

The Spirit of HEALTH



HEALTH: IT'S ALL ABOUT YOU

Consumerism in health care is here to stay, says the recently released 2010 Global Survey of Health Care Consumers from the Washington, D. C.-based think tank, Deloitte Center for Health Solutions.

The group's 2008 report noted: "They [that's you, by the way] are neither patient nor patients. They are consumers." You have a choice and a voice in your own health care.

Is this you?

- Four of five consumers say they saw a physician or

other health professional in the past year.

- Seven out of eight Americans believe themselves to be in excellent, very good or good health.
- More than half are diagnosed with chronic conditions.
- One in five participates in a wellness program.
- Consumers most trust safety and effectiveness information from medical associations and academic medical centers.

CARE IS WHERE YOU FIND IT

Deloitte found that consumers tend to seek care locally, but willingness to travel on a physician's recommendation is high. More than half of you looked online for information about treatment options.

Ronald Bress from Cheektowaga, near Buffalo, N. Y., did both after suffering cardiac arrest during a 2009 workout. The word: He'd need open-heart surgery.

Bress located the website of the University of Maryland Medical Center, a.k.a. UMMC in Baltimore (www.umm.edu). He read about the minimally invasive procedure known as Totally Endoscopic, Coronary Artery Bypass Surgery (TECAB), a high-precision robotic grafting surgery devoid of a massive incision, opening of the chest and lifetime scar memento.

Then he became the first person in the world to undergo robot-assisted triple bypass at UMMC, prompted by the timely e-mail that landed, like a colorful jet, in his inbox as he researched his heart condition. It was from Southwest Airlines, advising him of specially discounted flights from Buffalo to Baltimore. He took off for a life-changing and life-saving experience.

"Now, I feel like a young kid. I do everything," Bress beams proudly,

effusing high praise for his doctor, Johannes Bonatti, MD, a cardiac surgeon at UMMC and the School of Medicine.

Bonatti's colleague, Stephen T. Bartlett, MD, UMMC surgeon-in-chief, professor and chairman of surgery at the school, says the center also performs 300 kidney transplants a year, one of Dr. Bartlett's specialties. Outcomes exceed expectations, thanks to advances in surgical technology and immunosuppressive medications, he says. "Patients can usually bounce right back."

Donor-friendly transplant techniques have evolved from an open incision to laparoscopy: a kidney is extracted through the navel. Last November, UMMC transplant surgeons scripted a medical fairy tale with a four-way kidney exchange involving eight patients from four states, including a 10-year-old Catonsville, Md., boy and a 74-year-old man from Virginia Beach, Va.

Kidney exchanges or swaps allow living donors and their intended recipients to undergo surgery even if their blood and tissue types don't match. They're paired with other donors and recipients who are incompatible with each other but are a match with others in the group.



BOOK IT TO HEALTHY TRAVEL

Whether or not you're flying for health care, a regular "hand-holdable" book pulled out of your briefcase feels just right as you settle into your Southwest Airlines seat. Here's a new release and some old favorites—not for Kindle, but save buying "used"—available at Amazon.com to maintain bodily equilibrium while logging miles.

1. *Homeopathic Guide for Travelers* by Ravi Roy and Carola Lage-Roy
Available Oct. 26, 2010

Build a basic traveler's first-aid kit and use homeopathic remedies that may counter everything from exhaustion to altitude change, from jet lag, climate shifts and the side effects of unfamiliar foods.

2. *Airplane Yoga* by Rachel Lehmann-Haupt and Bess Abrahams

Try 35 exercises that target legs, lower back, shoulders and spine, plus test dexterity with "heavy luggage hand stretches" and "deplaning pep walks."

3. *Health & Fitness for the Road Warrior: Consistent Fitness by Staying Consistently Healthy* by Kurt Gutierrez

Sound familiar? The author found logging 100,000 miles a year no big deal—except he knows it bucks your established exercise and diet plans.

4. *Healthy Highways: The Travelers' Guide to Healthy Eating* by Nikki Goldbeck and David Goldbeck

Browse 2,800 verified listings in this guide that the authors promise is indispensable to vagabond vegetarians, vegans, and organic and sustainability fans.

YOUR OWN EXERCISE "ROOM"

Pity the hotel without its own iteration of a gym or a membership pass for you to use a comprehensive facility nearby. Still, exercising in your own room means you can control temperature, TV or music—so pack your own gym.

Kits are portable and lightweight, with a manual, chart or DVD. Although components vary by price, they may include a bar, tubing, door anchor, handles, ankle straps and more. Wow. So many exercises are possible with these little gems—a "home gym" away from home. Pushups and crunches require no equipment, of course, so no excuses.

1. VersaStick
www.versastick.com
\$79.95



2. JFit Complete Workout Travel Kit
www.Amazon.com
\$51.45



3. GoFit Ultimate Pro Gym
www.Amazon.com
\$24.56

Meanwhile, you'll be hearing about—and watching—more exergaming products in the future: exercise combined with video gaming.

"I simply put myself in the hands of these wonderful doctors at the Center. Now I feel much better about myself, and I am even more active."

— Barbara Ory
breast cancer survivor



CENTER FOR RESTORATIVE BREAST SURGERY

Affiliated with St. Charles Surgical Hospital, the only hospital in the world dedicated to reconstructive surgery for women facing breast cancer.

Frank J. DellaCroce, MD, FACS, Scott K. Sullivan, MD, FACS and Christopher G. Trahan, MD

Internationally recognized leaders in the most advanced breast reconstructive surgeries, including the immediate nipple-sparing mastectomy.

1717 St. Charles Avenue | New Orleans | 504.899.2800 | www.breastcenter.com