

BEACON

FEBRUARY 2005

**DR. ALBERTO ROSA (LEFT)
PERFORMS A CARDIAC
CATHETERIZATION IN BEEBE'S
CATH LAB WITH TECHNOLOGIST
JEREMY NOLAN.**

In this Issue:

Heart Care
Where Your Home Is
(Page 2)

Knowledge Is Power
March Is Colon Cancer Awareness Month
(Page 8)



Beebe Medical Center
Lewes, Delaware

HEART CARE WHERE YOUR HOME IS

Beebe Medical Center to Add Cardiac Surgery and Interventional Cardiology to Its Established Diagnostic and Rehabilitation Services

“Home is where the heart is . . .” and, now, where the complete spectrum of heart care is, as well. This winter, Jeffrey M. Fried, president and CEO of Beebe Medical Center, and Dr. Robert J. Laskowski, president and CEO of Christiana Care Health System, in Wilmington, officially announced an affiliation to develop a new cardiac surgery program at Beebe Medical Center beginning later this year.

Southern Delaware residents will soon have access to Delaware’s most experienced heart surgery program, near the comfort of their homes with Beebe’s personalized caring.

“Beebe Medical Center is excited to offer heart surgery in partnership with Christiana Care, which will bridge our experienced, established diagnostic and rehabilitative cardiac programs with renowned surgical services,” Mr. Fried explains.

Beebe will work with area cardiology practices to make interventional cardiology care, such as angioplasty and stents, available to patients.



A NEW CARDIOVASCULAR PROGRAM AT BEEBE IS AN UPGRADE FOR THE COMMUNITY, SUPPORTED BY THE FACT THAT WE HAVE THE COMMUNITY NEED TO FULFILL AND THE DEPTH IN OUR MEDICAL STAFF TO SUPPORT A HIGHER LEVEL OF SERVICE.

—DR. KENNETH SUNNERGREN, A CARDIOLOGIST ON STAFF AT BEEBE MEDICAL CENTER



Population growth in Sussex County has driven the need for Beebe Medical Center to expand its cardiology services.

“Ten years ago, our community’s population would not have been able to sustain a high-quality heart surgery program,” Dr. Kenneth Sunnergren, a cardiologist on staff at Beebe Medical Center, explains. “A new cardiovascular program at Beebe

is an upgrade for the community, supported by the fact that we have the community need to fulfill and the depth in our medical staff to support a higher level of service.”

The Right Time

Heart disease continues to be the number one reason for death nationwide and in Delaware for both men and women. Many women may be surprised to know that heart disease is as much of a health risk to them as it is to men. Further, people with diabetes are at potentially five times the risk for heart disease than people who do not have diabetes. “The fastest-growing segment of our population is age 55 and older, which will double in the next decade as Baby Boomers age,” explains Dr. Pravin Gohel, a cardiologist on staff at Beebe Medical Center. “We are very fortunate to have so many well-trained physicians in this area, which will serve this population well.”

Whether or not you’ve been diagnosed with heart disease, or whether you live at the beach year-round or visit, you can take comfort in knowing that Beebe will have a comprehensive heart care program. And in matters of the heart, every second counts.



Dr. Kenneth Sunnergren, cardiologist, pictured with Joseph “Whitey” Russell.

Cardiologist
Dr. Georges Dahr



“THERE IS NO DOUBT IN MY MIND THAT EXPANDING BEEBE’S CAPABILITIES TO INCLUDE OPEN-HEART SURGERY AND INTERVENTIONAL PROCEDURES WILL MAKE A REAL DIFFERENCE IN SAVING THE LIVES OF PEOPLE IN OUR COMMUNITY. FOR MY OWN FAMILY, I WILL FEEL MORE SECURE WITH A HEART SURGERY PROGRAM RIGHT HERE AT BEEBE MEDICAL CENTER.

—DR. GEORGES DAHR, A CARDIOLOGIST ON STAFF AT BEEBE MEDICAL CENTER

“Cardiologists like to say, ‘time is muscle.’ The faster we intervene, either with blood-clot-busting or dissolving medication, or cardiac catheterization and angioplasty, the more we can minimize heart damage,” explains Dr. Georges Dahr, a cardiologist on staff at Beebe Medical Center. “There is no doubt in my mind that expanding Beebe’s capabilities to include open-heart surgery and interventional procedures will make a real difference in saving the lives of people in our community. For my own family, I will feel more secure with a heart surgery program right here at Beebe Medical Center.”

Based on the history of Beebe Medical Center’s cardiac patients, approximately half of the cardiac surgery and interventional cardiology candidates will be those who come to the Emergency Department with a heart attack (also known as “acute myocardial infarction,” or AMI) and the other half will have scheduled procedures.

“Angioplasty, or the expansion of a clogged artery with a small balloon or stent, is the number-one option for AMI patients,” Dr. Dahr explains.

The Emergency Department currently refers approximately 40-50 cardiac patients per month to facilities that perform interventional cardiology procedures and heart surgery.

The Right Place

Beebe Medical Center and Christiana Care already have a strong cancer care collaboration, including



Echocardiogram technician Cindy Willis monitors Michelle Beckett-Danilenko’s heart activity. An echocardiogram is an ultrasound of the heart.



Know the **WARNING SIGNS** of a **HEART ATTACK***

Heart attacks can either be sudden or start slowly. Knowing the signs and seeking medical treatment as soon as possible can be the difference between life and death.

CHEST DISCOMFORT

- Chest discomfort: most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

DISCOMFORT IN OTHER AREAS

- Discomfort in other areas of the upper body: symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

SHORTNESS OF BREATH

- Shortness of breath may occur with or without chest discomfort.

OTHER SIGNS

- Other signs may include breaking out in a cold sweat, nausea, or lightheadedness.

If you or someone you’re with has chest discomfort, especially with one or more of the other signs, call 9-1-1 for help.

*Courtesy of the American Heart Association

“

WE ARE VERY FORTUNATE TO HAVE SO MANY WELL-TRAINED PHYSICIANS IN THIS AREA, WHICH WILL SERVE THIS POPULATION WELL.

”

—DR. PRAVIN GOHEL, A CARDIOLOGIST ON STAFF AT BEEBE MEDICAL CENTER



Cardiologist Dr. Pravin Gohel observes Michelle Beckett-Danilenko's heart activity during a stress test while Judy Swiegart, R.N., monitors her blood pressure.

sharing skills on progressive chemotherapy techniques for patients with abdominal cancer, regular teleconferences on plans of care for patients, and clinical trials. The affiliation for cardiac surgery was a natural choice to continue to bring the best of northern and southern Delaware together.

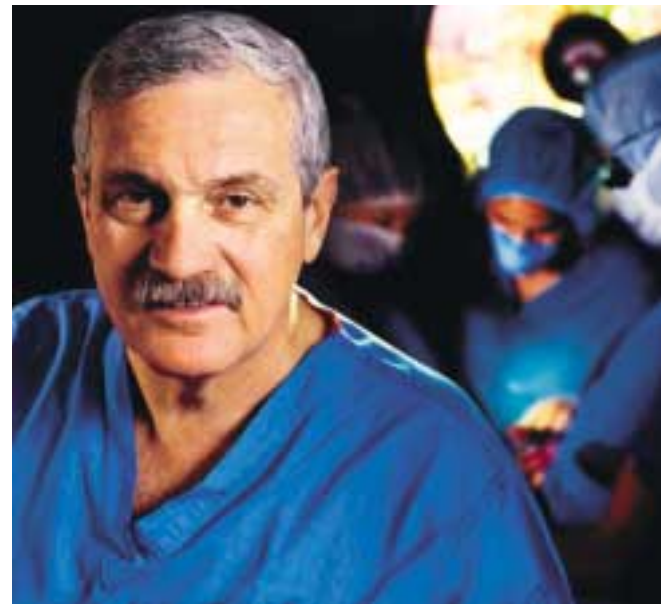
Dr. Gerald M. Lemole, chief surgeon and acclaimed professor and author, performed Delaware's first open-heart surgery in 1986 at Christiana Hospital, today home of one of the mid-Atlantic's largest, most experienced cardiovascular programs. Christiana Care's cardiovascular surgery team now performs almost 1,000 open-heart procedures a year.

Dr. Lemole and his surgical team from Christiana Hospital will help establish a cardiac surgery program at Beebe Medical Center in late 2005. A Christiana Care heart surgeon will practice full time at Beebe Medical Center, making open-heart surgery available around the clock.

“Providing this next level of heart care at Beebe will enable patients to have balloon angioplasty or stent placements by cardiologists near their homes, without wasting precious time during transfer to another facility,” stresses Dr. Alberto Rosa, a cardiologist on staff at Beebe Medical Center. “In addition, patients' overall continuity of care is better—having all treatment in the same place with cardiologists and a heart surgeon you know and trust. This peace of mind can bring added comfort to your heart and your family.”

State of the Heart

Beebe is constructing two large operating rooms in its surgical services area to accommodate the specific technology used for heart surgery. Beebe's Hastings HeartCare Center will also be renovated and expanded to add a dual cardiac/peripheral angiography (heart and vascular imaging) suite. This addition will allow Beebe to



Dr. Gerald Lemole, Christiana Care's W. Samuel Carpenter III Distinguished Chair of Cardiovascular Surgery, will assist in establishing a cardiac surgery program at Beebe Medical Center.

Dr. Alberto Rosa, cardiologist and chief of cardiology at Beebe Medical Center.



“PATIENTS’ OVERALL CONTINUITY OF CARE IS BETTER—HAVING ALL TREATMENT IN THE SAME PLACE WITH CARDIOLOGISTS AND A HEART SURGEON YOU KNOW AND TRUST. THIS PEACE OF MIND CAN BRING ADDED COMFORT TO YOUR HEART AND YOUR FAMILY.

—DR. ALBERTO ROSA, A CARDIOLOGIST AND CHIEF OF INVASIVE CARDIOLOGY AT BEEBE MEDICAL CENTER

meet the increasing needs for peripheral endovascular interventions—or services for blockages throughout the body, outside the heart—and provide additional catheterization coverage. Beebe currently performs about 500 diagnostic cardiac catheterizations a year. “We expect this number to nearly triple with the opening of our interventional cardiology program,” says Lynn Amey, director of cardiovascular services at Beebe Medical Center.



Paving the Way for HEART SURGERY/ INTERVENTIONAL CARDIOLOGY

“BEEBE MEDICAL CENTER DEVOTES AN EXTENSIVE AMOUNT OF TIME AND PLANNING TO EACH EXPANSION PROJECT, ESPECIALLY ONE OF THE MAGNITUDE OF INTERVENTIONAL CARDIOLOGY AND HEART SURGERY. WE CONSIDER HOW EACH RENOVATION AND ADDITION WILL IMPACT OTHER AREAS OF THE HOSPITAL, AND WORK TO ENSURE THAT OUR DESIGN SUPPORTS OUR ULTIMATE GOAL—PATIENT SAFETY, QUALITY OUTCOMES AND CUSTOMER SATISFACTION.”

—DONNA STRELETZKY, VICE PRESIDENT OF OPERATIONS AT BEEBE MEDICAL CENTER

CONSTRUCTION PLANS INCLUDE:

- Constructing two large operating rooms in the Surgical Services area to accommodate the additional technology and equipment that is used in heart surgery. The rooms can be used for other types of surgeries as well. This is considered Phase II of the OR expansion project; when this phase is completed cardiac surgery can be initiated. We expect Phase II to be completed by late 2005.
- Reconstructing the Post-Operative Recovery area to accommodate cardiac procedures as well as all other surgical patients. This work is considered Phase III and should be completed by mid 2006.
- Adding another interventional suite. The equipment will have the dual ability to perform cardiac catheters and peripheral angiography. The new lab will be located in the current Cardiac Rehabilitation area.
- Expanding the Cardiac Rehabilitation program from eight to 16 stations. The program will expand into the gym space in the Baylis Rehabilitation Center.
- Upgrading and/or adding equipment to support digital echocardiography, digital archiving for cardiac studies, and the EKG system interface.

BEEBE MEDICAL CENTER EXPECTS TO BEGIN PERFORMING CARDIAC SURGERY AND INTERVENTIONAL CARDIOLOGY PROCEDURES IN LATE 2005.



PATIENTS ENJOY THE PERSONALIZED CARE AT BEEBE MEDICAL CENTER AND WILL BENEFIT TREMENDOUSLY BY BEING ABLE TO STAY IN ONE LOCATION FOR THEIR ENTIRE TREATMENT.



—DR. HABIB BOLOURCHI, A CARDIOLOGIST ON STAFF AT BEEBE MEDICAL CENTER



Dr. Habib Bolourchi, a cardiologist on staff at Beebe Medical Center, examines patient Peg Garrett in Beebe’s catheterization lab holding area.

Beebe expects to hire over 45 new employees, including nurses for its critical care unit, cardiac catheterization and interventional radiology (IVR) lab, and cardiovascular operating rooms. Beebe plans to begin heart surgery and cardiac interventions in late 2005 with completion of the project in early 2006.

Heart Care Experience

While open-heart surgery and interventional procedures (such as balloon angioplasties and stent placements to open clogged arteries) will be new at Beebe Medical Center, caring for the heart of our community is an established Beebe tradition.

BEEBE’S HASTINGS HEARTCARE CENTER CURRENTLY OFFERS:

- **STRESS LAB PROCEDURES:** exercise stress tests, treadmill, bike, ergometer, non-exercise pharmacologic stress tests (using medications)
- **ECHOCARDIOGRAPHY/TRANSESOPHAGEAL ECHOCARDIOGRAM (TEE)**
- **AMBULATORY MONITORING AND TILT-TABLE TESTING**
- **CARDIAC CATHETERIZATION**
- **PACEMAKER IMPLANTATION**
- **CARDIAC REHABILITATION**

“Beebe’s heart care programs, such as the cath lab for diagnosing heart problems and the cardiac rehabilitation program to restore patients’ stamina post-operatively, create loyal patients who do not want to travel long distances for their care,” explains Dr. Habib Bolourchi, a cardiologist on staff at Beebe Medical Center. “Patients enjoy the personalized care at Beebe Medical Center and will benefit tremendously by being able to stay in one location for their entire treatment.”

With the development of its heart surgery program and expansion of its interventional cardiology program, Beebe Medical Center will provide the complete spectrum of care for heart disease, the number-one health threat for both men and women. ■



Ernest Zinser, of Rehoboth Beach, strengthens his heart muscle in Beebe’s Cardiac Rehabilitation Department. His blood pressure is monitored by cardiac rehab nurse Linda Lassen, R.N.

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(Effective 1/4/05)

For a free copy of Beebe Medical Center's 2005 Medical Staff Directory, call 645-3468

KNOWLEDGE IS POWER

MARCH IS COLON CANCER AWARENESS MONTH

If someone told you that taking a test twice a decade at most could be the difference between life and death, would you take the test?

HAVE YOU HAD A COLONOSCOPY?

Colon cancer, which is greatly preventable, is the second leading cause of cancer death in the United States affecting men and women equally. It is a particular threat to African Americans. Less than half of all Americans over age 50 have had colorectal cancer testing, according to the American Cancer Society. Tens of thousands of lives could be saved each year with one tool: the colonoscopy.

The colon is a muscular tube about five feet long that is responsible for pulling water and nutrients from food. Colon cancer is abnormal cell growth in parts of the body including the colon and rectum. During a colonoscopy, polyps, or growths in the bowel that may become cancer, can be removed without having an additional procedure. Unlike other diagnostic or screening tools, a colonoscopy can help prevent colon cancer.

“Colon cancer is actually preventable and highly treatable when found early,” stresses Dr. Robert Deckmann, a gastroenterologist and chief of medicine at Beebe Medical Center. “Precursor lesions, or polyps, usually have no symptoms. There’s no other way to detect them than to look inside.”

Dr. Deckmann recommends a colonoscopy every 5 years beginning at age 50, unless a first-degree family member, such as a parent or sibling, has had colon cancer at an age under 60. Since heredity does play a role in colon cancer, testing should be initiated at a younger age. Several tests exist to screen for polyps, such as a barium enema in conjunction with a flexible sigmoidoscopy or a virtual colonoscopy.

This potential for prevention is the distinction between colon cancer and other cancers. “When you perform a breast or testicular self-exam, you are not looking for something that will develop into cancer—you are looking for cancer,” Dr. Deckmann explains. “During a colonoscopy, you are looking for a precursor to cancer (a colon polyp) and have an opportunity to prevent it right then and there.”

While it is unusual to find cancer in a routine colonoscopy in someone without symptoms, which could include blood in the stool, pain, constipation, and weight loss, it is very common to find polyps.



Joe Nagy, of Milton, is a colon cancer survivor and avid surf fisherman.

"2005 is looking great!"

—Joseph Nagy, contractor, optimist, and colon cancer survivor



SUNRISE: A NEW DAY FOR JOE NAGY

A new day is dawning for Joe Nagy, of Milton. This residential builder owns his own construction company, Sunrise Construction, with his wife, Cathie.

"I guess you could say that I'm a typical construction worker who loves to go fishing and does not love to go to the doctor," Mr. Nagy remarks. Last year, Mrs. Nagy found him doubled over on the floor, and he was rushed to the hospital. In a matter of hours, after a CT scan, he found out that he was among the nearly 107,000 people in this country each year to develop colon cancer.

At 48, he was not a prime candidate for a colonoscopy; however, he had experienced symptoms that could have been warning signs. "I kept thinking I had a virus, then periods of pain got closer and closer together. I would eat, but food would not digest properly," he recalls. "I thought I inherited a colitis gene, which can mimic symptoms of colon cancer. Now I know that earlier detection could have minimized the entire process."

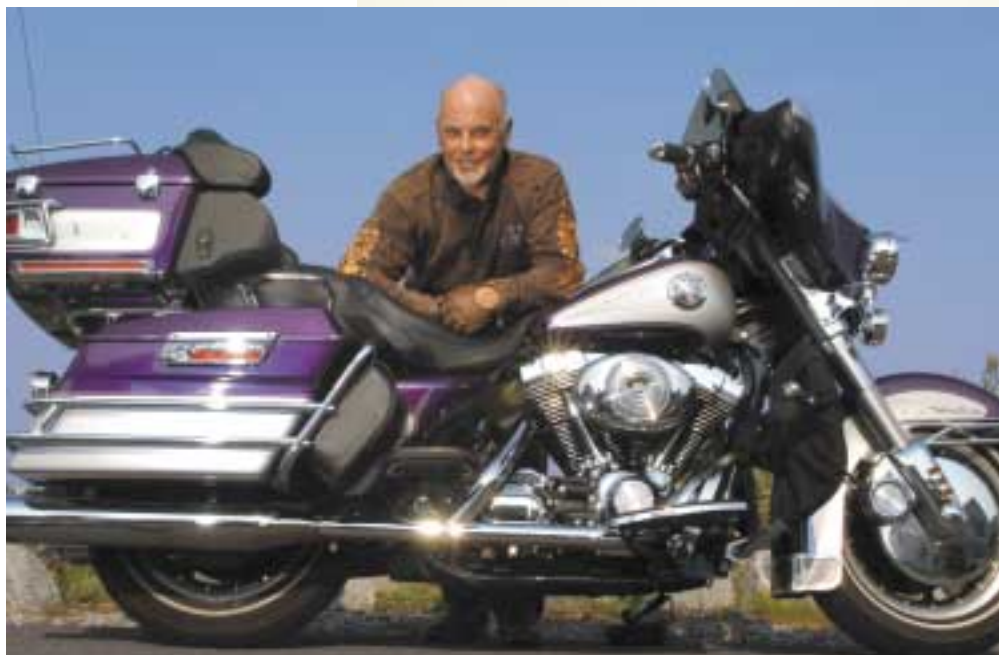
Mr. Nagy had surgery to remove 16 inches of intestine and upper colon. After surgery, performed by Dr. Erik Stancofski, a surgeon on staff at Beebe Medical Center, he met Dr. Pramod Vadlamani and the Tunnell Cancer Center staff, who discussed his treatment options. "Our first visit was learning about the unknown and chemotherapy and

"Everyone at Beebe has been so good to me."

—James Winebrenner, cancer survivor

"Live to ride, ride to live" is a lifestyle for James Winebrenner, of Fenwick Island—one that has gotten him over some bumps in the road. As a former car and motorcycle dealership owner from Hanover, Pennsylvania, he enjoyed many trips to Delaware beaches before retiring here full time. Colon cancer that had spread to his lung and liver presented no detour from his positive outlook. "If cancer wants to battle with me, it just won't win."

This determination helped Mr. Winebrenner recover well after having a portion of his colon removed and several rounds of chemotherapy—so well that he recently completed a three-day, 1,600-mile motorcycle trek to South Dakota with his son. He attributes much of his success to encouragement from his wife, children, grandchildren, and Beebe Medical Center. "Everyone at Beebe has been so good to me, from the greeters in the hallway to radiology to everyone in the Tunnell Cancer Center."



James Winebrenner, of Fenwick Island.

Delawareans:

GET CHECKED FOR COLORECTAL CANCER

Raising Awareness, Raising the Cure Rate

Delaware Health and Social Services, Division of Public Health, with cooperation from the Delaware Cancer Consortium and Screening for Life, launched a grassroots effort this year to encourage Delawareans 50 and older to get tested for colon cancer. The program includes an initiative called Champions of Change, an effort to raise colon cancer awareness among African Americans, who are a particularly high-risk group.

A critical part of this effort is establishing Colorectal Cancer Screening Advocates/Care Coordinators at hospital sites throughout the state. Catherine Ward, R.N., is the colorectal cancer screening advocate/care coordinator (SACC) at Beebe Medical Center. As a patient advocate, she is responsible for finding and linking patients in the community to available cancer screenings and, when necessary, other available resources to supplement cancer care for patients.

Ms. Ward has worked at Beebe Medical Center for 11 years and enjoys her new role: "Being the designated screening advocate and care coordinator for colorectal cancer gives me the opportunity to encourage our community members to take control over a life-threatening situation that has a tremendous cure rate."

Delawareans over 50 should ask their doctors about getting screened, or call Screening for Life at 1-800-464-HELP to find out if they qualify for a free screening.

Community Health coordinator Kay Malone (left) and colorectal advanced care coordinator Cathy Ward review colon cancer screening educational materials.



radiation, but Cathie and I left there feeling positive," Mr. Nagy remembers. "The staff at the Tunnell Cancer Center walked me through each step."

"Colon cancer is classified in four stages. We treat stages I, II, and III with chemotherapy after surgery. Stage IV is cancer that has spread to the liver

or lungs," Dr. Vadlamani explains. "Treatment has taken tremendous leaps in recent years and has almost doubled survival rates for the majority of patients."

The Tunnell Cancer Center utilizes all drugs approved for treating colon cancer and can provide state-of-the-art treatment for the majority of patients. "The most exciting part of treatment is the improvement in the survival of patients—even with advanced colon cancer. I continue to be encouraged," explains Dr. Vadlamani.

Mr. Nagy responded very well to treatment, which consisted of chemotherapy on Fridays, followed by a new pump of infusional 5 Fluorouracil, which has become the standard of care and delivers chemotherapy through a portable pump throughout the weekend. Mr. Nagy modified his routine only slightly—drawing plans for his construction projects on days during his chemo and boosting his immune system on his own regimen of healthy foods and vitamins.

"The nurses would call me every Monday morning after my treatment weekends and usually get my answering machine. I like to stay busy," Mr. Nagy smiles. His positive attitude and trademark sense of humor were key factors in his successful treatment regimen, as well. "It is amazing how many people you talk to that have 5-, 10-, even 20-year success stories for their recovery. It makes it easier knowing that it's just a blip in the radar of life—a big blip—but still just a blip." ■

"The most exciting part of treatment is the improvement in the survival of patients—even with advanced colon cancer. I continue to be encouraged."

—Dr. Pramod Vadlamani, medical oncologist at Beebe Medical Center's Tunnell Cancer Center



IMAGINE YOURSELF WITHOUT PAIN.
THERE IS HOPE.



RON JUST WANTED TO RUN

After hip replacement surgery in 2001, 67-year-old Ron Bauchalk, of Fenwick Island, won 17 straight road races in his age group. He's still on a winning streak and runs 50 miles a week.

We can't all expect to be like Ron, but he sure gives us **HOPE**.

For a **FREE** brochure about Beebe's Total Joint Replacement Program, please call 302-645-3468 or visit us at www.beebemed.org.



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Community News

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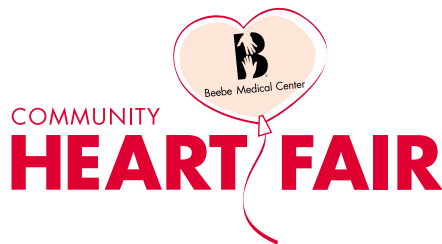


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HEART DISEASE IS THE LEADING CAUSE OF DEATH FOR MEN . . . AND WOMEN.



REHOBOTH BEACH CONVENTION CENTER
TUESDAY, FEBRUARY 15, 2005, FROM 10 A.M. – 2 P.M.
REGISTRATION IS REQUIRED FOR THIS FREE EVENT. PLEASE
CALL **645-3468** TO REGISTER OR WITH QUESTIONS.

*Honorary event chair, Lt. Governor John Carney, will provide
opening remarks at 10 a.m.*



Pictured (left to right): Vidya Mave, M.D., internist; Sherry Daisey, R.N., supervisor, non-invasive cardiology; Lynn Amey, R.N., director of cardiovascular services; Maria Valenzuela Haldar, M.D., internist; and Rita Jackson, R.N., cardiac catheterization laboratory.

Inclement weather date is Tuesday, February 22, 2005,
and will be determined by Cape Henlopen School District delay/closing.

BEEBE MEDICAL CENTER PHONE DIRECTORY

General Information	302-645-3300
Baylis Rehabilitation Center	302-645-3235
Beebe Imaging & Lab Express Locations	
—Georgetown	302-856-9729
—Lewes (lab only)	302-644-9344
—Long Neck (lab only)	302-947-1202
—Millsboro	302-934-9039
—Millville	302-539-8749
Beebe Medical Foundation	302-644-2900
Beebe Physical Therapy	
—Millsboro	302-934-1500
—Millville	302-539-6404
Emergency Services	
—Lewes	302-645-3289
—Millville (summer only)	302-539-8450
Gull House Adult Activities Center	302-226-2160
Hastings HeartCare Center	302-645-3258
Cardiac Rehabilitation • EKG	
• Stress Testing • Cardiac Catheterization	
Home Health Agency	302-854-5210
Human Resources	302-645-3336
Integrative Health	302-645-3528
Lewes Convalescent Center	302-645-3030
Outpatient Care Center	
Beebe Health Campus	302-645-3010
Diagnostic Imaging • Women's Imaging	
• Express Testing • Physical Therapy	
Physician Referral Service	302-645-3332
Pulmonary Service	302-645-3298
School of Nursing	302-645-3251
Sleep Disorders Center	302-645-3186
Tunnell Cancer Center	
—Medical Oncology	302-645-3770
—Radiation Oncology	302-645-3775
Vascular Lab	302-645-3710
Women's Health Pavilion	302-645-3726
Wound Care Services	302-947-2500

The *Beacon* is published by Beebe Medical Center to present health information to the people of Sussex County. Health information provided in the *Beacon* should not be substituted for medical advice offered by a physician. Please consult your physician on medical concerns and questions.

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Your not-for-profit, community-owned hospital

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