



LifeTimes

The Art of Living Well

SUMMER 2021

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How to Focus on Better Bone Health

Taking care of your bones now can have a positive and long-lasting impact on your bone health as you age.

Your bones do more than support you and allow you to move. They protect your brain and other organs from injuries. Here's what you can do to ensure your bones are kept strong and healthy for years to come!

Risk Factors That Can Decrease Bone Health

It's difficult to tell how lifestyle impacts bone health. Here are some risk factors to watch for:

- A low-calcium diet
- Lack of physical activity
- Smoking and use of other tobacco products
- Gender—women are at a higher risk of developing osteoporosis than men
- Going through menopause—lower estrogen levels can contribute to bone loss
- Certain medical conditions that affect the way your body absorbs calcium, such as anorexia, bulimia, Crohn's disease and celiac disease

Lifestyle Changes to Keep Your Bones Healthy

- Exercise regularly and incorporate weights into your regimen to strengthen bones
- Avoid processed foods
- Limit saturated fats
- Quit smoking

Additionally, your bones need calcium, as well as vitamins C, D, and K. Eat these foods that are fortified with bone boosting properties:

- Low-fat dairy milk and cheeses
- Salmon, sardines, mackerel and tuna
- Kale, brussel sprouts and broccoli
- Oranges and pineapples

Find your orthopedic expert! For more information about increasing your bone health, visit parrishhealthcare.com/orthoservices.

Meet Your Parrish Medical Group Orthopedics Team

As your bone, muscle and joint health care partners, we believe in blending the art of healing with the science of advanced medicine to keep your body in motion.



Jonathan Lubitz, DPM



Anthony Allotta, DO

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Life Moves

We believe every life is poetry in motion, motivated by strength and determination.

As your bone, muscle and joint health care partners, we believe in blending the art of healing with the science of advanced medicine to keep your body in motion. We believe in bringing together the best and brightest orthopedic and sports medicine experts; including the expertise of Mayo Clinic.

This dedicated team focuses on you as an individual because every life is a work of art to us.



Visit parrishhealthcare.com/orthoservices for a FREE Orthopedic Health Risk Assessment.



Take our FREE ORTHOPEDIC HEALTH RISK ASSESSMENT at parrishhealthcare.com/orthoservices.



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ORTHOPEDICS

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Where the Art of Healing Comes to Life



Member

News & Notes

Parrish Healthcare Offers Breakthrough Sleep Apnea Treatment—An implantable device replaces traditional CPAP mask



Parrish Healthcare is among the first health systems in the state to offer Inspire, a breakthrough treatment option for obstructive sleep apnea patients unable to use or

get benefit from the traditional continuous positive airway pressure (CPAP) machine.

Similar to a pacemaker, the Inspire device is implanted under the skin and uses a remote control to sync your breathing while sleeping.

Inspire works inside the body with a patient's natural breathing process to treat sleep apnea.

Mild stimulation opens the airway during sleep, allowing oxygen to flow naturally. The patient uses a small hand-held remote to turn Inspire on before bed and off when they wake up.

The Inspire system consists of a stimulation lead and a breathing sensor, powered by a small battery. The system is placed under the skin of the neck and chest through three small incisions during an outpatient procedure. Most patients return home the same day and take over-the-counter pain medications as needed.

"Parrish Healthcare is proud to be Brevard County's leader in sleep medicine with the innovative therapy for obstructive sleep apnea, Inspire. Inspire fills the gap needed for management of obstructive sleep apnea patients who cannot tolerate CPAP. This new treatment will improve the quality of life for many patients in our community" says Parrish Sleep Center's Medical Director, Dr. Rivera-Morales MD.

Inspire therapy is for patients who can't tolerate or get consistent benefit from traditional CPAP therapy, however the line of treatment for sleep apnea is CPAP therapy, according to Dr. Rivera-Morales. The CPAP system takes air from the room and humidifies the air that blows into the mouth and/or nose of the patient through a hose and face mask. That continuous air keeps the airway open to prevent snoring and trouble sleeping. Patients must first fail on CPAP before sleep doctors consider them for Inspire.

The Inspire sleep apnea treatment is the latest advancement offered as a part of Parrish Healthcare's sleep medicine services. Other services include consultations with sleep physicians, sleep coaching, mask fitting, oxygen testing and narcolepsy testing.

For more information and to learn if the Inspire treatment may be right for you, call 321-268-6408 or visit parrishhealthcare.com/inspiresleep.

LIVE, LAUGH, LEARN

EVENTS, SEMINARS & SUPPORT GROUPS

JULY-SEPTEMBER 2021

Registration is required for all classes and support groups.

Need a Health Expert to Speak to Your Group?

Our experts are available to speak to your group on important health issues. To schedule a speaker for your next meeting, call 321-268-6110.

Diabetes Community Education Class

This class will cover an overview of diabetes, nutrition and meal planning, physical activity, diabetes complication prevention, making behavior changes and more.

Info: Call Peggy McLaughlin at 321-268-6699 or visit parrishhealthcare.com/events for a current listing of class days. *Registration required.*

Caregiver Support Group

First and third Thursdays each month
9:30–11:30 AM.

Where: Heritage Hall, Parrish Health Village

Info: Call Janet Rooks at 321-268-6800.
Registration required.

MARK YOUR CALENDARS

Jess Parrish Medical Foundation 2021 Gala

The 2020 Gala To-Go was a tremendous success raising more than \$100,000 in net proceeds to benefit Parrish Healthcare's areas of greatest need. This upcoming October, we are excited to celebrate together in an in-person setting. Stay informed with the latest Foundation news by visiting parrishhealthcare.com/foundation.

Gift of Light | Thursday, December 2, 2021

Our annual community holiday celebration is back! Join us as we celebrate the wonder and joy of the holiday season with Santa and Mrs. Claus, our grand 50-foot tree, entertainment, fireworks and more! Stay up-to-date with Gift of Light by visiting parrishhealthcare.com/giftoflight.



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Healing Moments



Alan Agee

Valentine's Day 2021 brought a patient with a "broken" heart to Parrish Medical Center's ER, but was saved because Parrish care partners, he says, "didn't give up on me!"

Alan arrived at the ER after suffering a heart attack while moving furniture. In Alan's words, "My chest felt like someone was standing on it, I had pain in my neck and my right arm was numb. Fortunately, I was able to walk into the ER. I walked in and told them, 'I think I'm having a heart attack,' and barely remember being taken into triage. The next and last thing I remember was a bolt of lightning going through my chest. (Yes, I literally saw the bolt of electricity arc through my chest).

The next thing I knew, I woke up two days later in intensive care. I am not sure how many times they brought me back from death. I've heard 27 and 28 times. The only reason I am here to tell you my story is because THEY DID NOT GIVE UP ON ME.

Before I was discharged, some of the people that worked on me came up to see me. When I thanked one for saving my life, he said something very profound. He said, "We work together as a team and we don't give up". Well, that team won for me on Valentine's Day. In my book, the professionalism and proficiency they displayed is beyond compare. I owe the team, the nurses, the doctors, and all the supporting staff at Parrish my life.

Thank you to everyone who took care of me. I owe you my life, and she (the one who loves me) is so grateful you didn't give up."

Alan and his wife can look forward to many future Valentine's Days.

To see and read more healing experiences, visit parrishhealthcare.com/healingexperiences.



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