Family Matters to Compassionate Doctors

When a Child Fails to Thrive

Introducing a New Gold Standard for Treating Neck Pain

Does Your Heart Quiver?

New AFIB Treatment
This edition of Gulf Coast Healthy Living is about one of the most important things in the world – family. We are fortunate to live in a community that embraces a family-friendly lifestyle, providing numerous resources in education, recreation and health care. Baptist Health Care is honored to be considered as a primary family resource. We pride ourselves on maintaining family values and it shows in the comprehensive care and services we provide for moms, dads, children and grandparents.

Part of being a family-friendly community is supplying resources that can help our children get back on track when they stumble. Adjustment disorders, ADHD, depression, trauma. These difficulties can touch any family, and in our community, there is no need to face them alone. Lakeview Center can help if your child is facing obstacles on the path to getting a well-rounded education (page 12).

Care management is becoming more important for most families and it just got a lot easier. Turn to page 6 to read about how Kimi was able to virtually manage her mother’s care through the Baptist Patient Portal, providing much peace of mind to the family. You’ll have the opportunity to sign up for the portal when you visit the new Baptist Medical Group – Cordova family medicine practice (page 7).

Whole family care welcomes the newest additions through pediatric services (page 13) and alleviates the aches and pains that visit us in our golden years. At some point in our lives, many of us will struggle with back and neck pain. Baptist neurosurgeons now offer cervical disc arthroplasty. Read all about this new procedure on page 4 and how it can help you return to enjoying family events – pain-free.

The number and variety of services we offer at Baptist Health Care mirror the variety of families that populate our Gulf Coast community. We are blessed to be welcomed into your homes to deliver the best care available to your loved ones.
May is Stroke Month

WHEN IT COMES TO STROKE, TIME LOSS IS BRAIN LOSS. Memorize the F.A.S.T. acronym so you’ll be prepared if stroke happens to you or someone you know.

WHAT ARE FRIENDS FOR?
- **Fitness** – A buddy makes working out less daunting. Talk, laugh and sweat out those calories.
- **Lifespan** – Despite stressful events, a loyal friend can add years to your life by just being there.
- **Brains** – Keep using your mind by playing games, sharing books and debating issues with a good friend.

TOMATO, CORN AND AVOCADO SALAD

1 ear corn (husk and silk removed; tip cut off)
2 pints cherry, grape or pear tomatoes, halved
( or quartered if large)
1 avocado, halved, pitted, peeled and diced
2 scallions, thinly sliced
2 tablespoons fresh lime juice
1 tablespoon vegetable oil, such as safflower
Coarse salt and ground pepper

Stand ear in a large wide bowl; with a sharp knife, carefully slice downward to release the kernels. Discard cob. Add tomatoes, avocado, scallions, lime juice and oil to bowl. Season with salt and pepper, and gently toss to combine.

THREE HABITS CAN IMPROVE YOUR HEALTH IN 20 SECONDS OR LESS:

1. Wash your hands (20 seconds).
2. Buckle your seatbelt (4 seconds).
3. Test smoke alarms (10 seconds per alarm).

HATS OFF TO YOU!

A protective sun hat can help prevent sunburn as you ease back into the summer season. Even on a cloudy day, sunrays can be damaging.

DOCTOR ANXIETY?

Make a list of the three main things you are curious about before going to your doctor visit. A list will keep you focused, and you’ll leave with answers to important questions.
Introducing the New Gold Standard for Treating Neck Pain: CERVICAL DISC ARTHROPLASTY

As we age, we all experience some spinal disc degeneration. This is a natural part of growing older. However, when degeneration causes excessive pain or results in a herniated disc, a good neurosurgeon may become your best friend.

Traditionally, herniated or degenerative discs in the neck have been treated by the surgery referred to as anterior cervical disectomy and fusion, or ACDF. In this procedure, the affected disc is removed and a bone graft is inserted to fuse together the bones above and below the disc space. The procedure has been very successful, alleviating neck pain for most patients. However, patients lose some mobility of the neck and there is a possibility of degeneration of the adjacent neck segments. Additionally, a 1999 study showed that 26 percent of patients needed another operation within 10 years.

A new procedure is now available in the United States that provides answers to these drawbacks, and may eventually become the gold standard for treating cervical disc pain. Cervical disc arthroplasty, or artificial cervical disc replacement, replaces the affected disc with a device that preserves motion at the disc space. No fusion occurs, eliminating the need for a graft and reducing recovery time. Colby Maher, M.D., a Baptist Medical Group neurosurgeon, is optimistic about future outcomes of this procedure.
You may be a candidate for cervical disc arthroplasty if you have:

- A herniated or degenerative disc.
- Significant weakness or pain in your hand or arm.
- Symptoms that have not improved with physical therapy or medication.

Cervical disc arthroplasty may be helpful in treating the following conditions:

- **Bulging and herniated disc**: A spinal disk is a little like a jelly donut, with a softer center encased within a tougher exterior. Sometimes called a slipped disk or a ruptured disk, a herniated disk occurs when some of the softer “jelly” pushes out through a crack in the tougher exterior and presses on the nerve causing pain.

- **Degenerative disc disease**: Osteoarthritis can result in bone spurs on your spine. This excess bone can narrow the amount of space in your spine available for nerves to pass through.

Source: MayoClinic.org
Innovation Simplifies Care
FOR THE WHOLE FAMILY

When Emily, age 72, began to experience leg and back pain, she made an appointment to see Brett Reichwage, M.D., a physician at Baptist Medical Group – Neurosurgery. The visit resulted in an outpatient neurological procedure that alleviated her pain and resulted in a quick recovery. However, Emily already knew from past experience that even the simplest medical procedure is followed by a lot of paperwork and recordkeeping. Often complicated, medical records, prescriptions, and recommendations can be difficult to understand and manage. She was happy to learn that she could manage her health online through the Baptist Patient Portal. Even better, she could delegate access to her account to her daughter, Kimi. She knew a second pair of eyes would be invaluable to managing her care.

The process was easy. Because her daughter already had a Baptist Patient Portal account of her own, all Emily had to do was send a message through the portal to Dr. Reichwage’s staff requesting that Kimi be given access to her account. When Emily signed back into the portal, Kimi was listed on Emily’s account as an account manager. Emily then chose what Kimi could see and control on her account.


1. Sign up for an account. Your Baptist Medical Group or Cardiology Consultants provider will give you the information you need to register.

2. Be sure that the person you want to delegate care to has an account. If not, your provider’s practice can create an account for them.

3. Once you have an account, go to “Mail,” then “Compose Message.”

4. Select your provider from the drop down menu.

5. Compose and send a message asking that access to your account be delegated to the person you want to help manage your care.

Messages will be responded to within 24 hours. The portal gives you access to your health records and allows you to contact your provider to request prescription renewals, ask questions and more. By delegating account access to a loved one, you’ll have added security knowing someone you trust is helping you manage your care.

If you’d like to learn more about managing your care on the Baptist Patient Portal, call Baptist Medical Group at 850.437.8600.
Family Matters to
COMPASSIONATE DOCTORS

When you want to be involved in your care but also want attentive, hands-on guidance from a family physician, you want a practice like Baptist Medical Group – Cordova. Centrally located and convenient for all Pensacola families, the practice’s open-access model provides a unique opportunity for its family medicine providers to develop lasting relationships with their patients. Jose Murillo, M.D., and Layla Lundquist-Smith, M.D., provide same-day, Saturday, evening and walk-in appointments for both primary care and acute-care needs. The practice will help you develop a lasting relationship with a physician who can educate you and your family about preventive care, treat minor injuries or guide you through a chronic illness.

Layla Lundquist-Smith, M.D.

If someone is sick today, then they need to be seen today. Most people would prefer to be seen by a provider they already know, who knows their medical history and has their records already on file. Patients can use an office like ours for almost anything - preventive health visits, school or sports physicals, acute illnesses and minor injuries.

What can patients expect when they have you as a doctor?
Patients and I will work together as a team to set and achieve health care goals.

What are your top priorities with the patients you see?
I strive to educate my patients about their health so they feel empowered to take charge of their own well-being.

Do you have any specific medical interests?
Caring for the entire family, from the children to the grandparents.

Jose Murillo, M.D.

The basis of family medicine is about building long-term relationships with patients. Our open access practice accommodates a wide range of medical needs and that results in better continuity of care because your appointments are at the same location with the physician who knows you best.

How would a patient describe you?
Personable, easy to talk to and approachable.

What’s your proudest moment as a doctor?
Many of my proudest moments as a physician entailed coordinating care for patients along with educating them and their family.

What can patients expect when they have you as a doctor?
They can expect to be shown the utmost respect and to be treated as an individual not as a condition or illness.

Baptist Medical Group - Cordova / 4457 Bayou Blvd., Pensacola, FL 32503 / Phone: 850.437.8485

To request an appointment or to find a family medicine provider near you, visit BaptistMedicalGroup.org.
AFib occurs when the upper chambers of the heart beat out of coordination with the lower chambers. The condition can be caused by abnormalities or damage to the heart’s structure. High blood pressure, sleep apnea, prior heart disease or exposure to tobacco or alcohol also could be the culprit.

In most cases, AFib may be uncomfortable, but it isn’t life-threatening. The main concern with AFib is that your vital organs may not be getting the right amount of blood flow and oxygen. It’s worth investigating with your doctor, because more serious cases of AFib can result in stroke or even heart failure.

Cryoballoon ablation therapy is a new treatment that doctors are using to improve quality of life for many AFib patients. Instead of catheter ablation, which isolates an affected vein by using multiple catheter applications to transmit radiofrequency energy (burns), cryoballoon ablation simplifies the process by using a single freeze to isolate the vein. The benefits to the patient are: a quicker procedure, less time under anesthesia, and possibly, longer lasting outcomes. The procedure requires a highly skilled physician trained in the latest techniques.

Evaldas “Evan” Giedrimas, M.D., a Cardiology Consultants cardiologist and electrophysiologist, specializes in atrial fibrillation and cardiac ablation procedures. “When cryoballoon ablation was first developed, I immediately saw the possible benefits over catheter ablation,” said Dr. Giedrimas. “However, everything starts with an in-depth conversation between you and your physician. Because this is an elective outpatient procedure, all options should be considered carefully.”

Sporadic heart palpitations may feel like little butterflies flapping around in your chest. They can leave you light-headed and concerned that you have a bigger problem. More than 5.1 million people in the U.S. are affected by similar types of flickers, and that’s only counting cases confirmed by echocardiogram. The condition is called atrial fibrillation, or AFib.

**TYPES OF AFIB**

**OCCASIONAL/PAROXYSMAL**
Symptoms last a few minutes to a few hours before stopping on their own.

**Persistent**
Symptoms don’t go away and require treatment to restore natural heart rhythm.

**Permanent**
Natural heart rhythm can’t be restored and the patient requires medication to control heart rate and blood thinners to prevent blood clots.

If you or someone you love suffers from AFib and you would like to learn more about cryoballoon ablation or other available treatments, contact the Baptist Heart & Vascular Institute at 850.484.6500 or visit eBaptistHealthCare.org/HeartFirst.
Recognizing Servant Leadership

In the spirit of servant leadership, Baptist Health Care acknowledges community members who have gone above and beyond in serving our community. Pick and Alberta Hollinger were two truly devoted members of the community, and it is in their honor that Hollinger Award recipients are selected. This year's honorees embody the standards of generosity and service set forth by the Hollingers in five recognition categories.

The Making of a Legend

Some people look for opportunities each day to make a difference in someone else’s life. They are keen observers of their surroundings and the people with whom they come in contact, and they go out of their way to lend a helping hand. At Baptist Health Care (BHC), we learn from these people and revere them as Baptist Legends. Each year, Baptist leaders submit nominees for consideration in the Legends program. Meet the Legends of 2014. You’re sure to be inspired by their true stories of courage and compassion viewable on eBaptistHealthCare.org/BHCLegends.

From left: Marguerite Averett; William Langhome, II, M.D.; John Baehr, III, M.D.; Stacey Balka; and Robert Wilson

Marguerite Averett
Volunteer of the Year

William Langhome, II, M.D.
Lifetime Achievement

John Baehr, III, M.D.
Physician

Stacey Balka
Women’s Board Volunteer

Robert Wilson
Health Care Worker
Bones break, and when they do, the most important action you can take is to see an experienced orthopaedic surgeon as soon as possible. The surgeons at Baptist and Gulf Breeze hospitals provide around-the-clock trauma coverage. The minute a bone breaks, you have somewhere to go for expert care. They are highly skilled surgeons and experienced in reducing or preventing permanent disability in some of the most complex cases. If you end up in the emergency department and don’t connect with an orthopaedic surgeon, be sure to schedule an appointment when you leave. The Andrews Institute for Orthopaedics & Sports Medicine in Gulf Breeze and Baptist Towers in Pensacola have an orthopaedic trauma and fracture care team who can help you with:

• Fractures  • Post-Traumatic Joint Replacement  • Pelvic Fractures  • Deformity  • Fragility Fracture Care

Now, meet the team who can help you through the bumps and breaks you may experience in life:

Leslie Barnes Remski, M.D.  |  Hip Fractures

How are hip fractures commonly treated?
A hip fracture involves a break in the upper parts of the thigh bone. Depending on the location of the break, hip fractures can be treated with metal hardware (plate and screws or a metal “rod” or “nail”) or replaced (arthroplasty). Fixing the bone requires it to heal, whereas replacing the hip removes the fracture completely, so only the surrounding tissues need to heal. In the older population, replacement is becoming more common for femoral neck fractures, and is usually done if the bone fragments are not aligned well. In both cases, physical therapy will be part of the recovery process.

How can I prevent hip fractures?
Hip fractures can lead to a decline in patient mobility and function, so prevention is important. This starts with a healthy diet, calcium and vitamin D supplements, weight-bearing exercise and avoiding falls (the most common cause of hip fractures). See your primary care provider for bone density testing and to have your vitamin D levels checked to evaluate for osteoporosis.
John T. Riehl, M.D. | Types of Fractures

What are the different kinds of fractures?
A fracture is a break of the bone. With incomplete fractures, at least some portion of the bone near the fracture remains in place. An example is a “buckle” fracture, where one side of the bone is compressed and broken and the opposite side remains intact. Incomplete fractures are most common in children, often occurring in the forearm near the wrist.

Complete fractures involve a break through the entire diameter of the bone. They occur in numerous locations and patterns. Some fractures are transverse (straight across), and result in two pieces of bone. Complete fractures also can be spiral, oblique (running lengthwise to the bone), or comminuted (broken in multiple pieces). Fractures can be in the shaft portion of the bone or can involve the end of the bone and can enter into the joint.

How are fractures treated?
It depends on several variables. For example, the type of fracture, where it’s located, and how active the patient plans to be after recovery. We take a lot of factors into considerations, but most broken bones can be treated operatively or non-operatively.

Jason R. Rocha, M.D. | Malunions/Nonunions

What are malunions and nonunions?
A malunion is a fracture that doesn’t heal correctly. A fracture that heals bent, crooked, too short or twisted can sometimes affect the function of the bone, adjacent joints, muscles or the extremity. Likewise, a nonunion occurs when the fractured bone doesn’t heal. An average time for a fracture to heal is six to eight weeks. A fracture is classified as a nonunion typically if the bone is not healed by six to nine months or if there is no interval progression of bone-healing on X-rays over three months.

If a nonunion or malunion occurs, there are treatment options that can correct the problem. However, these fractures are more complex than standard fractures and require an orthopaedic surgeon who is familiar with treating them.

How can these fractures be avoided?
First, make sure you receive prompt medical attention at the time of initial injury by an orthopaedic surgeon familiar with treating your type of fracture. Avoid the risk factors for nonunion including smoking, vitamin D deficiency and chronic NSAID (i.e., Motrin, Advil, Aleve) use while the fracture is healing. Be strict on yourself and comply with your treatment instructions. It’s extremely important to a successful healing process.

Jan P. Szatkowski, M.D. | Fragility Fracture Care

What is a fragility fracture?
An average of 300,000 patients annually are admitted to hospitals with fragility fractures. A fragility fracture is a broken bone caused by a low-energy injury, such as a fall from a standing height or less. Fragility fractures are fairly common and affect up to one-half of women and one-third of men older than the age of 50 and most often are associated with low bone density.

How can a fragility fracture affect a patient?
Despite its low energy, a fragility fracture can have a very high impact on a patient’s activity level. These fractures most commonly occur in the hip, spine and wrist. Fragility fractures require specialized treatment that often centers on not only dealing with the current fracture, but preventing further ones. Proper fragility fracture care treatment can reduce the risk of future fractures by up to 50 percent.
When a Child Fails to Thrive

As we approach the end of another school year, it’s a good time to take a look at how our children are performing emotionally, physically and mentally. If upon reflection, you see that your child has gotten one too many notes home or if you’ve seen significant changes in your child’s behavior, it may be time to seek help. Fortunately, there are numerous options in our area that are available to you and your family.

Start with your child’s teachers. Quite often issues can be resolved through parent/teacher conferences. If further assessment is needed the school counselor or an independent practitioner may be called in to administer tests. The results of these assessments will determine what options are most suitable to your child’s needs. Options are wide-ranging and include special education classes, individual or group counseling and residential programs. The goal of these services is to help your child thrive in a normal school setting.

A child may stumble due to a variety of issues. A drastic change within the home such as death or divorce may be causing significant concern. Behavioral changes may be chemical in nature and require psychiatric care. No matter what is troubling your child, an evaluation never hurts and can catch a problem before it develops into something more severe.

Signs That a Child May Benefit from an Evaluation:
• Changes in sleeping and eating habits.
• Loss of interest in enjoyable activities.
• Increased behavioral issues at school.
• A sudden drop in grades.
• Acting out.
• Hanging out with a new crowd.
• Withdrawal from family and/or friends.
• Difficulty adjusting to a change in environment.

Whether your child is struggling with ADHD or is having difficulty coping with a major life change, Lakeview Center’s Children’s Behavioral Health Services provides a variety of options for children needing help in Escambia County. Lakeview Center also accepts insurance and offers sliding scale fees for those without insurance.

Services offered by Lakeview Center include but are not limited to:
• Individual counseling
• Group counseling
• Psychiatric services
• Residential services
• Substance abuse counseling
• Mental health counseling
• Case management
• Wrap program (in-home services)
• School Day Support
• After School Activity Program

For more information about how Lakeview Center can help get your child back on track, call Children’s Behavioral Health Services at 850.469.3500.
A Parent’s PEDIATRICIAN

When you’re selecting a pediatrician for your child, of course you want someone who has a natural ability to work with and understand children. However, you also want a pediatrician who is able to see things from the parent’s point of view and able to effectively communicate with the entire family. “Compassionate” is an important key word to keep in mind.

Ashley Askew, M.D., with Baptist Medical Group Internal Medicine and Pediatrics, is compassion personified. From her early days in residency, it was clear how important her ability to connect with parents would be to the way she provided care to her smallest patients.

“During residency I took care of a very sick newborn whose outcome was uncertain. I will never forget what I learned while caring for this child and his family during those early days of his life. I was later able to meet this infant who had become a happy, healthy toddler with a bright future ahead.”

Dr. Askew’s role as an internal medicine and pediatric physician means she can care for the entire family from grandbabies to grandparents and everyone in between.

What Dr. Askew Knows For Sure

“I want them to know that their health and safety are my top priority.

Baptist Medical Park – Navarre
(Medical Office Building)
8880 Navarre Parkway
Suite 206
Navarre, FL 32566
850.936.6211

Hours:
Mon. – Fri., 8 a.m. – 5 p.m.

Visit BaptistMedicalGroup.org to choose the perfect pediatrician for your family.
ANDREWS INSTITUTE ASSISTS SPORTS INJURY PREVENTION RESEARCH
Concussion experts from the Andrews Institute of Orthopaedics & Sports Medicine attended Safe Sports Think Tank 2014 in Washington, D.C., to collaborate on a white paper that targets and accelerates areas of research in sports injury prevention and to provide actionable ways to identify and apply strategies to prevent concussions in youth sports.

IAC RECOGNIZES CARDIOLOGY EXCELLENCE
Baptist Heart & Vascular Institute’s Cardiodiagnostics Department was granted full accreditation for echocardiography in the areas of adult transthoracic and adult stress as well as for nuclear cardiology by the Intersocietal Accreditation Commission. This accreditation was received for Baptist Hospital, Gulf Breeze Hospital, and Baptist Medical Park – Nine Mile. Baptist and Gulf Breeze hospitals also have received an additional accreditation for adult transesophageal echo.

BHC RECOGNIZED FOR COMMUNITY COMMITMENT
Baptist Health Care (BHC) along with Sacred Heart Health System (SHHS) received the Community Benefit Achievement Award from the Florida Hospital Association. The Community Benefit Achievement Award recognizes hospitals that have distinguished themselves through efforts to improve the health and well-being of their communities. BHC and SHHS first joined forces in 1994 through the Partnership for a Healthy Community. Today, their Live Well Northwest Florida initiative encourages community wellness with the support of 116 local businesses and organizations.

DR. CURTSINGER AWARDED FOR EXCELLENCE
Alison S. Curtsinger, M.D., Baptist Medical Group Internal Medicine and Pediatrics, Baptist Medical Park – Navarre, was awarded the Excellence through Insight Award for Overall Patient Experience by HealthStream® for her commitment to excellence in patient care. To qualify for the award, a physician must have been a patient satisfaction-tracking client of HealthStream® in 2013, scored in the 75th percentile or higher, and surveyed a minimum of 100 patients. For more information about Dr. Curtsinger, visit her profile at BaptistMedicalGroup.org.

GCE RECEIVES CALIFORNIA HONORS
The Monterey County Committee for the Employment of People with Disabilities presented its 2014 Employer Award to Gulf Coast Enterprises (GCE). The award recognizes GCE’s information technology contract at the Defense Manpower Data Center in Seaside, Calif. GCE also received certificates of recognition from U.S. Rep. Sam Farr of California’s 20th Congressional District, the Monterey County Board of Supervisors, the Salinas City Council and the California Department of Rehabilitation. Based in Pensacola, Fla. and operating in 13 states and the District of Columbia, GCE hires and trains a workforce composed mostly of people with disabilities, including war-wounded U.S. military veterans.

Happy Anniversary!
Thank you for choosing us for your care.

Andrews Institute celebrates 8 years in April 2015.
Baptist Medical Park – Navarre celebrates 15 years in May 2015.
Lakeview Center celebrates 61 years in May 2015.
Gulf Breeze Hospital celebrates 30 years in June 2015.

AndrewsInstitute.com  BaptistMedicalParkNavarre.org  eLakeviewCenter.org  GulfBreezeHospital.org
EXERCISE. The word alone can send people running, no pun intended. We all set goals for ourselves throughout the year and many of those goals begin in January. If exercising more often and getting your body in better shape is a goal you’ve set for yourself this year, I have some good news for you. You may think you need a one-hour gut-busting sweat session at the gym five days a week to get your body where it needs to be. While that one-hour session is most certainly going to help, there is one other thing you can do throughout your everyday routine that will speed up your results … MOVE!

You can thank James Levine, M.D., endocrinologist and obesity expert of Mayo Clinic, for his research findings on something called N.E.A.T. or Nonexercise Activity Thermogenesis. N.E.A.T. is responsible for the calories we expend when we’re not exercising, eating or sleeping. To be exact, N.E.A.T. is responsible for approximately 30 percent of the calories that we burn throughout the day. So what exactly are you doing when you’re not exercising, eating or sleeping? Many of us are sitting at a desk for eight or more hours a day. The key word there is “sitting.” The theory behind N.E.A.T. is that if we can make an effort throughout our day, every day, to simply move more and utilize our bodies, we will expend more calories throughout the day than in one exercise session alone.

Here are a few things you can do to jump start N.E.A.T.:

• Take the stairs when you can. Not only are you exercising your lower body, but you also will beat everyone waiting for the elevator.

• Park in the farthest parking spot from your office. Enjoy a short morning walk before a busy day at the office.

• Make it a point to get out of your chair and pace at least every hour. Tight quarters? Try doing 10 body squats every hour instead.

• Sit on a stability ball at your desk instead of a chair. You will be forced to use your core to balance. You also can bounce throughout the day or do calf raises each time you answer the phone.

• You know the extremely nice people you let carry your groceries out every week at the grocery store? Politely decline the offer, and carry your own groceries!

• Instead of driving to get your lunch, find somewhere within walking distance and work up an appetite.

• Turn off the television and go outside. Working in the yard, washing your car, playing with your children or walking the dog will burn more calories than sitting on the couch.

Apply these simple tricks to sneak in a little effort that can yield significant contributions to your good health.

Call Healthy Lives today at 850.469.6903 or visit eBaptistHealthCare.org/HealthyLives.
Our neurosurgeons come from some of the most respected programs in the country. They lead the region in the treatment of neurological conditions using the latest innovations and techniques. Not only do our patients have access to the expertise of our neurosurgeons, they also benefit through our collaboration with Mayo Clinic to provide leading edge care right here at home.

850.469.0642 / BAPTISTMEDICALGROUP.ORG

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