7950. For a complete list of Women’s Center services, visit www.holycrosswomenscenter.com.
women owning wellness

through the support of many wonderful members of our community, Holy Cross Hospital has reached an important milestone: the Dorothy Mangurian Comprehensive Women’s Center will be complete this fall! In anticipation of the ongoing funding and volunteer needs to bring the Center to life, we have created a new organization that has been sanctioned by the Holy Cross Hospital Auxiliary to work in partnership with Holy Cross Hospital.

This new organization is Women Owning Wellness, or WOW! Chairs Doreen Koenig, Monica Maroone, Sheri Whittington, Carrie Stiles Tidwell, Libby West, Laura Minor, Elise Alexander and Pat Doering will lead WOW, a stellar group of community leaders who will build this organization into one of Broward County’s premier fundraising and volunteer efforts.

Their goal will be to help establish long-term bonds between the community at large and Holy Cross Hospital—in particular, endeavors that focus on improving the health and life experience of women, their families and their neighbors. They will serve on committees and support fundraisers. The first fundraiser they’ve organized is the annual “This One’s for the Girls” luncheon, which was held on Oct. 4 at the Hyatt Pier 66 and benefitted the Women’s Center.

“The Holy Cross Hospital Auxiliary is so excited to welcome Women Owning Wellness,” says Maxine Holzworth, Holy Cross Hospital Auxiliary President. “WOW is going to be a great support to the efforts of the Auxiliary and for the wonderful work conducted at the Dorothy Mangurian Comprehensive Women’s Center.”

Women Owning Wellness (WOW) orientation breakfast meeting at Holy Cross HealthPlex

from left, Sheri Whittington, Laura Minor, Libby West, Carrie Stiles Tidwell and Doreen Koenig, leaders of Women Owning Wellness. Leader Monica Maroone is not pictured.
People often have bouts of debilitating dizziness for several years without much more relief than medication that allows them to sleep through it. Usually they realize by themselves that rolling over in bed to one side or the other triggers the dizziness. They then spend the rest of their nights avoiding sleeping on that side.

The causes of dizziness can be varied and complex. Benign paroxysmal positional vertigo (BPPV) is the most common vestibular disorder in adults. Small calcium carbonate crystals called otoconia are normally attached to the membranes in the inner ear. These crystals can detach due to trauma, infection or aging. They can travel to the semicircular ear canals where they disturb the normal mechanism sending information to the brain, causing dizziness.

The diagnosis of BPPV is made after talking with your doctor and having a positive Dix-Hallpike or horizontal roll test. The clinician must rule out other causes of dizziness, vertigo or imbalance. Central nervous system disorders, orthostatic hypotension and reaction to medication are just some of the other causes and require a very different approach to treatment.

Treatments

The treatment for BPPV can be quite simple. After the clinician has determined in which of the potential six canals the crystal is located, a maneuver can be performed to empty the canal of the debris. This canalith repositioning, or Epley maneuver, must be performed under a clinician’s supervision at first to make sure the crystal does not enter another canal. Generally, these maneuvers are 80 to 90 percent effective.

BPPV often recurs. About 33 percent of patients have a recurrence in the first year after treatment, and by five years, about half of all patients have a recurrence. Patients who experience this recurrence usually require more treatment and education in how to perform either the canalith repositioning maneuver (CRM) or Brandt-Daroff exercises independently in the future.

In some patients, positional vertigo can be eliminated. But if a feeling of imbalance persists, consult your physical therapist.

Learn more about Holy Cross Hospital Rehabilitation Institute’s Balance and Vestibular Program by calling 954-492-5738.
By Jorge Adames, PA, RN, BSN, and Z. Ena Segota, MD, Hematology/Oncology, Holy Cross Medical Group

The treatment of breast cancer has advanced in the last several years. New drugs, or combinations of drugs, used in the treatment of breast cancer have been approved by the U.S. Food and Drug Administration after demonstrating their benefit during well-planned breast cancer clinical trials. However, only 5 to 10 percent of women with breast cancer participate in trials.

If you or a loved one faces a diagnosis of breast cancer, either for the first time or after several years of being cancer-free, you deserve to know all your treatment options. In many instances, the right treatment for you comes in the form of a clinical trial.

Why do so few women participate in clinical trials? According to studies, the answers given by patients include: lack of knowledge about what a clinical trial really is, cancer doctor never offered a clinical trial as an equally good alternative for treatment, and problems with more appointments and tests.

On the other hand, patients who participate in clinical trials talk about definite benefits such as access to new cancer drugs and access to closer observation and monitoring, including the opportunity to ask more questions and get more treatment information from their physicians and research staff. Many patients have a strong desire to help others and give their own time and experiences in order to benefit other women.

Today’s clinical trials involve not only the patient but also a large team of professionals, including nurse navigators, research nurses, social workers, patient advocates, pharmacists, statisticians, medical monitors and the oncologist as team leader and director. Any woman enrolled in a breast clinical trial has a multitude of opportunities to be part of and a voice in her treatment. Patient rights are paramount in clinical trials.

Holy Cross Hospital has a breast cancer research program with several clinical trials, which could be part of your treatment or an alternative if a prior treatment fails. Please ask your doctor about breast cancer clinical trials as a treatment option.

Treatment successes today are the result of courageous women and well-organized research teams. 

Learn more about our breast cancer clinical trials by calling 954-267-7750 or visiting www.holy-cross.com/cancer/clinical-trials.
CANCER RISK ASSESSMENT, screening and prevention programs are vital to educating people about reducing their chances of developing cancer and assessing the need for intervention. The Michael & Dianne Bienes Comprehensive Cancer Center offers a Cancer Risk and Prevention Program under the direction of a genetic nurse counselor and the cancer center physicians.

Although the program is for anyone with cancer or a family history of cancer, the vast majority of the participants are women who have or have had breast or ovarian cancer or who are at high risk for developing one of these cancers.

In light of a growing body of research confirming that many common cancers—including breast, ovarian and colorectal cancer—are hereditary, the Clinical Cancer Genetics Cancer Risk and Prevention Program helps people understand their personal cancer risk profiles, offering a comprehensive cancer risk assessment that takes into account family history and genetics, along with environmental and lifestyle factors.

With this information, people can take proactive steps to prevent or beat cancer.

The genetic test for Hereditary Breast and Ovarian Cancer (HBOC) consists of an analysis of the BRCA1 and BRCA2 genes by sequencing and large rearrangement. If you meet the criteria for having a mutation, most insurance providers will cover the cost. Knowledge of a mutation in the BRCA genes enables one to be proactive in prevention of cancer, treatment choices and identifying family members who may be at risk (or not) of having a mutation.

**A few fast facts about HBOC**

- **The prevalence of HBOC** in the general population is 1 in 400 to 500. For the Ashkenazi Jewish population, it is 1 in 40.
- **HBOC accounts for** approximately 7 percent of breast cancers and 14 percent of ovarian cancers.
- **Age of onset (under 50)** and family history of related cancers are important indicators of those at risk, but many other factors can play a role.
- **The primary cancers in HBOC** are breast and ovarian, but other cancers associated with this syndrome are prostate cancer, melanoma and pancreatic cancer.

**SOURCES**

Retail therapy

THE BOUTIQUE AT THE WOMEN’S CENTER IS NOW OPEN!

FOLLOWING in the footsteps of Lorelei’s Gift Shop at Holy Cross Hospital, on May 17, the special boutique at the Dorothy Mangurian Comprehensive Women’s Center opened for business. While the women of our community take care of their health needs, they can now also stop by the boutique and grab a chic gift to go.

Something for everyone

The boutique offers magazines, books, greeting cards, flameless candles, nightlights, chimes, garden flags, journals, jewelry and accessories, bookmarks, reading glasses and many other varieties of gift and home decor items.

Like Lorelei’s Gift Shop, the boutique at the Women’s Center benefits the Holy Cross Hospital Auxiliary. The Auxiliary in turn donates its annual profits from the Gift Shop, Pink Lady Thrift Store, fundraising gala and now the boutique to the Women’s Center.

“The boutique is a beautiful, serene place where our patients, associates and community can browse and find unique gifts,” says Sherri Clemans, Gift Shop Coordinator, who manages the daily operations of the boutique. “It’s a place to escape and be inspired.

“I’d like to think of our boutique as a form of retail therapy. It’s unexpected and is a treat for them to browse. I like to see the smile on a customer’s face when they discover the shop. It’s also convenient to make gift purchases while they are taking care of themselves.”

The boutique is located at the main entrance of the Women’s Center, next to the Marti Huizenga Meditation Chapel and Healing Garden."
NO MATTER where you live, you can now receive the quality care that has been keeping South Florida healthy for over 55 years. We’ve opened our doors to the world, breaking down the barriers that shouldn’t exist between you and exceptional healthcare. Holy Cross Hospital’s International Services team comprises multicultural staff members who understand the needs of our international patients. We offer assistance 24 hours a day, 365 days a year to ensure that our international patients feel welcomed and are comfortable, with special consideration for unique cultural needs.

Our International Services team is ready to provide:

→ 24-hour accessibility to handle emergency cases
→ Coordination of hospital and medical appointments
→ Coordination of travel arrangements
→ Discounts and arrangements for hotels and long-term housing
→ Discounts and arrangements for car rentals
→ Air and ground ambulance arrangements
→ Financial services
→ Transportation assistance
→ Translation services
→ Personalized concierge services

Don’t let geographic borders stop you from receiving the quality care that you and your family need. Call 866-262-8621 to speak with our International Services team.
SEVERE AORTICstenosis is the narrowing of the valve opening, which causes the heart to work harder to pump blood through the body. One of the primary causes of aortic stenosis is the buildup of calcium on the valve leaflets over time. This eventually weakens the heart and leads to symptoms such as shortness of breath, light-headedness, chest pain, and fainting or near-fainting.

The Valve and Structural Heart Disease Clinic at Holy Cross Hospital provides multidisciplinary evaluation for patients with severe aortic stenosis from a team of cardiovascular surgeons, interventional cardiologists, echocardiologists, and imaging specialists. Our comprehensive evaluation includes a functional assessment, transesophageal echocardiography, computed tomography (CT) angiography with a 256-slice scanner and cardiac angiography. The team gathers weekly to discuss each patient’s medical status and makes a recommendation on the most appropriate treatment option: traditional open-heart or minimally invasive surgery, transcatheter aortic valve replacement (TAVR), or medical management.

The gold standard for treatment of severe aortic stenosis is open-heart surgical aortic valve replacement. But what about those who cannot undergo open-heart surgery? The risk of death with medical therapy is 25 percent in one year and 50 percent in two years for patients with symptomatic moderate to severe aortic stenosis. In the PARTNER (Placement of AoRtic TraNscathetER Valve) trial, 50 percent of those treated with optimal medical therapy died within one year.

This pivotal trial found that, in this group of patients who were deemed inoperable, “TAVR, as compared with standard therapy, significantly reduced the rates of death from any cause, the composite end point of death from any cause or repeat hospitalization, and cardiac symptoms.”

What is TAVR?

For those who have severe aortic stenosis but cannot have open-heart surgery because of comorbidities, advanced age or frailty, there is now a therapeutic option. In November 2011, the FDA approved the Edwards Sapien valve to be implanted via a catheter. The valve is encased in a stent, which is crimped onto a balloon and threaded up through the existing aortic valve via the femoral artery in the groin. The balloon is inflated to expand the stent; the result is a new aortic valve.

Holy Cross Hospital was the first in Broward County to perform the TAVR procedure in our state-of-the-art hybrid operating room with outstanding success in our outcomes. For more information, visit us online at www.HolyCrossHeart.com or call the Valve and Structural Heart Disease Clinic at 954-229-7974.

SOURCES
Diabetes CAN wreak havoc on the skin, because it affects how the blood vessels nourish the body. It often results in a reduction of the nutrient supply to the skin, which leads to dry, itchy skin and suppression of the body’s ability to fight infection. Subsequently, people with diabetes have to work hard to protect their skin, because bacteria can sneak in via a small cut or blister and cause serious infections, which if left untreated can cause loss of limbs.

Thankfully, a little extra care can make a difference. Here are 10 must-dos for people with diabetes, according to the American Diabetes Association:

10. Keep skin clean, but bathe less often to preserve moisture.
9. Take warm to cool (not hot) baths and showers.
8. Use lotions to moisturize and soften skin. Dry skin itches and cracks, letting infections take hold.
7. Dry carefully between toes, but don’t use lotion there. The moisture may encourage fungal growth.
6. Treat cuts right away.
5. During dry and cold months, keep the house humid.
4. Pamper your feet, checking them every day for sores and cuts.
3. Wear wide-toed shoes that fit well to avoid blisters and sores.
2. See your doctor or dermatologist right away for any major cut or burn or for skin problems you can’t control.
1. Keep glucose levels under control. This helps your whole body, including your skin, stay as problem-free as possible.

Learn about Holy Cross Hospital’s Wound Healing and Hyperbarics Program by calling 954-202-4877 or visiting us online at www.HolyCrossHealthPlex.com.
HOLY CROSS Hospital offers the Olympus EUS System, in which endoscopic ultrasound imaging combines ultrasound technology with endoscopy to better visualize the tissues of the digestive tract and adjacent anatomical structures inside the body. This technology provides more detailed pictures of the gastrointestinal (GI) tract, including the esophagus, stomach, first part of the small bowel and colon, as well as surrounding tissues and organs such as the pancreas, gallbladder, liver and spleen.

Emad M. Abuhamda, MD, FACP, of the Holy Cross Medical Group, who is board-certified in gastroenterology and hepatology, is experienced in using the Olympus EUS System.

“This technology has proved useful in tissue sample collection using fine needle aspiration (FNA), aspiration of lymph nodes and cysts, and administration of certain therapies, such as the celiac plexus block and neurolysis,” he says. “The ability to visually guide FNA makes the Olympus EUS System an advanced, minimally invasive alternative to exploratory surgery.”

Dr. Abuhamda, trained in the multidisciplinary field of endosonography, uses this technology in a variety of applications to help stage cancers such as esophageal, gastric, rectal and pancreatic cancers; diagnose diseases of internal organs; locate common bile duct stones; and evaluate masses in the submucosal lining of the GI tract or in enlarged stomach folds, to name a few.

Two primary advantages

While conventional ultrasound is performed by placing a transducer against the skin to produce images of internal organs, with EUS, the transducer is endoscopically inserted into the body via the digestive tract, placing the transducer closer to the area of interest to obtain higher-resolution images.

The second advantage is that EUS allows physicians to see internal organs without making an incision unlike with conventional endoscopy. The addition of ultrasound allows the endoscopist to see beyond the innermost lining of the digestive tract, or its wall, to visualize all four layers of the GI tract as well as surrounding tissue and organs.

“This means that an abnormality below the surface of the digestive tract wall can be further evaluated under EUS, helping us better understand its nature and prescribe the best treatment option,” says Dr. Abuhamda.

If you have questions about endoscopic ultrasound, call Dr. Abuhamda at 954-928-1778.
For two years, the Holy Cross Hospital Golf Classic has been a great success, raising nearly $300,000 for the Dorothy Mangurian Comprehensive Women’s Center. The committee has begun preparations for the third annual tournament, which will once again be held at Coral Ridge Country Club on Feb. 6, 2013.

Doreen Koenig and Sheri Whittington are co-chairing the event, and the Harry T. Mangurian, Jr. Foundation will present the Holy Cross Golf Classic for the third year in a row. Koenig and Whittington, along with Monica Maroone, also spearhead the Community Leadership Committee for the Dorothy Mangurian Comprehensive Women’s Center.

Prior to the Golf Classic, the Girlfriend’s Club will hold their third annual Golf Clinic at Coral Ridge Country Club, which allows the Girlfriends to brush up on their golf skills with Coral Ridge professionals while enjoying refreshments followed by lunch.

For more information on the Holy Cross Hospital Golf Classic, call 954-229-8562.

Links of Love

The Holy Cross Michael and Dianne Bienes Comprehensive Cancer Center and the Spiritual Care department are proud to introduce the Links of Love Prayer Ministry. This program is dedicated to lifting up the needs and concerns of others in prayer.

The prayer chain is activated when we receive a prayer request. All of our Cancer Center patients, their loved ones and our Cancer Center associates are invited to place their requests in the prayer boxes available in various locations throughout the Cancer Center. The prayers are then linked as each intention is prayed for and presented once a month during Mass, which is held in the Holy Cross Chapel. During National Cancer Survivorship Week, we anticipate gathering on the main campus of the hospital and hosting a special offering of all prayer intentions we have received.

We are commanded by scripture: “Do not be anxious about anything, but in everything, by prayer and petition, [and] with thanksgiving, present your request to God” (Philippians 4:6).

For more information on the Links of Love Prayer Ministry, contact Alma Wilson (Group Practice Manager, Bienes Cancer Center) at 954-267-7700 or Chaplain Margaret Kimber, MPS (Spiritual Care Department) at 954-267-7494.
Girlfriend’s Club

events and happenings

→ **Nov. 17, 2012:** Community Opening of Phase 3 of the Dorothy Mangurian Comprehensive Women’s Center, including the Patricia R. Guerrieri Pavilion

→ **January 2013:** Girlfriend’s Club Golf Clinic

→ **February 6, 2013:** Holy Cross Hospital Golf Classic benefiting the Dorothy Mangurian Comprehensive Women’s Center

→ **April 13, 2013:** Holy Cross Hospital Auxiliary Wine and Food Experience (formerly Holy Cross Hospital Auxiliary Gala) benefiting the Dorothy Mangurian Comprehensive Women’s Center