TIME OUT FOR

Women

WINTER 2011

Five fitness facts
Weight-loss advice from an exercise expert

In this issue

MILD® SOLUTION TO PAIN
GIRLFRIEND’S CLUB GEARS UP FOR GOLF CLASSIC
To the women in our community,

It’s our final issue of the year of *Time Out for Women* magazine! As the year comes to a close, we look back and reflect on the things we value. While sometimes many of us take our health and the health of our loved ones for granted, health is one of the things we should value most.

That’s why at Holy Cross Hospital, we are deeply committed to protecting your most valued possession: your health and the health of your loved ones. We are proud of all that we have accomplished for women’s healthcare this year. The Dorothy Mangurian Comprehensive Women’s Center at Holy Cross HealthPlex continues to flourish and provide compassionate and high-quality care specifically for the women in our lives and community.

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We can do this thanks to our incredible team and the generous donors in our community who want to make a lasting difference for women’s health. As of our publication date, we have four donors who have contributed $50,000 to The Reverence Wall: Rita and Rick Case, the Fritch Foundation, AutoNation, and Monica and Mike Maroone. In addition, our Girlfriend’s Club list is nearing its 200-member limit quickly; we have more than 160 Girlfriends! Local philanthropist Marti Huizenga has also donated $750,000 to the Women’s Center for the Marti Huizenga Meditation Chapel and Healing Garden being built as part of phase 2 of the Women’s Center.

Inside this issue, you can read more about Mrs. Huizenga and her charitable gift (page 5) as well as:

- Osteoporosis (page 4)
- Fitness facts (page 6)
- Bariatric surgery options (page 9)
- A celebrity visit to the Women’s Center (page 14)
- The upcoming events benefiting the Women’s Center, including our second annual Holy Cross Hospital Golf Classic and the Holy Cross Hospital Auxiliary’s gala (pages 8 and 14)

We hope you enjoy this issue and, as always, encourage you to visit the Women’s Center. We wish you and your loved ones a healthy and happy holiday season!

Warmly,

Patrick Taylor, MD,
and Doreen Koenig

Holy Cross Hospital President and CEO Patrick Taylor, MD, and Dorothy Mangurian Comprehensive Women’s Center Community Leadership Chair Doreen Koenig, co-owner of City Furniture

**In this issue**

- A program for building healthy bones
- Try these tips for fitting in fitness
- Stop spinal stenosis from holding you back
- Fish facts: What to know about salmon

**From the CEO**

**To the women in our community,**

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Warmly,

Patrick Taylor, MD,
and Doreen Koenig
Holy Cross is proud to announce that the new Dorothy Mangurian Comprehensive Women’s Center is now a Nationally Accredited Breast Center. This means that we provide the highest level of quality care – care that meets or exceeds 27 rigorous world-class care and prevention standards. And it is all available right here in Ft. Lauderdale, close to home.

You can schedule your mammogram at our nationally accredited facility by visiting HolyCrossWomensCenter.com or calling 954-351-7800.

Holy Cross
Dorothy Mangurian Comprehensive Women’s Center
Our mission is you.

NAPBC
NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

1000 NE 56th Street,
Ft. Lauderdale, FL 33334

Community education events
For more details and schedules for the following lectures, visit our events calendar at www.holy-cross.com.

LECTURE SERIES
➜ "Dinner With the Doctor"
   Wednesdays, 4 to 5 p.m.
   Sister Innocent Conference Center, Holy Cross Hospital
   Call 954-351-5886.

Other upcoming lecture series:
➜ “Time Out for Women”
➜ “Ortho Hour”
➜ “Cardiac Hour”
➜ “Oncology Hour”

SUPPORT GROUPS
Unless otherwise noted, the following groups meet at the Michael and Dianne Bienes Cancer Center at Holy Cross Hospital. For more information, please call 954-267-7770.

Bariatric Informational Sessions
Second and fourth Tuesday of each month,
6 to 7 p.m.

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, please call 954-351-7770.

Bereavement Support Groups
➜ Second and fourth Mondays of each month,
   2:30 to 3:30 p.m.
➜ First three Thursdays in December,
   6 to 7:30 p.m.

Breast Cancer Support Group
Mondays, 7:30 to 9 p.m.

I Can Cope Program
Series of classes about cancer and its comprehensive treatment offered in a one-day format; the program is offered once during the Spring and Fall.

Look Good...Feel Better for Cancer Patients
Third Monday of each month,
7:30 to 9 p.m.
Presented by Holy Cross Hospital, the American Cancer Society and the National Cosmetology Association

Lymphoma/Leukemia and Multiple Myeloma Groups
➜ January through October:
   Fourth Thursday of each month
➜ November: Third Thursday
➜ No December meeting
5:30 to 7 p.m.

Mended Hearts Chapter
Holy Cross Hospital
For more information, call 954-229-7961.

Newly Diagnosed Cancer Support Group
Tuesdays, 10:30 a.m. to noon
Six-week sessions; registration required.

Prostate Cancer Support Group
Fourth Tuesday of each month;
no meeting in December.
4 to 5 p.m.

Survivor and Caregiver Cancer Support Group
Mondays, 5:30 to 7 p.m.

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.
DO YOU—or does someone you know—have back pain, stooped posture or height loss? What about poor balance, a deformity in the back, or a hip or spine fracture? Any one of these might be an indication of something more serious. A specialized program at the Holy Cross Dorothy Mangurian Comprehensive Women’s Center may be able to help.

The Holy Cross Outpatient Rehabilitation Department is excited to offer women a unique program under the direction of highly experienced, licensed physical therapists. Our program emphasizes fracture prevention and individualized exercise plans, which can be an effective method in managing osteoporosis.

Osteoporosis is a disease process that causes bones to thin and weaken and thus become more susceptible to fractures. Each year, this disease leads to 1.5 million fractures of the vertebra, hip, wrist, pelvis and ribs. Fractures can lead to lost mobility, other medical complications and even death.

Preventing fractures is the key to maintaining quality of life in people diagnosed with osteoporosis. Studies have shown that doing weight-bearing exercises helps build bone mass and decrease the rate of bone loss.

Program components include:

Comprehensive evaluation
- Strength testing
- Range of motion/flexibility testing
- Posture assessment
- Balance testing
- Functional limitations assessment

Individualized treatment
- Weight-bearing exercise
- Safety and balance retraining
- for fall prevention
- Posture and body mechanics for home activities
- Energy conservation and diaphragm strengthening
- Strengthening and endurance training
- Home exercise programs

With the proper diagnosis and referral from a physician, women of all ages can be treated effectively with this program. Your doctor will receive regular updates regarding your progress, and the program is covered by most insurance plans and Medicare.

Healthy bones: Build them for life

The main lobby of the Dorothy Mangurian Comprehensive Women’s Center—visit the Center online at www.holycrosswomenscenter.com.
Philanthropist donates $750,000 to Women’s Center

MARTI HUIZENGA GENEROUSLY NAMES MEDITATION CHAPEL AND HEALING GARDEN

This Winter, Holy Cross Hospital gratefully accepted a $750,000 donation from philanthropist Marti Huizenga in support of the new Dorothy Mangurian Comprehensive Women’s Center at Holy Cross HealthPlex. The Marti Huizenga Meditation Chapel and Healing Garden, already under way as part of phase 2 of the Women’s Center, is named in recognition of her generosity.

Plans for the chapel include a beautiful stained glass installation; natural light; and a warm look that will lend itself to meditation, prayer and reflection. The garden will have tall trees providing shade, wooden benches, fragrant flowers and stones with quotes from the founder of the Sisters of Mercy, Catherine McAuley, carved into them. It will be a special place where patients and families can go for serenity and peace in times of anxiety or appreciation.

Mrs. Huizenga, a native Floridian, lives in Fort Lauderdale with her husband Wayne and their four children and 11 grandchildren. The couple is known for philanthropy through the Huizenga Family Foundation; through several successful businesses, including Blockbuster Video, Waste Management and AutoNation; and for previously owning sports teams, including the Miami Dolphins, the Florida Marlins and the Florida Panthers. She has served on boards of many local health, youth, social service and cultural organizations, including the Boys and Girls Clubs of Broward County and the Humane Society of Broward County. She has received several honors for her support of the community, including the American Heart Association Golden Heart Award, the Silver Boys and Girls Club of America Medallion Award, the Habitat for Humanity of Broward Spirit of Humanity Award, the Sun-Sentinel Publisher’s Community Service Award, and the Child Care Connection Child Advocate of the Year award.

In addition to the naming opportunities for phases 2 and 3, Holy Cross has also created the Girlfriend’s Club and The Reverence Wall as recognized funding opportunities. If you’d like to support the Women’s Center or get more information, call 954-229-8562 or email donations@holy-cross.com.

The Marti Huizenga Meditation Chapel and Healing Garden is named in recognition of her generosity.

Thanks to these and other donations, phase 1 of the Women’s Center was completed last year, and we are now providing comprehensive women’s services in a healing, serene environment. Like phase 1, phases 2 and 3 of this $15 million, 55,000-square-foot, state-of-the-art facility will be funded solely through philanthropy. When the last phases are completed, the Women’s Center will also include the Marti Huizenga Meditation Chapel and Healing Garden, special programming, a medical spa, a boutique, a lifestyle center, an education center, and a café.
Five fitness facts

By Joe Gatz, EP

Find it hard to lose weight?
Look at it this way: To lose one pound of fat, you have to burn 3,500 calories. Sound like a big number? Divide it by seven days, and you have to burn 500 calories per day. Eat 250 calories less in a day, burn an extra 250 calories at the gym, and you will lose one pound of fat per week!

Sometimes getting started is the hardest part
If you are dreading your 45 minutes on the treadmill, make a deal with yourself to walk at least five minutes. As your endorphins start kicking in, five minutes becomes 10. Then 10 minutes becomes 15, and before you know it, you’ve reached your goal!

Having trouble fitting in both cardio and weight training?
Try a circuit training routine. Perform six to eight weight-training exercises in succession for 12 to 15 repetitions. Take a 15- to 20-second rest between exercises, and repeat the circuit three times. This will keep your heart rate elevated and give your muscles a good workout at the same time.

Having trouble remembering to exercise while traveling?
Pack your gym clothes last so you’ll see them first when you unpack. If you can’t find a gym or convenient place to walk, use your hotel. Walk the length of each hall, then take the stairs up to the next floor and repeat until you have walked the entire hotel. It’s a great workout!

The myth of spot reduction
Want to lose weight around your middle? Don’t focus on one particular area to lose the weight; focus on the big picture. You can do all of the sit-ups you want, but until you burn the abdominal body fat by bumping up the cardio and restricting the calories you take in, you won’t see the results you want.

To learn more about the Zachariah Family Wellness Pavilion, its services and membership, call 954-229-7950.
By William Porter McRoberts, MD

SPINAL STENOSIS is one of the most common reasons for spinal surgery in older adults. The wear-and-tear effects of aging can cause narrowing of the canal that encases and protects the spinal cord. With less room, the spinal disks or joints can press on the spinal cord or spinal nerves. This may cause pain, numbness, tingling, weakness or a burning feeling that typically starts in the buttocks and can radiate down the leg and into the foot. Other symptoms can include the inability to control urination or bowel movements, balance, coordination, or walking. The symptoms may worsen when you stand for long periods of time or when you walk and may ease when you bend forward or sit down.

A person may not show signs or symptoms of spinal stenosis for many years. Depending on a person’s pain tolerance and the severity and location of the problem, the symptoms can vary. Women are more prone to developing symptoms of spinal stenosis and are more likely to have symptoms that require treatment.

Approximately 250,000 to 500,000 Americans have symptoms of spinal stenosis. The occurrence of spinal stenosis has been estimated at 8 to 11 percent of Americans and is expected to affect 2.4 million by 2021.

The most common causes of spinal stenosis are degeneration of the spine caused by aging, arthritis, osteoarthritis, herniated disks, tumors or disease. People most affected by spinal stenosis are usually in their 50s to 70s. Spinal stenosis can also occur in younger people because of a traumatic injury to the spinal column, because of labor-intensive careers or because a person was born with a narrowing of the spinal canal.

Treatment options
Treatment options for spinal stenosis range from less invasive methods, such as epidural injections, to more invasive surgical options. An alternative treatment option is the **MILD**® procedure. Minimally invasive lumbar decompression (**MILD**®) is a safe and ultraminimally invasive procedure that decompresses the lumbar spine without surgery. During the procedure, the ligament that is crowding the nerve roots and causing the increase in pressure against the nerves is easily and safely removed. The procedure takes about one hour, and the patient goes home the same day.

The **MILD**® procedure is approved by the Food and Drug Administration and has been proven to be very safe and effective in the relief of pain. Before this procedure was available, the only other option—after epidurals and other less invasive procedures—was surgical decompression.

It is important to talk with your physician about finding the right treatment option to offer relief of the debilitating pain caused by spinal stenosis.
CALLING ALL
golfers! Supporters
of the Dorothy
Mangurian Compre-
hensive Women’s
Center at Holy Cross
HealthPlex will divide
into teams of four on
Wednesday, Feb. 8, for
the second annual Holy
Cross Golf Classic. Coral
Ridge Country Club will
also host members of the
Holy Cross Hospital Girlfriend’s
Club and their friends for golf,
lunch and laughter at a clinic on
Thursday, Jan. 12, as a warm-up
to the tournament. Girlfriend’s
Club hostesses for the clinic
include Cindy Greenberg, Terry
Gunther, Doreen Koenig,
Monica Maroone, Cathy
O’Connor and Sheri Whittington.
The ladies will receive
a golf lesson from Dolph Roder
on the green and a delicious
meal prepared by Chef Udo.

The generous sponsor for the
entire day is Coral Ridge Country
Club, which is also hosting the
second annual Harry T. Mangu-
rian, Jr. Foundation Holy Cross
Hospital Golf Classic. The Feb. 8
event, sponsored by Stiles, will
benefit the Women’s Center. The
fun “drive for show, putt for dough”
format and classic Hollywood-
themed party afterward will be an
enjoyable follow-up to last year’s
highly successful tournament.

Thanks to our generous donors,
phase 1 of the Women’s Center was
completed in 2010, and we are now
providing comprehensive women’s
services in a healing, spa-like envi-
ronment. We are raising funds for
the completion of phases 2 (which
is already under way) and 3. These
will include special programming,
a medical spa, a meditation chapel
and healing garden, a boutique, a
lifestyle center, an education center,
and a café. The Holy Cross Hospital
Girlfriend’s Club is a group of
community members who are helping
to build the Dorothy Mangurian
Comprehensive Women’s Center by
donating $5,000 each, which makes
them lifetime founding members of
the Women’s Center. The Girlfriend’s
Club members are recognized at the
Women’s Center on the “Girlfriend’s
Wall” listing their names.

If you’d like to support the Women’s
Center or join the Girlfriend’s Club,
please contact the Holy Cross Hospital
Development Office at 954-229-8562
or donations@holy-cross.com.
Ready to lose weight?

BARIATRIC SURGERY AT HOLY CROSS HOSPITAL MAY HELP

By Michael Perez, MD

According to recent estimates from the National Center for Health Statistics, more than 60 percent of adult women in the United States are overweight and 20 percent are obese.

Obesity harms women’s health in many ways. The risk of type 2 diabetes and high blood pressure markedly increases with extra weight. Fertility is negatively affected; maternal obesity is associated with higher rates of complications for both mother and child as well. Obese women are also at higher risk for many cancers, including endometrial cancer, cervical cancer and breast cancer.

Clinical studies clearly show the effectiveness of weight loss in improvement or resolution of obesity-related conditions. People who are obese, however, are generally less responsive to long-term weight loss from conventional methods, such as diet, exercise, behavior modification or pharmaceuticals.

Bariatric surgery
Over the past several decades, and in response to the need for treatment of morbid obesity, a number of minimally invasive weight-loss surgery techniques have been developed. All procedures result in weight reduction, along with significant improvement in mental and physical health.

Bariatric surgery options include:

Laparoscopic Roux-en-Y gastric bypass. The procedure combines gastric restriction with mild malabsorption to produce significant weight loss. Weight loss depends upon initial body weight but, for most people, it occurs within the first 10 to 15 months after surgery. This procedure also leads to a nearly 100 percent improvement or resolution of most obesity-related conditions.

Laparoscopic sleeve gastrectomy. This operation, which is gaining in popularity worldwide, involves cutting the stomach vertically and removing 80 percent or more of it to form a narrow vertical, banana-shaped gastric tube, or sleeve. The procedure causes weight loss primarily by restricting the amount of food the stomach can hold. Weight loss is also believed to occur with the surgery because the portion of the stomach that produces an appetite-stimulating hormone is removed.

Laparoscopic adjustable gastric band. The laparoscopic adjustable gastric band is not as invasive as other surgical procedures, requiring no cutting or stapling and no permanent alteration of the gastrointestinal tract. The surgery involves placing a silicone band around the upper stomach. The band is adjustable, so food tolerance and, consequently, weight gain or loss can be regulated.

Multidisciplinary care
The National Institutes of Health and obesity experts worldwide recognize that there is currently no effective long-term treatment for obesity, other than its prevention. However, bariatric surgery, along with making positive lifestyle changes that increase the likelihood of long-term health and weight-loss maintenance, can help. Talk to your doctor for more information.
Help guard your heart

Ask your doctor about these heart-friendly ideas:

- **Keep blood pressure in a healthy range.** Have your blood pressure checked regularly. If it needs to come down, there are ways to lower it. For instance, reduce the amount of salt you consume, eat lots of fruits and vegetables, lose excess weight, and take medicines as prescribed.

- **Control cholesterol.** Eat foods low in saturated fat, trans fat and cholesterol, and stay informed about your blood cholesterol and triglyceride levels with regular testing. To help improve cholesterol levels, you may also need to take medicine.

- **Keep a healthy weight.** Watch your calorie intake, and be physically active to avoid excess pounds.

- **Get checked for diabetes.** If you have diabetes or pre-diabetes, follow a treatment plan to control blood sugar.

- **Don’t smoke.** If you do, ask your doctor about products or support groups that may help you stop smoking.

- **Know the risks of drinking alcohol.** Understand how drinking may affect blood pressure and other health risks.

- **Handle stress healthfully.** Try exercising or sharing feelings with trusted friends.

American Heart Association; U.S. Department of Health and Human Services

Shed the oversized you.

Kelly, lost 112 pounds

Weight-Loss Surgery | Free Information Sessions

If you’re 100 pounds or more overweight, surgery may be your best way to achieve a healthy weight. Come meet Dr. Michael Perez at one of our free information sessions. He’ll explain the pros and cons of the competitively priced options available to you, such as sleeve gastrectomy, gastric bypass and gastric banding. Plus he’ll answer any questions. It’s your first step to a thinner, healthier you.

**Free bariatric information sessions with Michael Perez, MD**
2nd and 4th Tuesday of each month, 6:00 p.m. to 7:00 p.m.
For more information, and directions, please call 800-554-2839.
Cardiopulmonary rehabilitation

TO COMPLETE OUR CIRCLE of excellent cardiovascular care, we welcome you to our comprehensive cardiopulmonary rehabilitation program, an outpatient program with a multidisciplinary approach that includes an individualized, monitored exercise program; educational seminars; and one-on-one instruction with our heart patients.

Our program is carefully monitored by an experienced cardiac care team, including critical care registered nurses, exercise physiologists and respiratory therapists. Various educators such as registered dietitians, pharmacists and physicians are also important parts of our team. Cardiac rehabilitation is recognized by most insurance carriers, and coverage is available.

Our research shows that cardiac rehab programs help improve the health and life expectancy of people with heart conditions. If you or a loved one has undergone a heart procedure, ask your physician for a referral to our cardiopulmonary rehabilitation program. It could help to save a life. ❝

Here at Holy Cross Hospital, our mission is mending hearts! For more information, call 954-229-7961.

Calling all heart patients!

ARE YOU ONE OF US? We have survived open-heart surgery, experienced a heart attack, or had coronary artery bypass surgery or heart valve replacement. Some of us are living with a stent or two. Some of us think of ourselves as being in the “Zipper Club” because we have the suture lines visible when we don our bathing suits and head for the beach or pool. Some of us are caregivers. All of us are survivors and on the path to recovery.

If you are a survivor or family caregiver, we would like to invite you to our special educational and support sessions held each month in the Jim Moran Heart and Vascular Center at Holy Cross Hospital. Our group is The Mended Hearts, Inc., with national offices in Dallas. Visit us online at www.mendedhearts.org. We are the proud Chapter 347, chartered in 2007.

Mended Hearts is affiliated with the American Heart Association and the American College of Cardiology, and we provide support, health information and outreach programs to survivors of cardiovascular disease and their family members. We participate in the Annual Heart Walk in March and support Mended Little Hearts—for children with heart defects and heart disease.

Visit our chapter and learn how we help ourselves, our loved ones and others in the community. Call us at 954-229-7961, and we will send you a copy of the next issue of our newsletter, Heart Matters. We also welcome walk-ins on the third Thursday of each month at 10:30 a.m. Valet parking is available at the hospital’s main entrance. ❝
Mangurian Foundation vice president of grants honored

WOMEN’S CENTER PHILANTHROPIST PROFILED AT ANNUAL GALA

LEADERSHIP BROWARD Foundation honored Gordon Latz of the Harry T. Mangurian, Jr. Foundation, along with five other outstanding Broward County leaders, during their Una Notte Elegante, Signature Grand’s 2011 Profiles in Leadership Gala presented by Holy Cross Hospital on Oct. 15.

Latz is the vice president of grants for the Harry T. Mangurian, Jr. Foundation, which is involved in supporting medical, environmental and educational causes. He has worked almost his entire career for now-deceased businessman and philanthropist Harry T. Mangurian, Jr. and his wife Dorothy Mangurian, for whom the Dorothy Mangurian Comprehensive Women’s Center at Holy Cross HealthPlex is named.

Spending evenings, weekends and other personal time, he helps nonprofit organizations raise money for their causes. During the past 40 years, he has helped raise more than $100 million for more than 100 different organizations, including Holy Cross Hospital, the Leukemia/Lymphoma Society, the American Cancer Society, Women in Distress, PACE Center for Girls, Gilda’s Club, Kids in Distress, Boys and Girls Clubs, Broward Partnership for the Homeless, SOS Children’s Village, Pine Crest School, Cardinal Gibbons High School, St. Thomas Aquinas High School, St. Mark’s Episcopal School, JM Family’s Deliver the Dream, St. Gregory Catholic School, St. Bonaventure Catholic School, Humane Society of Broward County (PAWS), Young at Art, the Boggy Creek Gang, the NSU Family Center, the Epilepsy Foundation of South Florida, Stranahan House, and the Symphony of the Americas.

Latz, who began auctioning horses every Friday night in the mid-60s in Hialeah, Fla., turned auctioneering into a volunteer career unlike any other. His is the only name that appears annually on the committee list for the 20 to 30 organizations both large and small that he supports. He has logged hundreds of thousands of hours as a volunteer auctioneer, raising millions of dollars for organizations, thanks to his unrelenting desire to do more, inspire more and encourage people to give more from their hearts.

Latz uses his professional skills, humor and ability to remember philanthropists from year to year, calling them by name and reminding them of their opportunity to change lives in our South Florida community.

Above left (from left): Doreen Koenig, Gordon Latz and Sheri Whittington at the 2008 “This One’s for the Girls” Luncheon

From left: Holly Hudson Bodenweber; Steve Mehallis; Gordon Latz; Sister Genevra Baer; Patrick Taylor, MD, President and CEO; John Johnson, President Emeritus; Doreen Koenig; Monica Maroone; and Sheri Whittington at the Dorothy Mangurian Comprehensive Women’s Center groundbreaking in 2010
Selecting salmon

By Vicente Font, MD

THERE HAS been much discussion about the benefits of fish, particularly oily species for their high amount of omega 3 fatty acids, and their relationship with a healthier heart. People often ask, “What’s the best salmon to buy: farmed or wild?”

Salmon is the common name for some species of fish in the family Salmonidae. Salmon live along the coasts of the north Atlantic and Pacific Oceans and have also been introduced into the Great Lakes of North America. They are also intensively produced in aquaculture in many parts of the world.

Salmon farming is significant in Chile, Norway, Scotland, Canada and the Faroe Islands and is the source for most salmon consumed in America and Europe. Atlantic salmon are also, in very small volumes, farmed in Russia and the island of Tasmania, Australia.

Here are some consumer tips on this delicious and healthy food.

U.S. Atlantic salmon
OTHER NAMES: U.S. farmed salmon. SHOULD YOU BUY IT? Yes.
Farmed salmon is nutritionally as good as wild salmon and frequently contains similar amount of omega-3s.

Imported Atlantic salmon
OTHER NAMES: Farmed salmon. SHOULD YOU BUY IT? It depends.
Most non-U.S. Atlantic salmon comes from farms in Chile, Norway and Canada. Chilean farms have been scrutinized because fish are raised with antibiotics that pollute the waters.

Alaskan or wild salmon
OTHER NAMES: Chum, keta, king, pink, red, sockeye, sake. SHOULD YOU BUY IT? Yes.
Wild salmon is caught off the coast of Alaska or the Pacific Northwest, and the former population is not as depleted. Wild salmon is less firm and less fatty and may be a slightly gamier-tasting fish.

Coho salmon
OTHER NAMES: Silver salmon. SHOULD YOU BUY IT? Yes.
Coho are smaller and eat less than other salmon.
A study of more than two metric tons of North American, South American and European salmon showed that PCBs (polychlorinated biphenyls) and other environmental toxins are present at higher levels in farm-raised salmon than in their wild counterparts. These PCBs have been associated with cancer and may pose health risks. Some say that coho’s smaller body and eating characteristics may result in less PCBs, possibly making them a safer option.

Canned salmon
BRAND NAMES: Bumble Bee, Wild-catch, Chicken of the Sea. SHOULD YOU BUY IT? Yes.
Canned salmon is a good way to get wild salmon cheaper and year-round (most brands use wild Alaskan salmon), along with all the same nutritional benefits of salmon. You might have to taste-test a few brands to find the flavor and texture you like best.

For heart-healthy information, visit the Jim Moran Heart and Vascular Center Blog at www.holycrossheartblog.com.
Signature Grand’s Vegas Gala to benefit Women’s Center

GALA COMMITTEE PLANS 2012 EVENT

THE HOLY CROSS HOSPITAL Auxiliary Gala Committee kicked off its first planning meeting for the 2012 gala in September and continues to work on all the details for the exciting event. Signature Grand’s Vegas Gala will be held on Saturday, March 31, at the Signature Grand. The committee includes Holy Cross Hospital Auxiliary President Maxine Feder, Gala Chair Michele Tapia and past Gala Chair Julie Valent as the sponsorships chair.

With more than 350 guests and several sponsors, last year’s event raised more than $215,800 in support of the new Dorothy Mangurian Comprehensive Women’s Center.

Several sponsorship opportunities for the gala are available, ranging from $750 to $100,000. If you’d like to support the gala or need additional information, call 954-229-8562 or email donations@holy-cross.com.

Olivia Newton-John visits Women’s Center

FOUR-TIME GRAMMY WINNER, actress, philanthropist and health advocate Olivia Newton-John took a tour of the Dorothy Mangurian Comprehensive Women’s Center at Holy Cross HealthPlex in August.

“I am committed and excited about educating and encouraging women to take a positive role in their breast health,” Newton-John says.

From left: Lynn Mandeville, Holy Cross Hospital; Olivia Newton-John; Doreen Koenig; Sheri Whittington
Smoking may raise risk of second breast cancer

By Z. Ena Segota, MD

IF A WOMAN has a high risk for breast cancer, three factors within her control—smoking, drinking alcohol and being obese—may increase her risk of developing cancer.

Researchers examined data from approximately 1,000 women diagnosed with estrogen receptor-positive cancer in one breast. Of those women, 365 had developed cancer in the other breast (contralateral breast cancer). According to the study results, current smoking was linked with a 120 percent increased risk of developing contralateral cancer. Drinking seven or more alcoholic beverages a week was linked with a 90 percent increased risk. Obesity was linked with a 40 to 50 percent increased risk. (Obesity is defined as having a body mass index higher than 30.)

Another large study examined the effect of smoking in healthy women and the subsequent risk of developing breast cancer. The study included nearly 80,000 postmenopausal women ages 50 to 79 who took part in the Women’s Health Initiative study. Over 10 years of follow-up, 3,250 women developed breast cancer. Current smokers were found to have a 16 percent increase in breast cancer risk and former smokers had a 9 percent increase in risk.

A third large study analyzed how smoking, drinking and physical activity affected the risk of several common cancers in 13,388 women at increased risk of breast cancer because of family history of breast cancer, age and other factors. The women were participants in the U.S. National Surgical Adjuvant Breast and Bowel Project Breast Cancer Prevention Trial. Compared to those who had never smoked, women who had smoked for at least 35 years had a 60 percent higher risk of invasive breast cancer and more than four times the risk of colon cancer, the investigators found.

These findings give breast cancer survivors and women with a high risk of developing breast cancer several potential ways to lower their chances of developing new or recurrent breast cancer: cessation of smoking and alcohol use, weight control through diet modification, and exercise.

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Girlfriend’s Club
events and happenings


→ Jan. 14: “Rick Case 50 Years of Rockin’ & Rollin’” at the Signature Grand. The Dorothy Mangurian Comprehensive Women’s Center is one of the benefiting charities of the event.

→ Feb. 8: The Harry T. Mangurian, Jr. Foundation presents the “Holy Cross Hospital Golf Classic,” sponsored by Stiles at Coral Ridge Country Club, benefiting the Dorothy Mangurian Comprehensive Women’s Center.

→ March 31: “Holy Cross Hospital Auxiliary Gala” at the Signature Grand benefiting the Dorothy Mangurian Comprehensive Women’s Center. Michele and Raul Tapia, MD, will be the Gala chairs.