

# When Seconds Count

Whether a baby arrives too soon, a toddler is injured, or a teen falls seriously ill, Winnie Palmer Hospital for Women & Babies and Arnold Palmer Hospital for Children offer unparalleled critical care.

## SPECIALIZED CARE

In times of crisis, parents want to know that their child is receiving the very best care from professionals at the top of their field. The emergency room and trauma center at Arnold Palmer Hospital for Children in Orlando gives them that peace of mind.

It is the only Level I Pediatric Trauma Center in Central Florida. Children have 24/7 access to pediatric emergency physicians, and to almost two-dozen pediatric specialists in



surgery, critical care, neurosurgery, orthopedics, cardiology, neurology, gastroenterology, and anesthesiology, among others.

“We have thirty-three beds, including four resuscitation and trauma rooms,” says Dr. Mark Clark, who is board certified in pediatric emergency medicine. “This is an awesome resource. There’s probably nothing comparable in terms of bedside treatment elsewhere in the community.”

And Central Florida’s only stand-alone pediatric emergency room was designed not only to

attend to a child’s critical care, but also to comfort and even distract them from the moment. Each private room is decorated in soothing tones and playful touches right down to the purple, teal, and blue-striped privacy curtains decorated with dogs, flowers, and fish. Each has a television and a phone, and the waiting area has a playroom to keep active siblings occupied.

## HANDLE WITH CARE

The neonatal intensive care unit at Winnie Palmer Hospital for Women & Babies is the most comprehensive resource for newborns in Central Florida, says Dr. David Auerbach, who is board certified in neonatology and is medical director at the hospital.

“The NICU is there for even the sickest babies,” says Dr. Auerbach. “But we’re able to do just about anything medically possible.”

Winnie Palmer Hospital is a state-of-the-art, family-centered hospital focusing on continuity of care that strives for optimal outcomes. From the first trimester through birth, a team of physicians specializing in each stage of pregnancy sees women and their babies.

Women also have access to lactation specialists, social workers, and developmental specialists who can address special needs before and after moms and babies go home.

Even seemingly normal pregnancies and labors can produce the unexpected. “If there is going to be a surprise, this is certainly where you want to be,” says Dr. Auerbach. “Our ability to quickly address any condition is unparalleled in Orlando.”

## ARNOLD PALMER HOSPITAL for Children

- State-of-the-art emergency department
- Only Level I Pediatric Trauma Center in Central Florida
- Over 19 pediatric subspecialties covered 24/7
- 33-bed Children’s Emergency Department
- Children’s play area in safe view of parents and staff

92 West Miller Street  
Orlando, FL 32806

**407-841-5111**  
[arnoldpalmerhospital.org](http://arnoldpalmerhospital.org)

## WINNIE PALMER HOSPITAL for Women & Babies

- 112-bed Neonatal Intensive Care Unit (NICU)
- Fourth largest NICU in the U.S.
- 30 labor and delivery rooms
- Post-partum, high-risk ante-partum units
- Designed with families in mind

83 West Miller Street  
Orlando, FL 32806

**321-843-9792**  
[winniepalmerhospital.org](http://winniepalmerhospital.org)



## Weight Loss – For Life

People who suffer from morbid obesity face challenges in everyday life that most people can't imagine. The team at Puget Sound Surgical Center is committed to helping these people succeed at losing weight with state-of-the-art surgical and medical care and a nurturing lifelong relationship.

### Caring and Commitment

Three years ago, Kairn Dodge was standing on the brink of a health disaster. She was morbidly obese, and the complications that come with it were quickly piling up. But with the help of the caring and committed team at Puget Sound Surgical Center, Kairn walked away from that abyss and into a new life.

"The people at Puget Sound Surgical Center are amazing," says Kairn, who has lost half of her former body weight. "They offer such a comprehensive program. Once you walk through that door, you're part of that family, and they really take care of you."

Doctors and staff at Puget Sound Surgical Center are dedicated to the unique care each patient needs, and they realize that weight loss surgery can be the first step in a lifetime commitment to change.

"We specialize in laparoscopic and minimally invasive techniques," explains Dr. Peter Billing, who is a Mayo Clinic trained, board certified general surgeon and an American Society for Bariatric Surgery member. "The traditional weight loss method of diet and exercise has a success rate of only five percent after five years, whereas bariatric surgery has a long term success rate of ninety percent."

Puget Sound Surgical Center offers both Gastric Bypass Roux-en-Y (laparoscopic roux-en-y gastric bypass) and the LAP-BAND®. The center's medical and professional staff helps patients decide which procedure is right for them. They've performed thousands of these laparoscopic procedures with great success.

But that's just the beginning of a nurturing relationship.

### Tools for Change

"One of the most important things for our patients is the relationship we establish with

them," says Dr. Robert Landerholm, who is a board certified general surgeon and a Fellow of the American College of Surgeons. "They're in a safe, comfortable environment where they can get all of their questions answered, and we're always available to them. Weight loss is a long term endeavor, and we want them to know that they'll never have to go it alone."

Patients of Puget Sound Surgical Center work with bariatric nurses, nutritionists, psychologists, and physical therapists in order to meet their goals.

After years of not being able to bend over to tie her shoes, fit comfortably in an airline seat, or even walk around the block, Kairn now runs three days a week, weight trains, and counts parasailing and scuba diving among her many hobbies. The former chef still loves to cook and dotes on her family in the kitchen. The team at Puget Sound Surgical Center helped Kairn learn how to deal with food in a positive way.

"Weight loss surgery is a tool that helps you rework your relationship with food," says Kairn, who lost 150 pounds. "I eat like a skinny person now. It's so liberating, and it just feels so good. My only regret is that I didn't do it twenty years ago."



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(1-877- 548-2424)

*More Experience* **Better Care**

# All Play and No Work

For residents of Riddle Village, retirement is about exploring new opportunities, reawakening old dreams, and forging new connections.

## New Beginnings

If you're looking forward to an active retirement, take a close look at all that Riddle Village has to offer. Located on a gorgeous forty-acre campus in the Delaware Valley, Riddle Village takes care of the chores, leaving you free time to take advantage of the opportunities that abound in this lively and friendly community.

"They do all of the tough stuff, and you just glide along on top of it all," says resident Bettie Brodka. "I live in a showplace, and I couldn't be more comfortable."

Bettie's first two years at Riddle Village have been filled with activity.

"I've always been the type of person who needs thirty or forty hours in a day, and it's still like that here," she says with a laugh. "There's always something to attract your attention, and there's always something new to keep your interest."

Whether your passion is sports, recreation, art, education, or just socializing,

Riddle Village residents can indulge themselves in a wide variety of activities. Regularly scheduled events include movies and card games, as well as musical performances in the community's Towne Hall. Organized outings to nearby Philadelphia and local points of interest, including Longwood Gardens and Peddler's Village, are popular with residents.

Riddle Village is close to six college campuses, including Neumann College, which offers classes right on the community's own campus. Learn a new language, dust off your artistic talents, or simply delve into a subject for the sake of exploration. At Riddle Village, your time is truly your own.

## Living for Today and Tomorrow

As a continuing care community, Riddle Village offers Independent Living, Assisted Living, and a skilled nursing facility. Its close proximity to Riddle Hospital makes routine medical care convenient, while providing the reassurance that critical care is just a few steps away.



Enjoying delicious Creole cuisine at a colorful Mardi Gras celebration is resident Bettie Brodka.

Floor plans range from elegant studios to spacious three-bedroom, three-bath apartments. Many models include custom finishes, and the community is pet friendly.

Experience fine dining in Riddle Village's Governour's Inne, or for a more relaxed meal, visit the Chesapeake Room's buffet. At the Garden Terrace, you will find a beautiful view and lighter fare that includes a delectable dessert bar.

"At Riddle Village, I've found a comfortable, friendly home full of wonderful and caring people," Bettie says. "There's always something to look forward to."



A Lifecare Retirement Community

1048 West Baltimore Pike  
Media, PA 19063

**610-891-3700**

[www.riddlevillage.com](http://www.riddlevillage.com)



DENVER Style

# Go Ahead, Smile!

**Y**our life is full of amazing friends and new adventures, so why not greet them with a winning smile that tells the world you're ready to take center stage.

But you may have an overbite or overcrowded, crooked teeth that make you want to keep your lips zipped. Here at Aurora Orthodontics, we can transform even the most timid smile into a beaming show-stopper more quickly and simply than you ever imagined.

"We enjoy seeing the results of treatment; it truly can be life-changing for our patients," says Dr. Kent Lauson.

## A cool smile is also good for you.

Proper alignment of your teeth and jaw and good dental hygiene are important to lifelong health. In fact, ongoing research is showing that taking care of your teeth can add many years to your life.

Crowded teeth are hard to clean. That can result in tooth decay, gum disease, tooth loss, and infection. Other orthodontic problems can cause wear on tooth surfaces, stress on bone and gum tissue, and a misalignment of jaw joints (TMJ). Who wants chronic headaches or pain in the face or neck!

## Not your parents' braces!

Aurora Orthodontics has a relaxed, friendly, and fun environment. Check out the video games in the waiting room. Check out the prizes. There's no drilling, no injections, and many types of braces are now almost invisible. Gone are the nasty cement and thick metal bands from back in your parents' day. Now, you can wear your school colors, your favorite colors, or no color at all.

"We can now give our patients a look they are happy with while undergoing treatment," assures Dr. Lauson.

New technology also means braces are more comfortable. And more effective retainers often cut down on the amount of time you'll wear braces.

Aurora Orthodontics works with many insurance companies, and we're also happy to discuss financing. Contact us to schedule a free initial examination, because you never know where your smile might take you.



Go to  
[www.auroraorthodontics.com](http://www.auroraorthodontics.com)  
to see how smiles  
can be transformed!



S. Kent Lauson, DDS, MS  
16756 East Smoky Hill Road | Aurora, CO 80015  
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PORTLANDSTYLE

# The Secret You Must Share

Hiding an eating disorder from family and friends isn't cool. It could be life-threatening.

Who can pass a mirror without stealing a glance? Who doesn't feel a little guilty after scarfing down cookies or pizza? But becoming fixated on your appearance or worrying about every single calorie you consume, to the exclusion of everything else, is a warning sign of an eating disorder.

If food has become an obsession—ruling your life—it may be time to seek help. And you're not alone. Every year, thousands of young women in the United States seek help for eating disorders. Left untreated they can lead to serious health risks and even death.

"Eating disorders are about so much more than food," says Barb Oyler, a psychiatric nurse practitioner and clinical team leader of the Eating Disorders Treatment Program at Providence St. Vincent Medical Center in Portland. "There are aspects of this disorder that invade every part of life."

Something that you thought put you in control—over how you look, how you feel, and how others perceive you—takes control of you: school work suffers, sports are forgotten, and your social life disintegrates. All that's left are the mirror, the scale, and your obsession with food.

Maybe it's time to reach out.

## HELP DOESN'T HURT

"Many young women avoid treatment because they don't realize that it involves helping them make decisions about what changes to make and how to move forward," Oyler says. "Often they are

frightened to come into the program, but amazed at how safe treatment becomes."

"As they begin listening to other people, they also begin listening to themselves. They realize how much they have in common," Oyler assures. "The group aspect is one of the most powerful healing experiences for these young women."

Contact a team member at the Providence Eating Disorders Treatment Program today, and regain control of your life in a positive way. A team of skilled professionals will work with you, inspiring hope and guiding you towards recovery.

"We partner with our clients, because they're the experts on their lives," says Susan Driver, a program manager at Providence St. Vincent. "We give them the tools to fashion a recovery that will last a lifetime."



**Providence St. Vincent  
Eating Disorders Program**

9205 SW Barnes Road, Portland, Oregon 97225

**503-574-9235 | 800-716-5325**

**[www.providence.org/eatingdisorders](http://www.providence.org/eatingdisorders)**

## Addiction is a Scary Place

**B**reaking the cycle of chemical dependency is not a solo project. Whether it's drugs or alcohol, it seems the harder you try pulling away, the addiction pulls harder to get you back. Clarian Health's unique program for teens shows you how to cut those ties forever and move on with your life.

The Adolescent Intensive Outpatient Program works with teens and their families to help them find the tools to lead a sober life. You won't be confronted, and you won't be judged. But you will be embraced in a dynamic group atmosphere where you'll feel welcome and safe.

Sometimes it's hard to admit you have a problem. But if you find yourself unable to control the amount you use or when, or if you're starting to see the consequences of your addiction—failing to meet responsibilities at home or at work—and you're still unable to stop, you should seek help.

Chemical dependency can destroy your whole world. Clarian Health is here to help you build a new one.

### Take the first step

Help is closer than you think. Contact Clarian Health today and start rebuilding your world. You deserve a bright, shining future.

"It's difficult for a lot of teens when they first come in," said Brittny Hilbish, the program's coordinator. "But then they open up and realize that there are options for leading life a different way—that there are different goals to work toward and tools to get there. We help teens discover who they really are."

[www.clarian.org](http://www.clarian.org)

**Search: Adolescent Addiction; then select Chemical Dependency**



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