

# Healthy Living

at a higher standard

Fall 2009

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Invasive Surgery  
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Need to Know  
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## Breast Cancer Surgical Options

Blake Medical Center  
Brandon Regional Hospital  
Central Florida Regional Hospital  
Community Hospital  
Doctors Hospital of Sarasota

Edward White Hospital  
Englewood Community Hospital  
Fawcett Memorial Hospital  
Largo Medical Center  
Northside Hospital

Oak Hill Hospital  
Osceola Regional Medical Center  
Regional Medical Center Bayonet Point  
South Bay Hospital  
St. Petersburg General Hospital





## Surgery on Your Schedule

IF YOU ARE facing a medical procedure, ask your physician if a new minimally invasive option could help you get back to your life more quickly.

The da Vinci® Surgical System allows surgeons to use much smaller (1–2 cm) incisions when performing many urological, gynecological, and thoracic procedures, making the process much easier for patients. Compared with traditional open surgeries, the robotic-assisted approach means less blood loss, scarring, pain, and recovery time.

“I want to give my patients the latest technology and provide them with the most minimally invasive procedure available,” says Parveen Vahora, MD, gynecologist at Community Hospital. “I am able to help my patients get back to their lives much more quickly with da Vinci-assisted procedures than with other surgeries.”

The da Vinci system is now regularly used for hysterectomies, other gynecologic procedures to treat cervical and uterine cancers and uterine fibroids, and for many urological surgeries, including prostatectomy.

## Feel Like Yourself Again

A CARDIAC REHABILITATION program includes medically supervised exercise and education to assist in recovery after a cardiac event like bypass surgery or a heart attack.

Patients from Oak Hill Hospital, Community Hospital, and Regional Medical Center Bayonet Point follow customized exercise regimens and learn to trust their health, moving from fear to the knowledge they are safe and able to make good life choices.

“Three phases of cardiac rehabilitation begin in the hospital, continue through monitored outpatient care, and include an option for a long-term maintenance program,” says Jose Pascual, MD, critical care physician and medical director of Cardiopulmonary Rehabilitation at Regional Medical Center Bayonet Point. “Our staff is certified in advanced cardiac life support and includes two critical care nurses and two advanced-degree exercise physiologists.”



## NEW PROCEDURE for Faster Recovery after Hip Replacement

“Direct anterior hip replacement—a novel technique that uses a minimally invasive approach—allows the surgeon to replace the hip joint without detaching any muscles or tendons from the pelvis or femur,” says Fady Zeidan, MD, orthopaedic surgeon on the medical staff at Oak Hill Hospital.

This difficult procedure is made easier by using the hana™ Hip and Knee Arthroplasty Table, which has been available at Oak Hill Hospital for almost nine months, providing state-of-the-art medical care.

“The hana table allows proper positioning of the hip to perform the surgery regardless of the patient’s size, height, or weight,” explains Dr. Zeidan. “This is the only true minimally invasive hip replacement.”

“Direct anterior” hip replacement performed on the hana table is intended to provide patients with the following benefits compared to traditional techniques:

- » earlier return to daily activities
- » earlier return to sports like golf and tennis
- » faster rehabilitation
- » lower risk of dislocation
- » more accurate leg length
- » reduced pain
- » shorter hospital stay
- » smaller incision

**For more on any of our physicians or for free health information, please call 1-877-4-HCA-DOCS (1-877-442-2362).**

# Is Single-Incision Surgery Right for You?

Many types of minimally invasive surgeries are now available—including ones using either multiple or single incisions—so ask your physician about the benefits of the various options.

SINGLE-INCISION LAPAROSCOPIC surgery (SILS) involves making a single cut near the patient's umbilicus or belly button through which the surgeon inserts two or three tube-like devices to bring surgical instruments inside the abdomen. These include a viewing device to ensure the best images of the affected area.

"Single-incision laparoscopic surgery offers patients minimally invasive surgery with no visible scarring," says Neria Hebbar, MD, general/colon and rectal surgeon at Community Hospital and Regional Medical Center Bayonet Point. "This surgery results in less pain because there are fewer incisions."

## Many Benefits

After surgery, the single incision is closed with absorbable sutures and covered with a Band-Aid, which can be removed a day after surgery to promote faster healing.

"With fewer incisions, this surgery reduces the chance of infection," says Dwayne Ledesma, MD, general/vascular surgeon at Community Hospital. "SILS is a smart option for many patients."

Originally developed for weight-loss surgery, SILS is now being used for urological, gynecologic, kidney, and colon-related procedures. Patients who suffer from obesity, severe adhesions, or have large areas of scarring from previous abdominal surgeries should not undergo SILS.



## Keeping Your Blood P-U-M-P-I-N-G

For patients suffering from critical aortic stenosis or severe aortic insufficiency, finding dependable cardiovascular services is imperative.

THE CARDIOVASCULAR SURGICAL staffs at Oak Hill Hospital and Regional Medical Center Bayonet Point provide quality, minimally invasive care for patients in need of aortic valve replacement. The aortic valve allows blood to flow from the heart's left ventricle into the aorta. When this valve does not open and close properly, valve replacement is often necessary. Luckily, Oak Hill Hospital and Regional Medical Center Bayonet Point offer minimally invasive valve replacement so patients can quickly return to their daily lives.

"The incision we make is approximately 6 to 8 centimeters along the front ribs, and we are able to replace the entire valve through that opening," says Ravi Sharma, MD, cardiovascular and thoracic surgeon on staff at Oak Hill Hospital and Regional Medical Center Bayonet Point. "The procedure is equally as effective as a traditional replacement, but with markedly reduced discomfort and recovery time. This type of replacement is also more cosmetically appealing, causing less scarring than surgeries requiring larger incisions."

The aortic valve can be replaced either by a preserved donor valve, a mechanical valve, or the patient's own pulmonary valve until it can be replaced by a donor pulmonary valve. Recovery periods for most patients range from two days to one week.

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# Heightened PRECISION

As effective as conventional procedures, but with less pain and shorter recovery times, minimally invasive thoracic surgery (MITS) is making a difference for patients who require thoracic (lung) surgery.

REQUIRING A GREAT deal of skill, MITS utilizes smaller incisions that benefit patients in many ways compared with traditional open surgery. MITS results in shorter hospital stays and less pain during recovery. This approach also allows patients to return to their normal daily activities more quickly.

“The minimally invasive approach provides access to the lungs through several small incisions rather than the one large eight-to-10-inch incision required by conventional thoracic procedures,” says Hugo Mendonca, MD, general/thoracic/vascular surgeon at Community Hospital, Oak Hill Hospital,

and Regional Medical Center Bayonet Point. “MITS eliminates the need for a patient’s ribs to be spread apart, reducing recovery time from up to eight weeks to only three or four weeks.”

## Surgical Expertise

Although MITS is as effective as conventional thoracic surgery and has a lower rate of complications, the technical demands of this approach have limited its prevalence. In skilled hands, MITS has distinct advantages, including offering patients the ability to breathe more easily after surgery and improving their quality of life.

When a patient with lung cancer has conventional thoracic surgery, he or she must wait a longer period of time before beginning additional therapy.

“If adjuvant radiation treatment is required, patients can begin treatments much sooner than they could after a conventional thoracic procedure,” says Dr. Mendonca. “In the treatment of malignant disease, time is almost always an advantage.”

## Broad Applications

Surgery is the primary treatment for lung cancer, and carcinoid tumors in the lungs are most often treated by surgery alone. Minimally invasive thoracic surgery (MITS) is recommended for the treatment of tumors smaller than two inches, but nearly all thoracic surgeries can be performed using minimally invasive techniques.

Applications of the advanced approach include:

- » **DRAINAGE OF PLEURAL EFFUSIONS**—procedure to remove fluid collected between the pleura (thin membrane lining the inside of the chest cavity and outside of the lungs) caused by a number of conditions, including cancer, cirrhosis, heart failure, or kidney disease
- » **LOBECTOMY**—surgery to remove a large section of lung affected by lung cancer
- » **LUNG BIOPSY**—procedure that removes a small sample of lung tissue through a small incision between the ribs to determine the presence of lung diseases
- » **WEDGE RESECTION**—surgery to remove a small, wedge-shaped section of the lung to treat small lung nodules

» **CANCER PROGRAMS** at HCA’s Oak Hill Hospital, Community Hospital, and Regional Medical Center Bayonet Point are **ACCREDITED BY THE COMMITTEE ON CANCER OF THE AMERICAN COLLEGE OF SURGEONS.**

# Safety Every Step *of the Way*

From hospital quality measures to universal protocols to national safety initiatives, HCA West and Central Florida hospitals take every precaution to ensure patients receive the safest possible surgical care.

AT ADMISSION, PATIENTS receive a bar-coded wristband that identifies them. A unique bar code issued to each patient allows nurses to safeguard the “five rights” of medication administration in preparation for surgery—that the *right* person be given the *right* dosage of the *right* medication

at the *right* time via the *right* route. HCA West and Central Florida hospitals, medical centers, and highly trained surgical professionals also practice a “time-out” protocol, a pre-surgical practice that the medical team engages in to ensure the patient’s name, medications, procedure,

and surgical site correctly match hospital records.

By partnering with national accreditation and patient safety organizations such as The Joint Commission, HCA West and Central Florida hospitals continue to meet and exceed quality standards that protect patients.

“The **safety of patients**, not only during surgery but in all aspects of care, is a national concern on which HCA West and Central Florida hospitals are always working to improve. We want patients to feel comfortable knowing **we take every precaution** to ensure they receive the highest quality of care possible.”

—LINDA LEMON-STEINER, VICE-PRESIDENT OF QUALITY AND CLINICAL OPERATIONS FOR HCA WEST AND CENTRAL FLORIDA



A patient tracking system in the surgical waiting room gives visitors a way to check the status of a loved one during a procedure. Like the screens in airports detailing flight information, the tracking system informs visitors when a patient is prepped for surgery, enters the operating room, goes to recovery, and is transported to a hospital room or ready for discharge. Instead of identifying patients by their names, the patient tracker uses anonymous codes, which are shared with patient family members and friends.

“Most complications of anesthesia can be prevented when patients clearly communicate with the anesthesiologist prior to surgery. Be sure to talk with the medical staff and the anesthesiologist about your medical history, medications and supplements, allergies, and any previous reactions to anesthesia.”

—MOHAMED SHAHOUT, MD,  
ANESTHESIOLOGIST AT COMMUNITY  
HOSPITAL, OAK HILL HOSPITAL,  
AND REGIONAL MEDICAL CENTER  
BAYONET POINT

## Anesthesia Demystified

Anesthesia is the administration of drugs to patients to safely provide pain relief and/or sedation during surgery.

PREPARING FOR SURGERY can be less stressful if you understand how anesthesia works. During anesthesia, physicians administer medicines that affect the nervous system, temporarily blocking pain.

- » **GENERAL ANESTHESIA**—the deepest sedation—is used to keep patients still, free of pain, and without memories of the procedure.
- » **REGIONAL ANESTHESIA** is achieved through an injection near a cluster of nerves to numb areas of the body, such as below the waist. Epidurals and spinal blocks are examples of regional anesthesia.
- » **LOCAL ANESTHESIA** is the most specific type, numbing a hand or patch of skin, for example, using ointment, shots, or spray.

Following medical instructions prior to surgery can reduce your risk of anesthesia complications. Some post-surgical side effects that typically resolve quickly may include grogginess, disorientation, chills, nausea, and sore throat.





ADVANCES IN BREAST CANCER TREATMENT

*offer many women diagnosed with the disease effective surgical options, including procedures that may preserve the breast.*

# Breast Cancer *Surgical Options*

**“The more informed a woman is about surgical options for early-stage breast cancer, the more she can participate in the decision-making process and feel more satisfied with the end result.”**—GAIL WRIGHT, MD, FACP, FCCP,

MEDICAL ONCOLOGIST AT COMMUNITY HOSPITAL, OAK HILL HOSPITAL, AND REGIONAL MEDICAL CENTER BAYONET POINT

**“Educating yourself**—particularly discussing your options with your healthcare provider—is important when you are diagnosed with early-stage breast cancer.” —TERRY STONE, DO, DIAGNOSTIC RADIOLOGIST

AND MEDICAL DIRECTOR OF IMAGING SERVICES AT COMMUNITY HOSPITAL

MORE SURGICAL APPROACHES have been developed especially for women with early stage breast cancer, which includes ductal carcinoma in situ (DCIS) and Stages I, IIA, IIB, and IIIA breast cancer. Breast cancer surgeries fall into two general categories—breast-sparing procedures and mastectomy. Your medical oncologist, surgeon, radiation oncologist, and (if applicable) plastic surgeon will advise you so that you can make an informed choice that will be best for you. Survival rates are similar between the two types of surgery, though some women may choose mastectomy to avoid the radiation therapy that follows breast-sparing surgery.

If you are facing early stage breast cancer, consult with your physician about the following types of breast cancer surgery:

### Breast-Sparing Surgery

The idea behind breast-sparing surgery is to remove the malignant tumor and some surrounding normal tissue while keeping the breast intact. Following surgery, most patients undergo several weeks of radiation therapy to reduce the risk of recurrence. Types of breast-sparing surgery include lumpectomy, partial mastectomy, and segmental mastectomy.

To the surprise of many women, up to a third of the breast can be removed during a breast-sparing procedure without any evident deformities. Ultimately, however, the appearance of the breast following surgery depends on the size of the breast relative to the size of the tumor and the surrounding tissues that are removed. Some changes to the breast—such as firmness or a sunburned appearance—may occur as a result of radiation following surgery.

**“When evaluating possible surgical solutions to early-stage breast cancer, it is important to clearly communicate your preferences because the results could affect your self-image.”**

—RONALD M. YARRINGTON, MD, BREAST/  
GENERAL SURGERY AT OAK HILL HOSPITAL AND  
REGIONAL MEDICAL CENTER BAYONET POINT

### Mastectomy

Mastectomy involves the removal of the breast and nipple. It is sometimes followed by radiation therapy and includes the option of several types of breast reconstruction procedures, which can produce pleasing cosmetic outcomes, either immediately or at a later date.

Mastectomy can take several forms, including:

- » **TOTAL MASTECTOMY**—removal of the breast and possibly some lymph nodes under the arm.
- » **MODIFIED RADICAL MASTECTOMY**—removal of the breast, many lymph nodes, the lining covering the chest muscles, and possibly a small amount of chest muscle.
- » **DOUBLE MASTECTOMY**—removal of both breasts when one breast contains a malignant tumor and the patient is at high risk for developing the disease in the unaffected breast.

*For a free breast self-examination shower card or for more information on breast cancer, call 1-877-4-HCA-DOCS (1-877-442-2362).*

## Reconstruction Alternatives

In 2007, a survey of nearly 1,200 early stage breast cancer patients revealed an alarming gap in women’s knowledge of breast cancer treatment options: Only 33 percent were aware that breast reconstruction following mastectomy was available.

Breast reconstruction surgery is performed by a plastic surgeon to restore a breast-like shape and nipple for patients who have had a breast removed. In addition, the surgeon can apply a dark circle around the nipple that resembles the areola.

Breast reconstruction surgery consists of either breast implants or tissue flap surgery. If a patient chooses the former, a surgeon will place an implant filled with salt water or silicone gel under her skin or chest muscle to create the appearance of a breast. While the implant will be pleasing from an aesthetic standpoint, she will have little feeling in it, and it may not last for the rest of her life. Women who have implants generally must have them replaced after a certain period of time, and they may cause irritations, such as breast hardness and pain.

Tissue flap surgery is a major procedure in which a surgeon uses muscle, fat, and skin from a different part of a patient’s body to construct a breast-like shape that typically lasts a lifetime. Healing, however, takes longer than with breast implants.

If alternatives to reconstructive surgery are preferred, a woman might consider wearing an external prosthetic—a breast form that fits inside a specialty bra.

# Stay Hydrated

## to Help Prevent Kidney Stones

Kidney stones are a painful but common medical condition. Decrease your risk of developing them by drinking plenty of fluids.

CLEAR LIQUIDS SUCH as water, lemon-lime soft drinks, and ginger ale should be preferred by those who are susceptible to forming kidney stones. Beverages that contain caffeine—coffee, tea, and some soft drinks—can cause dehydration and contribute to the formation of kidney stones. Lemonade is a good option because it contains citrate, which helps keep stones from forming.

### Food for Thought

In addition to staying properly hydrated, diet plays a part in whether or not your body forms kidney stones. While fruits and vegetables are good for you, they can contribute to risk for kidney stones if you are

not properly hydrated. Animal protein can also be a dietary factor for kidney stones, so moderation in consumption of meat is key.

If proper hydration and diet are not enough to keep kidney stones from forming, medical treatment is available. Your physician can offer medications and minimally invasive procedures to help break up the stones and remove them.

“If you have a history of kidney stones, liquid intake is important. **Aim for 12 to 14 cups per day** or enough intake to produce at least 2 liters of urine daily. Water is the best option, but an occasional glass of fresh or frozen lemonade is a good choice, too, because lemons contain citrate, which combats kidney stone formation.” —KEVIN SPIRES, MD, UROLOGIST AT OAK HILL HOSPITAL AND REGIONAL MEDICAL CENTER BAYONET POINT

## HOW TO Keep Clean in the Kitchen



Many of us have picked something from the refrigerator, sniffed it, and asked ourselves, “Is this still good?” It’s rarely advisable to eat food past a “consume by” date. Dozens of food safety practices can help you ensure what you serve your family is healthy.

MANY FOODBORNE ILLNESSES are preventable, and while you may not be able to control what happens in your local restaurants or grocery stores, you can work to improve food safety practices in your kitchen.

One of the most important factors is temperature. Hot foods should be served above 140 degrees Fahrenheit, and cold foods should be stored at below 40 degrees.

The safest way to defrost frozen food is to allow it to thaw slowly in the refrigerator.

### Wash, Wash, Wash

Most of us know to thoroughly wash our hands before and after handling food, but following proper procedures for cleaning the kitchen is a little more complex. While preparing food, it’s important to use separate surfaces and cutting boards for meat products and fruits and vegetables. Between uses, cutting boards should be cleaned using hot water or a bleach-water solution. It’s also important to wipe down counters with a paper towel rather than a reusable sponge or dishcloth, which are more likely to contain bacteria.

### Children’s Plates

Kids should be taught proper hand washing techniques and be discouraged from playing with their food. Any uneaten portions should be discarded after the meal.

*For Clean Hands Are Cool Hands materials for your elementary school-aged child, call 1-877-4-HCA-DOCS (1-877-442-2362) or visit [www.cleanhandsarecoolhands.com](http://www.cleanhandsarecoolhands.com).*

“Teaching kids proper hand hygiene is essential to preventing illness, especially in the kitchen and during mealtimes. The Clean Hands Are Cool Hands campaign can help teach your children how to take precautions that can keep them healthy and happy.” —LISA KERN, RN, BSN, NCSN, DISTRICT SCHOOL BOARD OF PASCO COUNTY, SUPERVISOR OF HEALTH SERVICES



## Reducing Acid Reflux

If you suffer from chronic heartburn, your symptoms may be a part of something more serious, such as gastroesophageal reflux disease (GERD).

GERD, WHICH OCCURS when stomach acid and juices flow back into the esophagus, affects approximately 7 percent of the population. Although heartburn is the most common symptom of GERD, other symptoms like chronic sore throat, belching, bad breath, or inflammation of the gums may occur.

The exact cause of GERD is unknown, but you can take the following steps to prevent or reduce symptoms:

- » **MODIFY YOUR BED.** If your symptoms are especially bad at night, raise the head of your bed six to eight inches by placing the bed frame on blocks or adding a foam wedge.
- » **CHANGE YOUR EATING HABITS.** Instead of three large meals per day, eat a smaller serving every three hours or so.
- » **AVOID CERTAIN FOODS.** Chocolate, mint, and alcohol can worsen symptoms. Coffee and foods containing a lot of acid—such as tomatoes and oranges—can also increase GERD-related discomfort.
- » **DON'T USE TOBACCO PRODUCTS.** Nicotine from tobacco products relaxes the valve between the stomach and the esophagus, allowing stomach acids and juices to more easily re-enter the esophagus.

## White Bean and Chicken CHILI

This delicious white-bean chili is perfectly spiced with cumin, which gives it a zesty flavor without the burn factor of traditional chili powder or cayenne pepper.

### INGREDIENTS

- 2 15-ounce cans of low-sodium white northern beans
- 1 pound russet potatoes, peeled and cubed
- 1 tablespoon canola oil
- 1½ white onions, diced
- 1 clove garlic, minced
- 2 cups non-fat chicken stock
- 1½ cups white wine
- 2½ cups water
- 1 pound cooked boneless, skinless chicken breasts, cubed
- 2 teaspoons ground cumin
- ½ cup 1-percent milk
- 4 ounces reduced-fat white cheddar cheese, grated
- 2 teaspoons (per serving) non-fat sour cream
- 2 teaspoons (per serving) reduced-fat white cheddar cheese, grated
- 1 tablespoon (per serving) fresh cilantro leaves

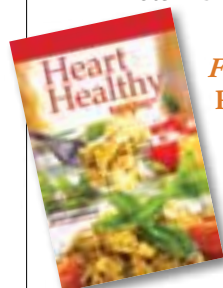
### DIRECTIONS

1. Rinse the canned beans in cool water.
2. Put the oil in a large stockpot over medium heat. Add the onions and garlic, cooking slowly, making sure the onions don't brown.
3. Add the potatoes, along with the chicken stock, white wine, and water. Cook over medium-low heat, letting it simmer for 30 minutes to soften the potatoes.
4. Next, add the chicken, beans, and cumin. Mix ingredients well and let them cook together for five minutes.
5. Stir in the milk and grated cheese, heating completely, without letting the chili come to a boil.
6. Serve with two tablespoons of non-fat sour cream, grated reduced-fat cheddar cheese, and cilantro as garnish.

### NUTRITIONAL INFORMATION

Serving Size: 1 cup  
Calories: 372  
Total fat: 7g  
Cholesterol: 47mg  
Total carbohydrates: 39g  
Protein: 34g

Servings: 8  
Calories from fat: 63  
Saturated fat: 3g  
Sodium: 312mg  
Dietary fiber: 7g  
Source: [drgourmet.com](http://drgourmet.com)



For a free copy of our **Heart Healthy Recipes cookbook**, call 1-877-4-HCA-DOCS (1-877-442-2362).

# Active General, Vascular, Thoracic, Colon + Rectal Surgeons

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