

Health NEWS & BREAKTHROUGHS

SCF OFFERS CORPORATE WELLNESS CERTIFICATE

The State College of Florida Manatee-Sarasota is now offering a Corporate Wellness Coordinator Certificate Program at the Lakewood Ranch Campus. Topics included in this four-week series are:

- Trends in healthcare
- How worksite wellness pays
- Health Care Reform & Corporate Wellness
- Creating a corporate wellness culture
- Evidenced based wellness programming
- Effective disease management programming
- Legal, compliance and HIPPA laws

CENTER FOR SIGHT RECEIVES RECOGNITION

The Accreditation Association for Ambulatory Health Care (<http://www.aaahc.org/eweb/StartPage.aspx>) AAAHC has reviewed the operations of the Center For Sight's Ambulatory Surgery Center and granted it a three-year accreditation, the maximum permitted under the organization's regulations. Status as an accredited organization means Center For Sight's surgery center has passed a rigorous review of recognized standards for the provision of quality health care, set by the AAAHC.

Center For Sight's surgical center consists of three operating rooms used to perform cataract, glaucoma, cornea, retina and facial cosmetic surgery. In addition, the center has a laser suite comprised of the IntraLase Laser and the Allegretto Wave Laser used to perform the All-Laser LASIK.

NEW ANKLE PROCEDURE

There's a new option for patients dealing with ankle pain caused by rheumatoid arthritis, osteoarthritis or post traumatic arthritis. It's called the Inbone Total Ankle and according to Podiatrist and reconstructive foot and ankle surgeon, Brian Rell, D.P.M., it's as close to the natural anatomy as you can get. Venice resident Arthur Hatfield was the first patient on the West Coast of Florida to have the Inbone Total Ankle procedure done.

Prior to surgery, Hatfield says his pain was "unbearable," but just four months later; he's back on the water fishing for snook, reds and trout and has no problems walking, driving or doing day-to-day activities.

The human body is designed with limited space for surgeons to access the ankle. This new surgical procedure enables physicians to insert the ankle prosthesis and build a stabilizing stem piece-by-piece. They then attach the pieces inside the tibia, which is the lower leg bone. This process enabled Dr. Rell to "build" a rod which is four times longer than traditional ankle implants, inside Hatfield's ankle. The added length provides improved stability and lessens the chance of future complications.

Dr. Rell says the new total ankle replacement procedure may be ideal for many patients who are considering a fusion. He adds, "Although a fusion is effective in alleviating ankle pain in an arthritic patient, the downside is once you fuse the joint, there is an increase in stress transferred to the adjacent joints in the foot and knee."

CHILDREN AND LAWN MOWERS, A DANGEROUS COMBINATION

Since we mow lawns year-round here, it's always important to think lawn mower safety. Unfortunately, 247,000 people were treated for lawn mower-related injuries last year, more than 18,000 of them children under age 19, the U.S. Consumer Product Safety Commission reports. Lawn mower-related injuries have increased 7 percent since 2008.

"Lawn mower injuries are not only among the most devastating I've seen in over 20 years of practice, they are also the most preventable," said American Society of Reconstructive Microsurgery President Peter Neligan, MD. "When a lawn mower injury happens to a child it is even more devastating because it is invariably due to the inattention of an adult. Don't let your life or the life of your child be irrevocably changed by a moment of inattention."

"Lawn mower injuries often include deep cuts, loss of fingers and toes, limb amputations, broken and dislocated bones, burns, and eye injuries," said American Society of Plastic Surgeons President Michael McGuire, MD. "Most are caused by careless use and can be prevented by following a few simple safety tips."

Coastal Orthopedics in Sarasota & Bradenton offers the following tips to help prevent lawn mower-related injuries:

- Children should be at least 12-years-old before they operate any lawn mower, and at least 16- years-old for a ride-on mower.
- Children should never be passengers on ride-on mowers.
- Always wear sturdy shoes while mowing – not sandals.
- Young children should be at a safe distance from the area you are mowing.
- Pick up stones, toys and debris from the lawn to prevent injuries from flying objects.
- Always wear eye and hearing protection.
- Use a mower with a control that stops it from moving forward if the handle is released.
- Never pull backward or mow in reverse unless absolutely necessary—carefully look for others behind you when you do. //

Good Life. Good Health. Good Earth.

NEW EVERYDAY VALUE PRICING

Your neighborhood natural foods market since 1978
Lakewood Ranch Main Street

- Certified Organic Produce
- Highest Quality Vitamins, Minerals and Herbs
- Natural Body Care • Gluten Free
- Frozen & Refrigerated Products • Much More

\$5 OFF your purchase of \$25 or more
Good Earth Natural Foods
With this coupon. Not valid with any food service purchase, other offers or prior purchases. Offer expires 9-30-10

www.goodearthfoods.com • 941-907-3073