

UPDATE

h2u health2you



Northwest Medical Center
 Plantation General Hospital
 University Hospital and Medical Center
 Westside Regional Medical Center

Plantation General Hospital
 Westside Regional Medical Center

An Added Bonus

Caregiving provides unexpected rewards

Much has been written about the negatives of becoming a caregiver. Stress, burnout and resentments can cause fractures in family, work and marital relationships, or even affect one's physical health. But while there are certainly strains, there are also positive outcomes from a caregiving situation.

Caring for a loved one can be challenging, but many caregivers are surprised to discover it also offers many rewards.

A perfect example: Caregiving may actually help you live longer.

A seven-year study of individuals who cared for a loved one was published in *Psychological Science*. The study

concludes that caregivers over age 70 who care for a spouse at least 14 hours a day live 30 percent longer than family members who do not provide this level of care.

The study notes a growing body of literature on the positive effects of caregiving, reinforcing the beneficial association between time spent caregiving and length of life. While stress is the reaction that is often cited in connection with caregiving, in some cases caregivers may be uplifted by the experience.

A recent study by the School of Aging Studies at the University of South Florida monitored caregivers' stress and depression. The study included 75 people who were caring for a family member who'd had a stroke. Half of the caregivers in the study were caring for spouses, a third for a parent and 16 percent for another relative. Some degree of

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ISSUE FOCUS: Caregiving

Caregiving in the U.S.

Most people who tend to ailing relatives have not planned to fill the role of caregiver. Yet with medical advances that increase survival rates after serious illness and extend life expectancy in general, long-term care often falls to family.

- 50 million caregivers during a given year
- 60 percent of caregivers are women
- 30 percent of caregivers are over age 65
- 17 percent of caregivers spend 40 hours or more each week tending to care recipients
- 1.4 million children ages 8 to 18 help care for an adult relative
- \$306 billion/year – estimated value of services that family caregivers provide

Source: U.S. Administration on Aging

An Added Bonus

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strain was reported by 41 percent of participants, but an equal percentage said there was no strain. The report concludes that many caregivers experience little or no stress and actually find the task personally rewarding.

In fact, 90 percent of the caregivers in the study said that caregiving helps them appreciate life more. The caregivers reported other benefits, including “feeling needed” and “developing a more positive attitude toward life.”

The study’s director, Professor William E. Haley, said, “Even in the face of challenging caregiving roles, many family members are resilient and find personal benefit and meaning from providing assistance to a loved one.”

Caregiving does not always have to be a burden. The caregiver who embraces the role and maintains a positive attitude may be surprised by unexpected rewards.

Avoiding Caregiver Burnout

While caregiving offers emotional and physiological benefits, it can also be exhausting. The symptoms of caregiver burnout include depression, irritability, anger and anxiety. An exhausted caregiver may not sleep well, eat well, or give attention to personal appearance. Sometimes caregivers find temporary retreat in tobacco, alcohol or other drugs. Stress alone makes one susceptible to ailments. Handling burnout is not easy. These tips can help.

- Find time to do the things you love, things that relax you.
- Take people up on their offers to help. Involve your siblings. Allow friends or church members to take turns as sitters or to bring meals.
- Find a reliable adult daycare facility, using it much as the parents of young children use mothers’ day out programs.
- Laugh and converse with friends about things other than caregiving. Remember that many of your friends have been or will be in the same situation.
- Maintain healthy eating habits. Seek out easy menus and healthy take-out alternatives.
- Don’t overuse alcohol. If you don’t drink, it would be unwise to start. Avoid smoking.
- Be sure to move your body. Take a walk or go for a swim. Try yoga or jogging.
- Look for support groups in your area by going online or by calling churches, senior centers, hospitals or hospices.
- Do all you can to give yourself the seven to nine hours of rest most people need.
- Seek out counseling if you experience feelings of hopelessness or depression.

Getting the Support You Need

Share your experiences with other caregivers

If a loved one depends on you for care, think about the support and care you need, too. While friends can lend a sympathetic ear, the people who offer the greatest level of support are often fellow caregivers.

Meeting face-to-face with other caregivers can be a source of health and healing. Support groups are available no matter where you live. Ask a healthcare provider or clergy for suggestions. Groups such as the Alzheimer’s Association and American Cancer Society can also help you locate support groups in your area. Many caregivers say that support groups are their most beneficial resource. Peers can provide valuable tips on dealing with specific situations and self-care. As a member of a support group, you may glean insight into various stages of diseases and prepare for



the future. Most important, talking to other caregivers gives you a sense that you are not alone.

Caregivers can also find community by participating in online discussions. On the website Caregiver.com, a message board allows people to reach out to each other online, and anonymously if desired. Ongoing discussions include topics as varied as managing medication, caregiving

while pregnant and sibling conflicts. Even difficult topics such as end-of-life decisions that may not be broached easily face-to-face can be discussed honestly online, without guilt or embarrassment.

In one recent post on the Caregiver.com message board, a woman observed, “I’ve spent hours poring over your accounts of dealing with angry, emotionally out-of-control loved ones . . . I finally understand that I’m not alone. I thought I was. The isolation caregivers face is unreal — indescribable by anyone who hasn’t faced it.”

Those who have experienced caregiving can provide a profound level of empathy and understanding. If you or someone you love is a caregiver, consider finding a support group. Meeting with others who care for loved ones can be a powerful source of emotional strength and resilience.

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Write It Down

A living will makes end-of-life healthcare decisions clear

If a loved one develops Alzheimer's or another debilitating condition, he or she may not be able to communicate personal wishes regarding end-of-life treatment. Being forced to make such decisions could add gut-wrenching stress to the already overtaxed caregiver.

A living will is designed to avoid such agonizing decision-making. This legal document outlines a person's preferences regarding the extent of life-sustaining, heroic measures in the case of terminal illness or a vegetative state. The directives of a living will are only enacted if the ill or injured person is no longer capable of making decisions.

Ideally, a living will is composed before a person goes into the hospital, but it can be



done at any time. According to federal law, the living will is attached to the patient's medical records and is a clear notice of the patient's directions for care. Cardiopulmonary resuscitation, diagnostic tests, transfusions, dialysis, drugs, surgery, use of a respirator and organ donation are among the many issues addressed.

The American Bar Association endorses living wills, saying physicians prefer them because living wills outline a patient's wishes so that family members don't have to guess.

Standardized forms for living wills are available on the Internet and elsewhere.

Because laws on living wills vary by state, it may be wise to have a lawyer review the document. For example, in some states a patient may request that at a certain point neither food nor water be administered, as this is considered life prolonging. Other states consider food and water to be basic needs that cannot be withheld.

If an individual hasn't volunteered information about their wishes, it is up to the caregiver to ask. All family members should be involved in the conversation about end-of-life healthcare choices, or be well-informed of any decisions.

During these discussions, a healthcare proxy and durable power of attorney can be established. The person designated as healthcare proxy can make decisions if the patient is incapable. A power of attorney allows a caregiver to handle legal transactions, such as banking, signing Social Security checks and paying bills.

It is not easy to discuss the subject of a living will. But doing so now can ease the stress of difficult decisions down the road.

Help At Hand

Your peace of mind and your loved one's independence – can you have both?

What would happen if you or a family member became ill or had an accident at home? What if no one was around to assist? Many people resist the idea of full-time caregivers because they want to maintain as much independence as possible. But family members may worry about the safety of loved ones who live on their own. Both sides have a valid point, and for many families, a personal emergency response system (PERS) is a useful compromise.

Worn on a necklace, bracelet or belt clip, a PERS is a 24-hour lifeline that can be activated with the push of a button if the user falls or becomes ill and needs emergency help. The wireless device contacts emergency medical personnel via a speaker console attached to the telephone line, and will work even if the phone is knocked off the hook or is otherwise busy.



The individual's information, who to call and other information linked to the PERS computer system help the dispatcher discuss the situation with the user and send out emergency personnel.

How can you decide among the many brands of emergency alert systems? Inquire about a free trial period to allow you and the user to test the unit. Also find out how many monitoring stations are needed in

the house to make sure the residence is completely covered. Because bathroom falls are a constant worry, make sure the device is waterproof. Visit www.h2u.com to learn about PERS discounts.

Knowing that the person who needs your care is connected to emergency help at the push of a button can provide you with peace of mind, as well as the comfort of knowing that you are respecting your loved one's desire for independence.

Calendar of Events



Fitness Programs

For details regarding any of the following classes, call your local H2U affiliate director.

Plantation General Hospital

Classes are held at the Jim Ward Community Center in Plantation. Call (954) 513-6663 for additional information.

Tai Chi

Every Tuesday, 11:00 a.m. - 12:00 p.m.
 \$30 for an eight-week course

Westside Regional

Call (954) 476-3994 for additional information on the following classes.

New U Fitness Program

Monday and Wednesday, 9:30 a.m.
 West Regional Library-Multipurpose Room

\$2/class - registration not required

Zumba Easy

Every Monday
 10:30 - 11:30 a.m.

West Regional Library-Multipurpose Room

Call Liz at (954) 476-3994 for specific information.

AARP Safe Driving Class

Monday Aug. 31 and Tuesday, Sept. 1

9:00 a.m. - 1:00 p.m. both days

Plantation General Hospital

Classroom 4

AARP members \$12

Non-members \$14

Space is limited, pre-registration is required. Call (954) 513-6663 to register.

H2U Mall Walking Program

Tuesday and Thursday

9:00 a.m.

Broward Mall in Plantation

Join the Plantation Pacesetters as they walk in the beautiful Broward Mall. Sign in at the Police Community Outreach Center located inside the Broward Mall.

All walkers will receive a new H2U pacesetter teeshirt.

Osteoporosis Van Screening

Call (866) 4-HCA-DOCS to schedule your appointment. The times for all screenings are 9:00 a.m. - 12:00 p.m.

Northwest Medical Center

Tuesday, Sept. 1

Plantation General Hospital

Wednesday, Sept. 16

Westside Regional Medical Center

Thursday, Sept. 17

University Hospital

Wednesday, Sept. 23



Foster Grandparents Program

Do you want to volunteer with children and youth in special settings? The Foster Grandparent Program provides volunteers 60 and above the opportunity to tutor, mentor and nurture children.

Through Senior Volunteer Services, a non-profit agency in Broward County, volunteers can make a significant impact on the children in our community. The Foster Grandparent Program has a great partnership with many elementary schools in Broward County as well as with Plantation General Hospital.

The need for Foster Grandparents is tremendous. For further information about the program please contact Marilyn Cherilus at Senior Volunteer Services at (954) 484-7117.

Mended Hearts Support Group

Westside Regional Medical Center

Call (954) 476-3994 for more details.

"It's All in the Cards"

Every Tuesday

1:00 p.m.

Call Liz for location

Enjoy an afternoon of mental exercises with card playing. Games played are Skip-Bo, Hand and Foot and more. Enjoy this social afternoon.

Luncheon & Card Games

Tuesday, Sept. 15

11:30 a.m.

Classic Residence by Hyatt

8500 W. Sunrise Blvd., Plantation

Join h2u for a sit down lunch sponsored by the Classic Residence by Hyatt. Staying on for Card Games is your choice. RSVP to (954) 476-3994.

Tie a Yellow Ribbon Round

Monday, Sept. 7 (Labor Day)

**Deer Creek Country Club, Deerfield
\$42 (\$55 with transportation)**

Join in as Shawn Rae brings to the stage all the music, charm and talent of Tony Orlando in his Tony Orlando '70s show tribute. Enjoy a delicious lunch catered by Deer Creek Country Club before the show.

Richard Terry & Friends Revue

Oct. 10

Benvenuto's Restaurant

Boynton Beach

\$45

Join H2U for this outstanding 90 minute luncheon show. This variety show features young upcoming entertainers and performers including South Florida's new 13 year old singing sensation, Ashley. Enjoy this "must see" show while being served a delicious lunch in an elegant setting.

***Fiddler on the Roof* Starring Topol in his Farewell Performance**

Oct. 17 (matinee)

**Broward Center for the Performing Arts
\$49 tickets only (great seats)**

Tevye, humble milkman, devoted husband and father to five marriageable daughters, invites us into his little village of Anatevka. Here, there is a tradition for everything – how to eat, how to wear clothes, how to pray, how to marry ... all of which are happily imparted by our earthy philosopher as he draws us into *Fiddler on the Roof*.

It is a remarkable journey traveling through secret love, forbidden betrothal, weddings, devotion and forgiveness, tempered by rejection, oppression and imminent revolution. And, emerging through it all, we find the humor, strength and perseverance of Tevye and his people, reminding us of life's never-ending circle.

The Marvelous Wonderettes

Oct. 25

**Actor's Playhouse on the Miracle Mile
\$44**

This new pop musical comedy and current off Broadway sensation is a real blast from the past musical that takes us back to 1958. Enjoy classic songs and tunes that will bring back memories to last a lifetime. Before the show lunch is on your own a a choice of a few restaurants on the Miracle Mile in Coral Gables. Cost includes ticket and transportation.

Ft. Lauderdale Christms Pageant

Dec. 6

2:00 p.m. (transportation offered)

Dec. 13

2:00 p.m. (no transportation)

The First Baptist Church of Ft. Lauderdale welcomes us once again to their 26th Annual Pageant that is a South Florida holiday tradition. Call the h2u office for prices.

Legally Blonde The Musical

Nov. 20

**Broward Center for the Performing Arts
\$70 tickets only**

Sorority star Elle Woods doesn't take "no" for an answer. So when her boyfriend dumps her for someone "serious," Elle puts down the credit card, hits the books and sets out to go where no Delta Nu has gone before: Harvard Law. Along the way, Elle proves that being true to yourself never goes out of style.



Legally Blonde The Musical will take you from the sorority house to the halls of justice with Broadway's brightest new heroine (and of course, her chihuahua, Bruiser). The verdict? This much fun shouldn't be legal!

Plantation General Hospital Awarded Accreditation

Plantation General Hospital has been awarded a three year term accreditation in Nuclear Medicine for Cardiology, SPECT and Planar Imaging as a result of a recent study by the American College of Radiology (ACR).

The ACR awards accreditation to facilities for the achievement of high practice standards after a peer review evaluation of the practice.

Evaluations are conducted by board-certified physicians and physicists who are experts in this field. They assess the qualifications of the personnel as well as the equipment and facility.

If you have any questions regarding the Imaging Services at Plantation General Hospital, please contact Ellen Alexander, Director of Imaging, at (954) 513-6689.

At some point in our lives, we will all serve as caregivers, whether it be for a spouse, parent or other family member. It's a job that offers both rewards and challenges, but it's also one of the most important tasks a person can take on. Preparing yourself mentally, managing your stress and seeking out a support system will all help you be the best caregiver you can be.

September is Caregiving Month



BODY SHOP

Forward Lunge

Build and strengthen quads and glutes

Being in shape is an important goal, but skipping not-so-fun exercises is always tempting. And, really, who actually likes to do lunges?

This lower body workout can seem boring in comparison to other exercises that build strength. But don't be deceived. Lunges may look simple, but they make you feel the burn quickly.

The fact is, lunges get the job done. This exercise works both of the large leg muscles, quadriceps and hamstrings, as well as the glutes. A stronger lower body increases your ability to jump, run and lift. As a result, you may see your tennis or racquetball game go up a notch. Your two-mile jog may become a five-mile run. Building these large muscles means that you'll also burn more calories. Balance, coordination and posture all get better when you do lunges regularly.

Of course, the purely cosmetic reason to step deep into those forward lunges becomes apparent when you slip on a pair

of once-snug jeans and catch sight of the rear view.

So while the thought of doing a good set of lunges may not make you smile in anticipation, the work will ultimately pay off in a big way. Start slow, in front of a mirror, and concentrate on getting your form right. Try five repetitions on each leg at first, then build up in sets of five.

The next step: Once you master the forward lunge, you can progress to reverse, sideways or walking lunges.

Added intensity: Hold 3-5 pound dumbbells while lunging.

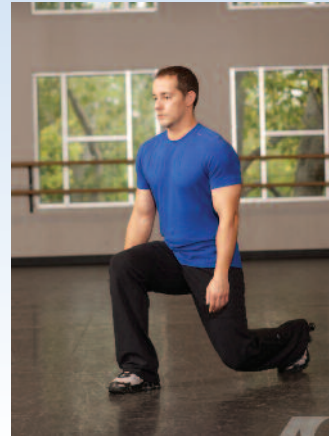


1 Starting position: Stand with your feet together. Pull your shoulders down and back without arching your lower back. Engage your abdominal/core muscles to stiffen your spine.

2 Lifting and shifting phase: Slowly lift one foot off the floor, stabilizing your body on the supporting leg. Don't sway. Hold this position momentarily before stepping forward. Touch the raised leg to the ground, heel first, and slowly transfer your weight onto that forward foot.

3 Lunging phase: As you lunge forward, focus on dropping your hips toward the floor rather than driving your hips forward. Continue lowering your body to a comfortable position or until your front

thigh becomes parallel with the floor and your shinbone is in a slight forward lean. Bend forward at your hips to maintain a flat back at all times.



4 Finale: Firmly push off with your front leg to return to your upright, starting position.

For more information on this and other exercises, log on to www.acefitness.org.

Photos courtesy of the American Council on Exercise® (ACE®).

Always consult a qualified healthcare provider before beginning any fitness program. Exercises presented are for suggestion only and should not be substituted for medical diagnosis or treatment. Participate at your own risk.

Source: American Council on Exercise

AS WE AGE



- 12.4 percent of U.S. population is 65 or older
- 16 percent of those with a disability need assistance with everyday tasks
- 56 percent of those 80 and older have a severe disability
- More than 80,000 Americans are age 100 or older, a 117 percent increase since 1990
- Most rapid population growth is among females age 85-plus
- The number of Americans age 65 or older will double to more than 70 million by 2030

RESOURCES

For more information on caregiving:

www.nfcares.org
www.caregiver.com

For more information on conditions:

Cancer: www.thewellnesscommunity.org
Heart disease: www.mendedhearts.org
Alzheimer's: www.alz.org

For information on H2U programs:

www.h2u.com or call (800) 771-0428

H2U MEMBER BENEFITS

LifeView Resources

Information and support for caregivers

Do you have a family member diagnosed with Alzheimer's? Will you be the caregiver for a loved one? Do you need to make plans for long-term care for yourself or a loved one?

In our ongoing effort to keep you informed of the resources available for the health and care of you and your family, H2U offers access to discounts on DVDs with valuable caregiving information. When you enroll in H2U, you can save 20 percent on DVD purchases from LifeView Resources, a company that specializes in providing support and information for caregivers.

The Educated Caregiver is a series of three DVDs devoted to teaching caregivers the practical skills needed to provide the best care possible. Through interviews and demonstrations, experienced caregivers and healthcare professionals offer valuable strategies for taking care of loved ones.

The Family Guide to Long-Term Care helps families and caregivers learn about changes that come with the aging process. This six-volume set addresses topics such as planning ahead, moving a loved one from home, understanding long-term care insurance, legal issues and financial planning.

The Family Guide to Alzheimer's Disease was created to help families deal with the challenge of Alzheimer's, help their loved ones meet each day more successfully and improve the quality of life for all involved. Leeza Gibbons hosts this five-volume set, which also features a Spanish language track.

For more information on this series, visit lifeviewresources.com. To order and get your discount, call (800) 395-LIFE (5433) and provide your H2U membership number.

Benefits and discounts subject to change without notice. The mention of any book, product or website is not intended to imply endorsement by H2U.



give the gift of membership today!

H2U is a membership organization dedicated to understanding the unique health needs of adults and providing you with valuable health information, resources and experiences.

new member application

Date _____ Amount Enclosed \$15 (1 year) \$30 (2 years) NL

First Name _____ Middle Initial _____

Last Name _____

Address _____

City/State _____ Zip Code _____

Phone Number _____ Email _____

Gender male female Date of Birth _____

Check or money order payable to H2U enclosed

Visa or MasterCard (#)
(expiration date) /

Signature _____ Date _____

Print Name _____

Assign my membership to the H2U program at: (hospital name) _____

- I am joining H2U for :**
- Discounts
 - Health information
 - Social activities
 - Online health tools
 - Health screenings
 - Member hospital privileges

- The following health topics would interest me (please check all that apply):**
- Heart & vascular health
 - Neurology
 - Women's health
 - Sleep disorders
 - Caregiving
 - Pulmonary rehab
 - Health screenings
 - Diabetes
 - Cancer prevention
 - Rehabilitation
 - Heartburn reflux
 - Bone & joint care
 - Pediatric services
 - Men's health
 - Wound care
 - Health seminars
 - Pain management
 - Immunizations
 - Open heart surgery
 - Healthy lifestyles
 - Nutrition
 - Family health
 - Breast disease
 - Obesity
 - Menopause
 - Orthopedics
 - Obstetrics
 - Cardiac services
 - Osteoporosis
 - Cancer detection & treatment

For additional new member applications, photocopy this form. Memberships are non-refundable, non-transferable and privileges are subject to change without notice.

Return to: H2U, P.O. Box 1300, Nashville, TN 37202-1300
Visit www.h2u.com or call (800) 771-0428

Travel Information

An Exiting Holiday Adventure – Nashville, Tenn.

Dec. 4 - 9

\$1,189 per person, double occupancy

\$1,599 per person, single occupancy

This trip features fabulous shows including the Radio City Rockettes, a Country Christmas at the Opryland hotel (five-night stay), Rock City's Enchanted Garden of Lights, great holiday meals and tours and holiday cheer galore! Cost includes roundtrip motorcoach transportation, hotels, most meals and more. Call the H2U office for a full itinerary.

The Phantom of the Opera Returns...to Ft. Lauderdale

Jan. 17, 2010

2:00 p.m.

\$80 (tickets only)

With some of the most lavish sets, costumes and special effects ever to have been created for the stage, Andrew Lloyd Webber's musical masterpiece graces the Broward Center for the Performing Arts. See it for the first time or see it again in great orchestra seating.

The 2010 Gasparilla Pirate Fest

Jan. 29 - 31, 2010

\$592 per person, double occupancy; \$726 per person, single occupancy

This annual festival held in Tampa celebrates the Gasparilla Invasion. The three day trip features dining, entertainment, a visit to the Plant Museum, a day at Busch Gardens and of course going to the Parade of Pirates

and so much more. Trip includes roundtrip motorcoach transportation, two night stay at the Indigo Hotel, two breakfasts, two lunches, two dinners and brunch. Call your h2u office for a detailed itinerary. A \$150 deposit is due by September 30. Balance due by December 10.

Cruise Vacation

July 15 - 29, 2010

Cities, Isles and Shores of Legends – British Isles Cruise Vacation

Twelve days of sailing the British Isles gives you time to immerse yourself in the distinct cultures of these storied lands. You'll depart from London and sail towards Ireland, where you'll visit Dublin Pubs and the Blarney Castle. In Liverpool, explore the haunts of the Beatles, then visit the dramatic basalt formation of the Giant's Causeway outside Belfast. In Scotland, search for the Loch Ness monster and walk Edinburgh's fashionable Royal Mile. You'll even set foot on the continent for a visit to incredible Paris or the historic Normandy landing beaches.

Your H2U vacation includes flight to and from London, pre-cruise hotel for one night in London, 12-night cruise on the Crown Princess.

For additional information and pricing, please contact your H2U office at Westside Regional Medical Center or Plantation General Hospital.

Community Health Lectures

All lectures are free, however, registration is required. Please call (866) 442-2362 to reserve your space.

Digesting Gastrointestinal News

Thursday, Sept. 17
 2:00 p.m.

Covenant Village, Village Center, 9211 W. Broward Blvd., Plantation

We get our energy and nutrition courtesy of a well-functioning digestive tract. A Westside Regional Medical Center expert will explore current issues relevant to a well-functioning 20-foot-long digestive tract during a one-hour lecture.

Women's Wellness Program

Saturday, Sept. 12

10:00 a.m. - 12:00 p.m.

**Plantation General Hospital
 Topic: "Peak Performance for Women Only: The Six Facets of Health"**

Attend this interactive workshop to learn how to improve your alertness, focus and productivity. Our speaker, Dr. Matt Westheimer, chiropractic physician and international speaker, will provide you the tools to rejuvenate your mind and body by learning about the "six facets of health" and the key components to staying healthy and feeling good. Continental breakfast to be provided. Registration is requested; call (866) 442-2362.

Bone Density Exams

Westside Regional Medical Center is pleased to announce that our Radiology Department now offers bone density examinations. If you have a family history of osteoporosis, are menopausal or if you are over 40 and interested in

knowing what your bone density level is, please call Westside Regional Centralized Scheduling Department at (954) 370-4450. A prescription is required.

Got a Health Question?

Consult-A-Nurse is a free community service designed to help individuals find the doctor of their choice and the healthcare information they need. Registered nurses are available to provide consultation and give prompt answers to health-related questions. Consult-A-Nurse is also a source of information on free community healthcare programs and screenings designed to enhance the health and well-being of our communities. For a physician referral call Consult-A-Nurse at (866) 4-HCA-DOCS or (866) 442-2362.

h2u® MEMBERSHIP INFORMATION

H2U national office:
 P.O. Box 1300
 Nashville, TN 37202-1300
 (800) 771-0428

Your local H2U offices:
 Plantation General Hospital
 401 Northwest 42nd Avenue
 Plantation, FL 33317
 (954) 513-6663
 Director: Marlene Crep

Westside Regional Medical Center
 8201 West Broward Blvd.
 Plantation, FL 33324
 (954) 476-3994
 Director: Liz Gassew

This newsletter is not intended to provide advice on personal medical matters, nor is it a substitute for consultation with a physician.