

**Page 14: UF HEALTH FLORIDA RECOVERY CENTER
EXPANDS WITH NEW FACILITY**

FRC team will be able to better serve community

**Page 16: A DAUGHTER'S LEGACY —
A MOTHER'S TRIBUTE**

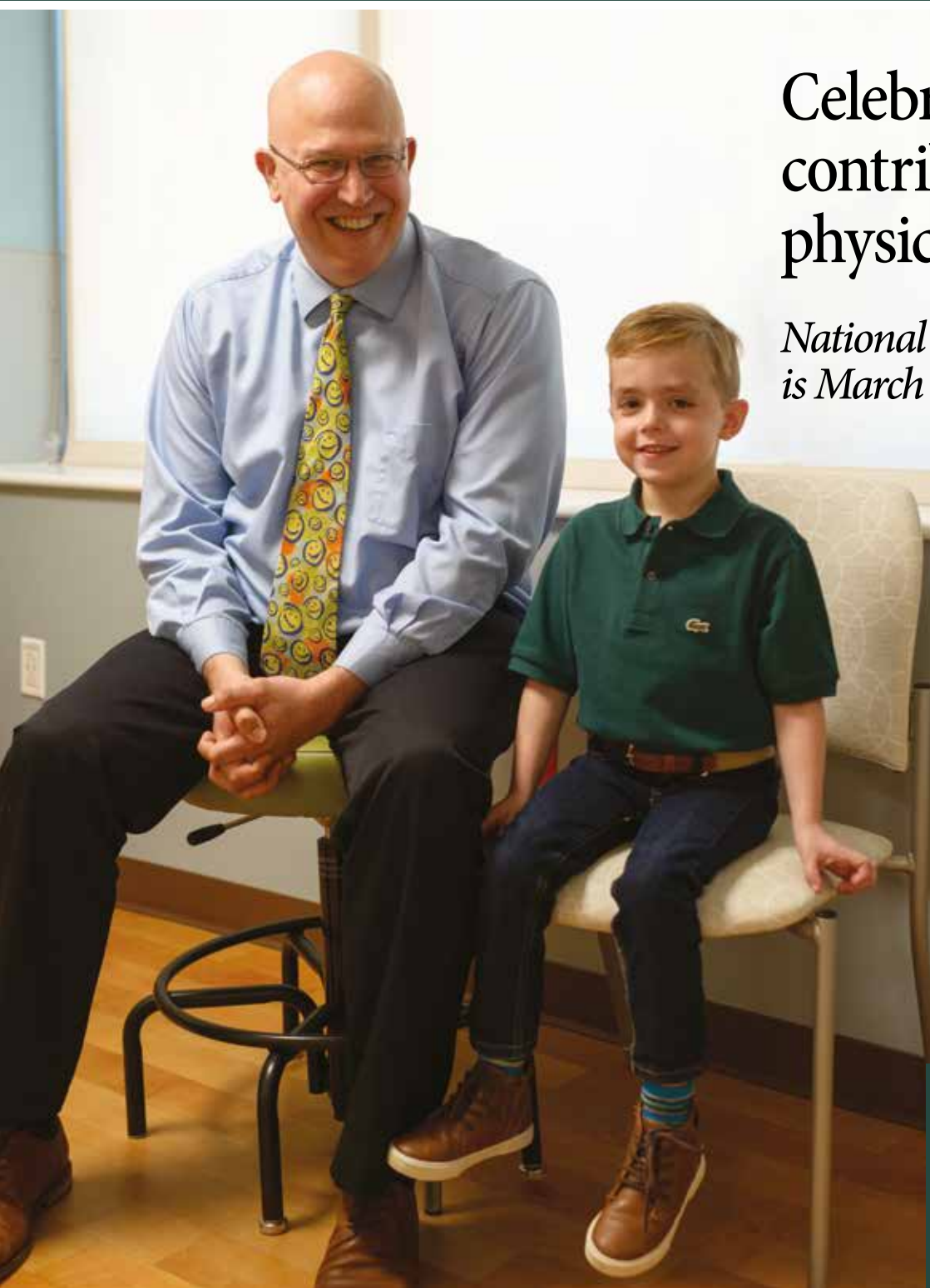
April is National Donate Life Month

**Page 19: A HEALTHIER LIFESTYLE IS
CALLING YOUR NAME**

2019 Annual Wellness Events will be April 22-May 3

Celebrating the contributions of our physicians

*National Doctors' Day
is March 30*



UF HEALTH SHANDS | CARE+QUALITY

Q&A WITH THE CEO – ED JIMENEZ

Doctors' Day column with Ed Jimenez and Joseph A. Tyndall, M.D., M.P.H.

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At UF Health, our physicians, nurses and staff encourage teamwork, trust and camaraderie to serve our patients' best interests.

News+Notes is written for staff who provide and support patient care in our hospital system. UF Health Shands CEO **Ed Jimenez** answers questions in each edition. To celebrate National Doctors' Day, we chatted with both Jimenez and **Joseph A. Tyndall, M.D., M.P.H.**, UF College of Medicine interim dean. Tyndall joined UF in 2006 as vice chair of emergency medicine and took the helm as division chair in 2008. He was named interim dean in July 2018.

In your opinion, what sets our medical staff apart from doctors in other organizations?

EJ: In our hospitals and outpatient programs, we work side by side with incredible physicians. They have the knowledge, insight, skills and leadership abilities that come from practicing in

an academic setting. They don't just provide clinical care for patients, they also conduct scientific research and train tomorrow's health professionals. Education and discovery are part of the everyday experience here. They do groundbreaking work. It's thrilling to be among doctors who have their level of expertise and specialization. We believe in our physicians and we appreciate how much they value their colleagues and the collaborative approach. It's a beautiful dynamic.

JAT: UF is a Top 8 public institution with Top 5 aspirations. Our national rankings as an academic health system continue to rise as well. This is happening because we are able to attract and retain talented faculty who conduct high-impact research, provide quality care for patients and teach the next leaders in medical education. We also are a destination for many patients who consider this the best


UNIVERSITY OF FLORIDA HEALTH

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option in our region. It is clear that we also have distinguished ourselves as a destination for talented faculty who want to make a difference. They seek us out as much as we seek them.

Can you explain the role of faculty physicians in the hospital system?

EJ: Every day, our patients require medical care and that care is delivered by an interdisciplinary team here at UF Health. At the helm of every clinical team are our College of Medicine faculty physicians. Just as with other types of teams, there has to be a visionary person, an organizer. Sometimes they're thought of as captains or coaches ... They guide, support, oversee and mentor. Our faculty physicians set the course for the treatment of each patient. They have to establish great communication and connection for the team. The beauty of this is that as care proceeds, others get to take on the leadership baton: The faculty physician leader gathers information with the team and decides what the patient needs, and the lead nurse takes charge and guides the clinical team in implementing the approach and moving it forward. They work together to synchronize all the moving parts to the best of their abilities. Our faculty have great leadership attributes; they know how to build trust and connections. They see what needs to get done and they empower others.


How would you characterize the relationship between our UF College of Medicine faculty physicians and UF Health Shands staff?

JAT: Every day, we see great examples of faculty and staff working together as teams to care for their patients. This includes in our disaster preparedness with the recent (January) I-75 tragedy and in the routine care provided daily in our hospitals and outpatient settings. It isn't just about UF Health physicians and staff. It's also about our learners — both student and resident physicians. This year we were named a finalist for the Arnold P. Gold Foundation's Accreditation Council for Graduate Medical Education's Dewitt Baldwin Award. This national award recognizes our outstanding learning environment and the roles that our health system and our medical education programs play in creating an environment that delivers the highest-quality care, which is our continual



Ed Jimenez, UF Health Shands CEO, and Joseph A. Tyndall, M.D., M.P.H., interim dean of the UF College of Medicine, have always made a great team!

aspiration. This recognition is evidence of the high impact of strong relationships between physicians and staff in our hospitals.

Join us in honoring our physicians at UF Health by wearing red on National Doctors' Day, March 30. 

HAVE A QUESTION FOR THE CEO? Email Kim Rose, director of strategic communications with UF Health Communications, at roseka@shands.ufl.edu and she'll share your question with Ed Jimenez for an upcoming CEO column.

UF HEALTH | AWARDS+KUDOS

CELEBRATING THE CONTRIBUTIONS OF OUR PHYSICIANS

National Doctors' Day is March 30

BY MICHELLE MOORE



If you could tell your doctor one thing, **what would it be?**

Visit giving.UFHealth.org/doctorsday to watch UF Health patients share what makes their doctors special.

Our physicians at UF Health are transforming the lives of our patients and influencing the health care industry with their expertise and insights. From performing research to providing inpatient care and conducting surgeries, our physicians impact the lives of patients and their families locally and across the world.

On March 30, we celebrate National Doctors' Day by honoring physicians for the work they do for their patients, the communities they work in and for society as a whole. More than the application of science and technology, medicine is a special calling, and those who have chosen this profession understand the tremendous responsibility it entails. Through their actions — from a simple bedside gesture to a lifesaving procedure — doctors make a difference each and every day.

DID YOU KNOW?

The very first Doctors' Day in 1933 consisted of a few doctors' wives hosting a luncheon for the local physicians in Winder, Georgia. It was conceived by Eudora Brown Almond. She chose March 30 because it is the anniversary of the day that surgical anesthesia was first administered to a patient. This first observance included mailing greeting cards and placing flowers on graves of deceased doctors.

On March 30, 1958, the "Resolution Commemorating Doctors' Day" was adopted by the U.S. House of Representatives. The holiday was officially signed into U.S. law in the early 1990s by President George Bush.



MARVIN DEWAR, M.D., J.D.

UF COLLEGE OF MEDICINE SENIOR ASSOCIATE DEAN
UF HEALTH PHYSICIANS CEO

Why is UF Health the best place to practice medicine?

UF Health offers a unique environment for those of us who practice medicine. At home, we can keep a small-town community feel where families can connect with neighbors and develop a sense of community identity. But at the same time, once we, as faculty and staff, arrive at work, we find ourselves at a major academic medical center on par with the top centers in the largest cities in America. There are not a lot of places that offer that combination, and it helps us recruit some of the most talented physicians, nurses and staff in the country.

What do you value most about your role as a physician?

Although sometimes we get focused on the daily challenges of delivering care, I think there is still no better career calling than that of the physician. What could offer more to someone who enjoys science and problem-solving, but who also wants to help people in a very personal way? We owe the deepest gratitude to our patients who entrust to us their very personal fears and needs. And we owe them our best effort to maintain and restore their health to the best of our ability.

C. PARKER GIBBS JR., M.D.

UF HEALTH SHANDS CHIEF MEDICAL OFFICER
 UF COLLEGE OF MEDICINE ORTHOPAEDIC SURGERY DIVISION CHIEF
 EUGENE L. JEWETT PROFESSOR OF ORTHOPAEDIC SURGERY

Tell us about the partnership between physicians, nurses and other clinical staff here.

UF Health uniquely combines outstanding individuals filled with empathy and compassion with the best technology has to offer. It's a privilege to work with that combination of high-touch and high-tech. At UF Health, the relationships among our physicians, nurses, providers and all other staff is one of trust and camaraderie dedicated to our patients' best interests and experiences. Watching these teams work together toward that end is a true privilege.



MICHELE LOSSIUS, M.D., FAAP

UF HEALTH SHANDS CHIEF QUALITY OFFICER
 ASSOCIATE CLINICAL PROFESSOR & CHIEF, PEDIATRIC HOSPITAL MEDICINE
 PHYSICIAN DIRECTOR OF QUALITY AND SAFETY, PEDIATRICS, UF COLLEGE OF MEDICINE

**Why did you choose to practice medicine in an academic setting?
 What made you choose UF Health?**

I completed both my undergraduate and medical school degrees here at UF. What I recognized early on that led me to want to stay on as faculty (which was reaffirmed during residency) were the strong interpersonal relationships that exist here. As a resident, I found faculty to be very approachable while also being great teachers, which was a draw for me. Now that I've functioned as a faculty member, I have really appreciated the relationships I hold with nursing, respiratory therapy, Child Life, social work and case management, for example. It's become clear to me as a hospitalist that I cannot do my job well without strong relationships. I have seen the support toward each other during times of high stress among all of those groups, and that environment is what has inspired me to stay.



NICOLE IOVINE, M.D., PH.D

UF HEALTH SHANDS EPIDEMIOLOGIST IN CHIEF

ASSISTANT PROFESSOR, INFECTIOUS DISEASE, UF COLLEGE OF MEDICINE

What energizes you about working at UF Health and what makes it a unique environment in which to practice?

Academic medicine — especially here at UF Health — is dynamic. We work among the best and brightest people striving for excellence in their field, with the ultimate goal to deliver world-class patient care. I couldn't ask for a more exciting and stimulating environment than to be in the midst of these wonderful faculty, nurses and staff. What drives us all is that we're not satisfied with the status quo, we're always working to provide even better outcomes for patients. We wear different hats. For example, in my lab I'm studying how flu viruses are changing and evolving, which is so important. In my hospital epidemiology role, I'm working with our team to explore flu from the perspective of who's coming into the hospital infected; how are we adequately protecting our patients, visitors and staff; and how are we preventing flu across the community. At UF Health, we take the big-picture, broad perspective. We have to understand what's going on in the rest of the world, the state, the region and here in our communities — and at the individual patient level. What we learn through research informs our practice and how we educate each other. I love working with interdisciplinary teams and staff from so many areas. We're concerned with all these spheres of influence, and that's why the care we provide really is second to none.

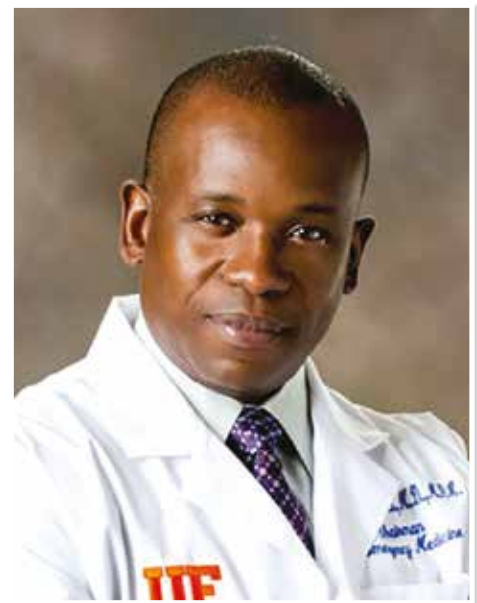
JOSEPH A. TYNDALL, M.D., M.P.H.

INTERIM DEAN, UF COLLEGE OF MEDICINE

PROFESSOR & CHAIR, EMERGENCY MEDICINE

Why is this a particularly exciting time for our hospital system and the opportunities we have for UF Health Shands and the College of Medicine to work together?

This is an unprecedented time for our health system. With UF's rise in stature, we have the greatest opportunity to attract even more talent and create a true destination for the best of health care in our region. We also are facing challenging times with seismic shifts in our health care marketplace. With these shifts come the challenge and opportunity to expand our impact and create high value in the care we provide. UF Health Shands and the College of Medicine have always worked together. We have high aspirations at UF Health, and we will continue to make a great difference for the citizens in the state of Florida and beyond.



UF HEALTH | AWARDS+KUDOS

If you could tell your doctor one thing, **what would it be?**

UF Health is asking this question as part of our annual Doctors' Day giving campaign. Donors are invited to make a gift in honor of their care provider. Visit giving.UFHealth.org/doctorsday to hear what 6-year-old Fletcher Huddleston and his family had to tell William Slayton, M.D., UF College of Medicine pediatric hematology/oncology chief and program director. Here are more comments from grateful patients to our providers.



"Thank you for all the care you have provided to me over the years. I came to you very sick and I'm doing much better now because of you. I now have quality of life that I thought I would never gain back. Thank you for all that you do to make people well!"

— Submitted by a grateful patient
ABOUT SARAH GLOVER, D.O., INTERNAL MEDICINE

"You are a miracle put on Earth, Dr. Bleiweis. If it weren't for you, our son wouldn't be here alive — healthy and thriving. You were an incredible doctor not only to our baby, but to us as terrified parents. Thank you for saving our family. We will always love you!"

— Submitted by a grateful family
ABOUT MARK S. BLEIWEIS, M.D., CONGENITAL HEART SURGERY

"Thank you for being there for our family. You take the fear out of our challenges."

- Submitted by a grateful family
ABOUT HENRIQUE KALLAS, M.D., GERIATRICS

"Thank you for dedicating your career to breast cancer patients. You are a unique combination of a gifted surgeon and a kind, compassionate human being. Your patients are truly fortunate to have you in their corner."

- Submitted by a grateful patient
ABOUT LISA SPIGUEL, M.D., GENERAL SURGERY

"Compassion, brilliance and quality are just a few words that describe Dr. Huber. He stepped up when no other doctor would do a complicated surgery on me. He saved my life and continues to monitor me to this day."

- Submitted by a grateful patient
ABOUT THOMAS S. HUBER, M.D., VASCULAR SURGERY

"There is not enough space to describe what you have done for me. You have given me my life back. It was a long, hard road to you, but it was worth it! You, your staff, hospital, nurses — everyone treated me with kindness and professionalism. I am grateful for all you have done for me. And always will be. I am able to brake with my foot now on my Road King Harley! Thank you!"

- Submitted by a grateful patient
ABOUT CHANCELLOR F. GRAY, M.D.,
ORTHOPAEDIC SURGERY

"The UF Health neurosurgical team is second to none. Thank you all!"

- Submitted by a grateful patient
ABOUT GREGORY J.A. MURAD, M.D., AND ABRAHAM
ALVARADO-GONZALEZ, M.D., NEUROSURGERY

"Thanks for your attention to detail, for listening and being one of the best doctors I know. Thank you and the UF Health staff!"

- Submitted by a grateful patient
ABOUT IRENE MALATY, M.D., NEUROLOGY

UF HEALTH | CARE+QUALITY

UF AND UF HEALTH RECEIVE \$20 MILLION GIFT

Lauren and Lee Fixel Family Foundation gift will focus on neurodegenerative diseases

BY STEVE ORLANDO



UF and UF Health have received a \$20 million gift from the Lauren and Lee Fixel Family Foundation that will be used to establish the Norman Fixel Institute for Neurological Diseases at UF Health, an institute focused on advancing research, technological innovation and clinical care for Parkinson's disease and other neurodegenerative diseases, including Alzheimer's, Lewy body, ALS, dystonia and concussions.

On Jan. 18, the Fixel family's gift was announced. It will be matched dollar for dollar by UF: The total \$40 million funding package will catalyze a \$100 million capital campaign to provide additional resources for scientists and doctors working to advance treatments of neurological disorders at the institute.

"We have amazing faculty dedicated to Parkinson's and other neurologic diseases. One of the primary goals of this gift is to attract additional world-class physicians, scientists and academicians who together can make an even bigger impact," said **Michael S. Okun, M.D.**, a professor and chair of the department of neurology and executive director of the Norman Fixel Institute for Neurological Diseases at UF Health.

Okun said initial plans are to recruit an additional five faculty members, along with their related programs, all focused on

neurodegenerative diseases. In addition, the newly created Fixel Scholars Endowment will be used to support fellowship and postdoctoral researchers, all with a primary focus on Parkinson's.

"UF Health has made major investments that support neurodegenerative disease research. This gift enables UF to rapidly double down in the area of Parkinson's disease," said **Todd Golde, M.D.**, executive director of the Evelyn F. and William L. McKnight Brain Institute of UF.

"Given similarities between Parkinson's disease and other neurodegenerative disorders, these new recruits will enhance and complement our strong existing research programs in Alzheimer's disease, ALS, dystonia, brain injury and brain aging," Golde said.

The Fixels' commitment to UF Health is in addition to prior contributions of more than \$4 million to a clinical care building under construction in Gainesville that will house the newly created institute. In recognition of their generosity, the UF Board of Trustees in December renamed the Fixel Center for Neurological Diseases to the Norman Fixel Institute for Neurological Diseases at UF Health in honor of Lee's father, Norman, who earned a UF bachelor's degree in business in 1975. Lauren is also a UF graduate, with a 2007 bachelor's degree in journalism.

“As people live longer, Parkinson’s disease is rapidly becoming a critical health issue, with more than 1 million Americans expected to be living with the disease by next year. We believe it is essential to invest in innovative research to develop groundbreaking treatments with the goal of curbing this debilitating illness,” said **Lee Fixel**. “We hope that our gift, along with extensive efforts at UF, will cement UF Health’s position as the preeminent destination for patient care, research and technological innovation for neurodegenerative diseases.”

This new initiative caps off a decade of impressive growth in UF Health’s neuromedicine research which, with NIH funding now approaching \$50 million per year, has become a centerpiece of UF Health’s research portfolio. Together, numerous colleges, departments, centers and institutes work collaboratively to advance patient care, research and education missions. The Norman Fixel Institute for Neurological Diseases will further accelerate the efforts of these scientists and clinicians at UF Health.

UF Health physicians are conducting a range of leading-edge treatments, such as deep brain stimulation and gene therapy, which are transforming patient care. Fixel Institute scientists and physicians will seek to translate research discoveries in neurological diseases into new therapies that improve quality of life for patients and forever change how these conditions are treated.

The Fixels’ gift boosts the university’s new “Platform for Life” initiative to strategically use UF’s wide-ranging academic and research prowess to enhance the well-being of people throughout their lives. As one of just a handful of global comprehensive universities — with disciplines in medicine, law, business, agriculture, engineering, the arts and almost every other area of interest and impact — UF is well-positioned to address 21st century challenges.

“UF is home to one of the leading institutes for Parkinson’s disease treatment and clinical research,” said **Kelly D. Foote, M.D.**, a professor of neurosurgery and co-director of the Norman Fixel Institute for Neurological Diseases at UF Health. “Over the years, we have become convinced that it is the strength of our collaborative, interdisciplinary teams that enables us to deliver the highest quality of care for patients with Parkinson’s disease and other movement disorders and to develop better therapies for these complex neurological disorders. This gift will be transformative and highly impactful for patients and families seeking better treatments and more meaningful lives.”



Architectural renderings of the Norman Fixel Institute for Neurological Diseases at UF Health


UF President **Kent Fuchs** said the Fixels’ gift will be pivotal in raising UF’s stature as a global leader in neurodegenerative disorder research.

“This generous gift from the Fixels will be a tremendous boost to our ability to address the neurological diseases and disorders that affect far too many people,” Fuchs said. “The Fixels’ investment means those who suffer from those conditions will soon have hope for leading healthier and happier lives.”

Foote looks forward to the progress that lies ahead as a result of the Fixels’ gift. “UF Health is truly on the threshold of discovering the innermost workings of the brain and how we can correct problems when they occur. With the Fixels’ investment, we will forever change how neurological diseases and movement disorders are treated,” Foote said.

Ed Jimenez, UF Health Shands CEO, expressed his appreciation for the Fixels’ gift.

“I’ve personally witnessed Lauren and Lee’s passion for advancing science to treat Parkinson’s and other neurological diseases. Their gift will create amazing momentum to fuel scientific discoveries and new approaches to help patients everywhere,” Jimenez said. “Ultimately, their commitment to make a difference will offer hope and an improved quality of life for individuals and families facing these debilitating conditions in the years to come.”

Lee Fixel is a partner with the investment firm Tiger Global Management, where he leads the private equity business. Lauren Fixel, who grew up in Coral Springs, Florida, is the co-chair of the Young Manhattan Women’s division at UJA-Federation of New York and plays an active role leading the Lauren and Lee Fixel Family Foundation. 

UF HEALTH | CARE+QUALITY

REENGINEERING THE CLINICAL ENVIRONMENT FOR PRECISION MEDICINE AT UF HEALTH

Program will allow a broad panel of genotype data to be stored in a patient's EHR

BY MATT SPLETT



Rhonda Cooper-DeHoff, Pharm.D., M.S., is among the new leadership team and will serve as director of precision medicine in Gainesville.

UF Health's Personalized Medicine Program has a new name — the Precision Medicine Program — and is ushering in a new era of genetic medicine, with the introduction of a new leadership team and preemptive pharmacogenetics testing.

Beginning in 2019, the program will launch a multigene pharmacogenetics panel developed by UF Health Pathology Laboratories. It will examine multiple drugs, multiple genes and, eventually, diseases to personalize drug therapy and disease risk assessment around an individual's genetic profile.

Whereas pharmacogenetics testing at UF Health to date has largely been reactive — a physician orders the test in response to a certain health condition or drug therapy — the program aims to move toward preemptive testing, which will allow a broad panel of genotype data to be stored in a patient's electronic health record, or EHR. The information will be accessible

throughout a patient's lifetime and inform future drug therapies based on genetics. In addition, alerts will be built into the EHR, allowing clinicians to target the most appropriate medical therapies to an individual patient.

"Physicians will soon have access to potentially lifesaving information about a variety of common medications well before it is needed," said **Sonja Rasmussen, M.D., M.S.**, a UF College of Medicine professor of pediatrics and epidemiology and the new director of precision health at UF Health. "Any physician at UF Health will be able to order the full-panel genetic test, and there are many health benefits in making this a routine part of patient care."

Preemptive pharmacogenetics testing is supported by UF and UF Health's Platform for Life project, aimed at solving some of society's most urgent problems. As part of a commitment to create the healthiest generation, UF Health is bridging basic discovery science with clinical and translational research — using precision health and



“The IGNITE network and funding has played a substantial role in growing the UF Health Precision Medicine Program into the nationally respected program it is today.”

JULIE JOHNSON, PHARM.D., DEAN AND DISTINGUISHED PROFESSOR
IN THE UF COLLEGE OF PHARMACY, CO-FOUNDED THE UF HEALTH PERSONALIZED MEDICINE PROGRAM

data science to understand, treat and prevent disease and disparities.

Spearheading the expanded translation of genomic medicine into clinical practice is a new leadership team at UF Health, led by Rasmussen as part of a Precision Health initiative being launched by the UF Clinical and Translational Science Institute, or CTSI. Supporting the efforts are more than a dozen precision medicine clinicians and researchers, led by three program directors in Gainesville and Jacksonville.


Rhonda Cooper-DeHoff, Pharm.D., M.S., FAHA, FACC, an associate professor in the colleges of Pharmacy and Medicine, will be the director of precision medicine in Gainesville. **Alex Parker, Ph.D.**, senior associate dean for research at the UF College of Medicine – Jacksonville, will serve as the director of precision medicine in Jacksonville. **Thomas Pearson, M.D., Ph.D., M.H.A.**, a professor of epidemiology, will serve as the director of precision public health.

David Nelson, M.D., interim senior vice president for health affairs and president of UF Health, and **Julie Johnson, Pharm.D.**, dean and distinguished professor in the UF College of Pharmacy, co-founded the UF Health Personalized Medicine Program in 2011 as part of the UF CTSI and will move into advisory roles in the new leadership team. **Michael Clare-Salzler, M.D.**, a professor and chair of pathology in the UF College of Medicine, will round out the advisory team.

Johnson and Nelson were instrumental in securing UF Health's selection in 2013 as one of the first sites funded by the National

Institutes of Health Implementing Genomics in Practice, or IGNITE, network. The six research sites selected were tasked with incorporating genomic information into EHRs and developing clinical decision support. In 2018, NIH renewed UF Health's funding in the IGNITE II network, with a base award of \$1.8 million over five years. Johnson will continue as the principal investigator on that grant. As the network defines its pragmatic clinical trials during the next year, UF Health expects to receive additional funding and play a prominent role in leading IGNITE II.

“IGNITE II will feature all the network sites running the same clinical trials, which offers larger patient populations to study and to help define the impact on clinical outcomes for genomic medicine approaches,” Johnson said. “The IGNITE network and funding has played a substantial role in growing the UF Health Precision Medicine Program into the nationally respected program it is today.”

For nearly a decade, UF Health's Precision Medicine Program has been at the forefront of genomic medicine implementation nationally and contributed to a growing evidence base in support of genotype-guided therapy. The program has addressed several patient safety initiatives at UF Health by improving patient outcomes through better-informed medication prescribing and reducing adverse drug effects. More than 4,600 clinical pharmacogenomics tests have been ordered at UF Health hospitals in Gainesville and Jacksonville. 

UF HEALTH | GROWTH+EXPANSION

UF HEALTH FLORIDA RECOVERY CENTER EXPANDS WITH NEWLY RENOVATED FACILITY

New facility allows FRC team to better serve local community and those who travel for treatment

BY TODD TAYLOR



To address the growing public health threat of substance use disorders, UF Health is expanding its Florida Recovery Center with a new 9,000-square-foot renovated building that will provide more space for patient care, group activities and faculty workspaces.

UF Health leaders recently cut the ribbon on the new facility, which is adjacent to the Florida Recovery Center's main campus on Southwest 13th Street in Gainesville.

"This expansion will serve as a great resource for our patients and their families, as well as our faculty and staff," said **Regina Bussing, M.D.**, chair of the UF College of Medicine department of psychiatry. "This type of investment is a testament to UF Health's commitment to helping those suffering from substance use disorders recover and rebuild their lives."

The first floor of the new building provides spacious meeting rooms and a large auditorium to host guest speakers and hold

group activities. The second floor houses offices for the UF College of Medicine department of psychiatry and UF Health's newest outpatient practice for addiction medicine.

An estimated 88,000 people die from alcohol-related causes annually in the U.S., and according to a new report from the National Safety Council, for the first time on record, Americans are more likely to die of an accidental opioid overdose than in a motor vehicle crash.

"Only about one in 10 people in the U.S. with a substance use disorder will get the treatment they need," said **Scott Teitelbaum, M.D., FASM**, medical director of the UF Health Florida Recovery Center. "At UF and the FRC, we're committed to helping people identify the best treatment."

The FRC provides multidisciplinary treatments that are supported by advanced research from faculty at centers and institutes across campus, including UF's Evelyn F. and William L. McKnight Brain



“At the University of Florida and the FRC, we’re committed to helping people identify the best treatment.”

SCOTT TEITELBAUM, M.D., FASM, MEDICAL DIRECTOR OF THE UF HEALTH FLORIDA RECOVERY CENTER.

Institute. Calling upon the skills of board-certified addiction medicine specialists, as well as psychiatrists and licensed behavioral health counselors, treatment encompasses the physical, emotional and spiritual aspects of recovery followed by the well-established and proven 12-step method.

The FRC is also well-known for its Impaired Professionals Program, helping recovering professionals — primarily physicians and health professionals — from across the U.S. overcome addiction.

“There is an expertise required in evaluating and treating someone whose occupation can affect the safety of others,” said Teitelbaum. “Right now, we have health care professionals from all around the country under our care. They come here because they know we do a great job.”

Led by Teitelbaum, who holds the Pottash Professorship in Psychiatry and Neuroscience, UF boasts one of the nation’s top addiction medicine fellowship programs, which is accredited by the Accreditation Council for Graduate Medical Education.

“For the longest time, addiction medicine wasn’t seen as a real domain or specialty,” said **Sara Jo Nixon, Ph.D.**, a UF College of Medicine professor of psychiatry and director of the UF Center for Addiction Research & Education. “That’s changed at UF because of the expertise we have here. Training fellows to appreciate the complexities of addiction and the role of the brain in the disease is an awesome responsibility and a wonderful opportunity.”

Roxane Harcourt, LCSW, LMFT, executive director of the FRC and administrator for UF Health Shands Psychiatric Hospital, sees the FRC’s expansion as another step in the right direction as our society continues to acknowledge that substance use disorders aren’t a choice, but rather, a brain disease.

“People often react to substance use disorders differently and say, ‘Well, they could stop if they wanted to,’” said Harcourt. “So, we have to talk about it and address it. It’s not very pretty and it doesn’t discriminate. It doesn’t care how rich or poor you are or how educated you are. It doesn’t matter.” ■

UF HEALTH SHANDS | CARE+QUALITY

A DAUGHTER'S LEGACY – A MOTHER'S TRIBUTE

Blue and green hair and a sleeve of tattoos tell organ donation story

BY CORAL DENTON, LIFEQUEST ORGAN RECOVERY SERVICES





Holly Bunting was an inquisitive third-grade student with beautiful, blue eyes and long blonde hair. She was an extremely talented 8-year-old who loved singing and aspired to be an actress.

Holly's bright personality touched those around her, and her dreams of becoming a star led her parents to take her to acting casting calls. However, Holly's life abruptly ended when a vehicle she was riding in was involved in a collision with a semitruck in December 2012.

Although her life was tragically cut short, Holly still became a star through her gifts of organ and tissue donation. She heroically saved the lives of four people, ranging from 4 to 65 years old, through organ donation, and she also enhanced the lives of many others through tissue donation.

Since her passing, Holly's family has become extremely committed to attending LifeQuest Organ Recovery Service events. Over the last three years, Holly's mother, Jennifer, has further dedicated herself to raising awareness for the lifesaving importance of organ donation.

"I always wanted a tattoo, but I wanted it to be meaningful," Jennifer said. "After spending time volunteering with LifeQuest, it came to me one day that a tattoo would be an amazing conversation starter about organ donation."

Jennifer was inspired to pay tribute to Holly and her lifesaving acts, so she found Holly's first grade artwork and had four of the images tattooed as a sleeve on her left arm — sunflowers, cherry blossoms, cardinals and an armadillo.

"I also added ladybugs," Jennifer said. "After Holly passed away, everyone said they were seeing ladybugs. One of her teachers saw ladybugs. Friends hunting in Georgia found ladybugs. Her first-grade teacher found an image of one on a pole while walking in the woods. My mom even had a nest of them in her room."


"I added ladybugs because it was Holly's way to let us know she's still here to get us through a tough time."

Jennifer's tattoos have sparked conversations about Holly's legacy as a lifesaving organ donor, but she wanted to do more to gain attention for Donate Life.



Tattoos of her daughter's artwork and her blue and green hair have become conversation starters about organ donation.

She threw color and caution to the wind and dyed her hair the Donate Life colors — blue and green. Jennifer says she is now asked daily about her hair color or tattoos, which starts the explanation about Holly's impact through donation.

"Volunteering has been absolutely helpful for me because it's been a positive outlet," Jennifer said. "I want people to know that we don't need our organs when we pass away. Why have another family endure the pain of loss when you can save a life?" 

GIVING THE GIFT OF LIFE

UF Health is an industry leader in transplant medicine


BY KELLY DALY

Organ donation enables the amazing gift of giving life to another person. From performing the state of Florida's first kidney transplant in 1966 to being ranked as one of the nation's top hospitals for pediatric cardiology and heart surgery in 2018, the UF Health Shands Transplant Center has always used the best care and expertise possible to support our patients and their families before and after a transplant.

Our ability to stay on the leading edge of research has allowed our center to become an industry leader in transplant medicine, and our transplant teams have performed more than

1,100 heart transplants, 600 lung transplants and 4,800 kidney transplants.

The UF Health Shands Transplant Center team prides itself on successful outcomes for both adult and pediatric patients, and our commitment to experience, expertise and excellence has allowed our staff of over 100 to deliver the best possible care to every patient.

Visit donatelifeflorida.org to learn more about how you can give the gift of life to someone else. 

Transplants by the numbers



10 min

Every **10 minutes**, someone is added to the national transplant recipient waiting list.



One organ donor can save **eight lives**.



There were **36,527** transplants performed in 2018.



Last year, **2,471** people in Florida received a transplant.

2018: More transplants than ever



More than
36,500
transplants
6th consecutive
record breaking year.



There were more than
10,700 deceased
donors in 2018.
8th consecutive record
breaking year.

Nearly **6,900** living
donor transplants in 2018.
Highest total since 2005.



Since 1988, about 758,030 transplants have been performed in the U.S. — of which 446,358 were kidney transplants.

As we went to press, 113,886 people were listed on the national organ transplant waiting list — this number increases every day.

*Based on OPTN data as of Jan. 8, 2019. Data subject to change based on future data submission or correction.

UNOS

UF HEALTH | EVENTS+ACTIVITIES

A HEALTHIER LIFESTYLE IS CALLING YOUR NAME

... and so is a \$100 shopping experience!

BY REMI STORCH

We are kicking off wellness initiatives for the spring — it's time to get healthier and this is the time of year to do it! The 2019 Annual Wellness Events will take place April 22–May 3, and there are some changes on the horizon.


This year, the annual Wellness Events will take place in the UF Health Shands Hospital Atrium, or you can pop over to the UF Health Shands Cancer Hospital Auxiliary Conference Room for two days or visit various Quest Diagnostics sites. Because of our growth and the number of UF Health locations across the state, we wanted to offer the events at Quest Diagnostics labs to give everyone an opportunity to participate, which better serves all of our employees, regardless of their location.

Participants who get their screenings at one of the UF Health facilities will receive a \$5 Subway or Opus gift card.

To get your screenings done at the Quest location of your choice, please make an appointment in advance. Visit appointment.questdiagnostics.com to schedule online or view locations near you.

By participating in the Wellness Event, all benefits-eligible UF Health Shands employees can start earning points through the Better You Strides Wellness Program, which can earn

you a \$100 online shopping experience. To be eligible for the shopping experience, wellness participants must accumulate 300 points by Sept. 30. The deadline for shopping is Nov. 30.

You can earn additional points by participating in UF/UF Health Wellness and GatorCare activities, getting an annual wellness exam or participating in a community-sponsored walk or run, to name a few. 

There are four actions, totaling 200 points, which are required to earn the shopping experience:

- A biometric screening (offered at a Wellness Event or at a Quest Diagnostics location) – 50 points
- An online personal health assessment (taken after completing the biometric screening) – 50 points
- Being tobacco-free or completing a tobacco-cessation course – 50 points
- Proof of flu vaccination in the past 14 months – 50 points



Visit GatorCare.org/wellness/betteryoustrides to learn more about the Better You Strides wellness incentive program.



UF HEALTH | EVENTS+ACTIVITIES


BLAST OFF FOR MARCH OF DIMES

UF Health has raised more than \$1 million for babies

BY LEAH HARMS



Join us on our mission to save babies at the annual March of Dimes, March for Babies event! We're blasting off at 8:50 a.m. on Saturday, April 13 from Celebration Pointe.

For almost two decades, UF Health has supported this important event and our teams have raised more than \$1 million to date. The UF Health Women's Center will act as our mission control from our spirit station, and as a place for walkers to recharge and refuel for the rest of their 4-mile space flight. 



READY TO SUPPORT THE MISSION?

Email marchforbabies@health.ufl.edu and check the Bridge for updates. Visit marchforbabies.org to make a direct donation. We hope to see you there as we "reach for the stars" for babies!



UF HEALTH | COMMUNITY+OUTREACH

SUPPORTING COMMUNITY HEALTH

UF Health teams proactively reach out beyond the walls of our hospitals and clinical practices to share valuable health information with area residents. We offer health education programs and events and also partner in community outreach efforts. We support civic, social and cultural programs to raise awareness of health issues and promote wellness. We bring UF Health physicians, dentists, nurses and other providers and experts to different locations to speak to area residents about specific health and wellness topics at seminars, and we offer disease-prevention information and screenings at community health fairs and other events.

Our commitment as a responsible, accountable steward of our resources is the cornerstone of UF Health's not-for-profit mission. In fiscal year 2018, UF Health spent \$174 million on unsponsored charity care (at cost) and social responsibility efforts across its Gainesville and Jacksonville campuses.

LEARNING



\$67M

Health professionals
education

GROWING



\$18.4M

Scientific and clinical
research

HEALING



\$8.9M

Community and regional
health services

GIVING



\$2.4M

Donations and in-kind
services

\$270.7M in total community benefit (FY18)

Visit UFHealth.org/about to view UF Health's current and recent Community Benefit Reports.

Explore our new interactive Destination.UFHealth.org website to learn more about how UF Health is moving medicine forward.



UF HEALTH | CARE+QUALITY

MARCH IS COLORECTAL CANCER AWARENESS MONTH

Dress in blue throughout March to help raise awareness for colon cancer and the importance of regular screenings to save lives.

Understanding colorectal cancer:

- Colon cancer is the second-leading cancer killer in the U.S. for men and women.
- At least 60 percent of deaths from colon cancer are preventable.
- You can stop colon cancer before it starts.
- Colon cancer often begins without symptoms.
- There are currently more than 1 million colon cancer survivors in the U.S.
- 90 percent of new cases occur in people 50 or older.

TO DO 

UF HEALTH | EVENTS+ACTIVITIES

MAY 16: COMMUNITY HEALTH AND WELLNESS EXPO

There's still time for your department to sign up to participate in the annual UF Health Community Health and Wellness Expo on Thursday, May 16 at the Hilton UF Conference Center.

Each year, more than 50 groups from UF Health, UF and the community join together to help improve health for residents of North Central Florida. We offer free health screenings, disease prevention information, health and safety demonstrations and more. If you're looking for a way to positively impact health, achieve accreditation requirements, meet new patients or just give back to the community, then this event is for you. There is no cost to participate or attend the expo.

Contact Marsha Mott, UF Health Communications health promotions coordinator, at mottms@shands.ufl.edu or 352-265-0373 for more information.



UF HEALTH | EVENTS+ACTIVITIES

APRIL 16: WHO WILL SPEAK FOR YOU?

UF Health is joining other organizations around the country to observe National Healthcare Decisions Day. We encourage everyone 18 and older to complete an advance directive, also called a living will, and designate a health care surrogate to speak on their behalf if the need arises.

Learn how to take a proactive, positive approach to end-of-life planning decisions. Join us from 7 a.m. to 2 p.m. on Wednesday, April 16 in the UF Health Shands Hospital Atrium. Staff will provide resources, help participants complete the forms and scan advance directives into the UF Health medical records system.

At the event, staff will address these topics: When to begin thinking about a living will, which forms to complete and where to send them, and how to be sure your wishes will be properly followed.



Visit nhdd.org and UFHealth.org/advance-directives for more information.

TO DO

UF HEALTH | BENEFITS+TRAINING

STAY INFORMED YEAR-ROUND

Stay on top of the latest news and updates across UF Health by reading online versions of our newsletters and electronic communication tools. You can access News+Notes and find links to Shands News, The Post and other resources on – you guessed it – the Bridge intranet.

Visit Bridge.UFHealth.org

- On the home page, hover over the “News & Events” tab
- You’ll see these sections:
 - News from UF Health (the entire system)
 - Leaders (executive blog posts and status updates)
 - Magazines and newsletters (easily accessible print and electronic media)
 - Events (calendars)



**UF HEALTH SHANDS
MANAGERS, DON'T FORGET:**
On the Shands News site, there's a section called "Print & Post," which is updated regularly with materials you can add to your department's internal bulletin board or use for quick reference in team meetings.

UF HEALTH | CARE+QUALITY

APRIL 18: CELEBRATE EARTH DAY

The UF Health Shands Sustainability Committee is hosting an Earth Day celebration from 8 a.m. to 4 p.m. on April 18 in the UF Health Shands Hospital Atrium. Attendees will learn about current sustainability efforts at UF Health Shands and how you can incorporate sustainable practice into your work and home life.

The UF Health Shands Sustainability Committee is a multidisciplinary group focused on reducing waste and promoting sustainable practices on the UF Health Shands campus. Efforts include reducing waste, recycling and reprocessing, healthy food choices and more. Watch for updates to learn more about our committee and sustainability.

