

BLADDER CANCER BREAKTHROUGH

Gene therapy stops the disease from spreading



Experience Matters. Luxury real estate advisors specializing in waterfront and club communities from Palm Beach to Jupiter Island.

Craig and Heather Bretzlaff

5370 Donald Ross Rd, Palm Beach Gardens, FL 33418 150 Worth Ave #232, Palm Beach, FL 33480 Phone: 561.601.7557



269 Jamaica Lane | 4BR/4BA | \$18,500,000

Thank you to Jupiter Medical Center for the amazing care you provide.



CONTENTS

Features

24 Small but mighty

The Impella device is a powerhouse when an ailing heart needs help pumping *By Karen Feldman*

30 SAVING LIVES

A team-based approach to treating lung cancer at JMC Anderson Family Cancer Institute ensures timely, personalized care *By Erika Klein*

36 NOT ALONE

Comprehensive support services for cancer patients and their caregivers *By Seth Soffian*

42 BLADDER CANCER

INNOVATION Cutting-edge gene therapy for bladder cancer

By Phil Borchmann

48 FROM THE GROUND UP

Dr. Joel "Peter" and Margaret Lawler have supported JMC since it was on the drawing board *By Valerie Staggs*

INNOVATIVE TECHNOLOGY MEETS TIMELESS DESIGN.



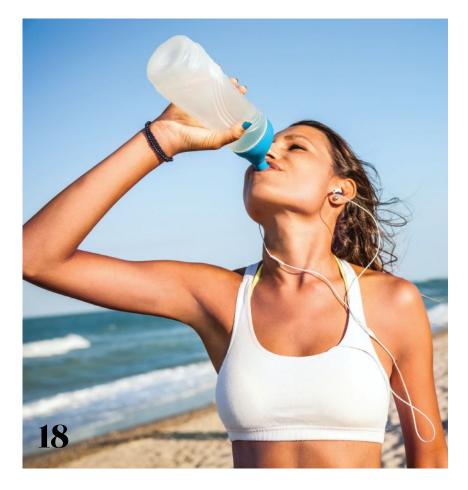
Braman BMW Jupiter 1555 W. Indiantown Rd. 561-203-8796 BramanBMWjupiter.com тне

The **Ultimate** Driving Machine®



©2025 BMW of North America, LLC. The BMW name, model names and logo are registered trademarks.

CONTENTS





ON THE COVER Photographer: Miyako Nakamura/iStock.com

Departments

10 WELCOME

Greetings from Jupiter Medical Center

13 PULSE Treatment | Prevention | Ask the Expert | Well-Being

50 Showing gratitude

The faces of Jupiter Medical Center Foundation's Honor a Caregiver program

56 MOM SQUAD GEAR GUIDE

Perfect picks for a new mom's adventures

59 Event photos

Snaps from recent fundraisers and socials hosted by Jupiter Medical Center Foundation

72 TANSKY CONCIERGE SUITES

A luxurious, healing environment on the top floor of one of JMC's patient towers



Expertise. Innovation. Compassion.

From groundbreaking new drug therapies to the latest in robotic-assisted surgery to screenings that detect cancer earlier—we are with you every step of the way. At Jupiter Medical Center's Anderson Family Cancer Institute, our multidisciplinary team of specialists delivers transformative care that puts your unique needs first. Standing by you – from hope to healing.



Learn more at jupitermed.com/cancer

JUPITER MEDICAL CENTER

1210 S. Old Dixie Highway Jupiter, Florida 33458 561.263.2234 jupitermed.com



Amit Rastogi, MD, MHCM President and Chief Executive Officer, Jupiter Medical Center Traci Simonsen Chief Philanthropy Officer, Jupiter Medical Center Foundation

JUPITER MEDICAL CENTER OFFICERS AND TRUSTEES 2024-2025

Martin A. Dytrych, CPA, Chairman Robert J. Stilley, Vice Chairman Jack Waterman, DO, Secretary Rosanne M. Duane, Esq., Treasurer

Mark L. Corry, MD Henri J. DesPlaines, CPA Michele D. Deverich Harvey Golub Micheal Hammond Philippe Jeck, Esq. Michael Leighton, MD Peter A. Lund Barbara Miller John Seifert Anthony P. Shaya, MD

JUPITER MEDICAL CENTER FOUNDATION, INC. TRUSTEES 2024-2025

Peter A. Lund, Chairman Joseph Petri, Vice Chairman Donald H. McCree, Jr., Secretary Salvatore A. Tiano, Treasurer Traci Simonsen, Chief Philanthropy Officer

Leonard Abramson Edward L. Babington Douglas S. Brown George H. Damman Donna DeMaio-Bijou Neil S. Devlin Martin A. Dytrych Mary Lehrman Jane F. Napier James E. Perrella Katharine F. Plum M. Jude Reyes Dennis K. Williams

Emeritus: Peter O. Crisp

"A firm of super lawyers who created the ultimate divorce practice for the ultra-wealthy"

- CNBC'S "INSIDE WEALTH" FEBRUARY 7, 2025

RFB+Fisher Potter Hodas has:

- Offices in Miami, Palm Beach, and Manhattan;
- Over 30 seasoned matrimonial lawyers, educated at some of America's finest law schools including Harvard, Yale, Georgetown, N.Y.U., University of Florida and University of Pennsylvania;
- Lawyers who honed their litigation skills at some of America's finest law firms including Cravath, Swaine & Moore; Debevoise & Plimpton; DLA Piper; Goodwin Procter; White & Case; Holland & Knight; and the U.S. Justice Department;
- Tried to verdict multiple cases with hundreds of millions or billions of dollars at stake and sensitive child related issues in dispute.

. . .

Visit our website to find out about our qualifications.



RFB+ POTTER HODAS



WORLD-CLASS HEALTH CARE IN PALM BEACH COUNTY

Publisher Terry Duffy Associate Publisher Dina Turner

Editorial Director Daphne Nikolopoulos

Editor Cathy Chestnut Creative Director Olga M. Gustine Senior Art Director Jenny Fernandez-Prieto Digital Imaging Specialist Leonor Alvarez Maza

CONTRIBUTING WRITERS

Eric Barton, Phil Borchmann, Karen Feldman, Sandra Gurvis, Erika Klein, Kelley Marcellus, Seth Soffian, Liza Grant Smith, Valerie Staggs

CONTRIBUTING PHOTOGRAPHERS

Tracey Benson, Capehart Photography, Jerry Rabinowitz, Visual Enterprises

ADVERTISING

National Sales Director Deidre Wade Account Managers Kathy Breen, Jennifer Dardano, Tanya Lorigan, Meegan Wyatt Advertising Services Coordinator Elizabeth Hackney Marketing Manager Rebecca Desir

PRODUCTION

Production Director Selene M. Ceballo Production Manager Lourdes Linares Digital Pre-Press Specialist George Davis Senior Designer Jeffrey Rey Advertising Design Coordinator Anaely J. Perez Vargas Production Coordinator Ileana Caban Digital Marketing Manager Tyler Sansone

OPERATIONS

Chief Operating Officer Todd Schmidt Accounting Specialist Mary Beth Cook Accounts Receivable Specialist Ana Coronel Distribution Manager Judy Heflin Logistics Manager Omar Morales Circulation Manager Marjorie Leiva Circulation Assistants Cathy Hart, Britney Stinson Circulation Promotions Manager David Supple IT Manager Omar Greene



In Memoriam Ronald J. Woods (1935-2013)

HOUR MEDIA, LLC

CEO Stefan Wanczyk President John Balardo

PUBLISHERS OF:

Palm Beach Illustrated • Naples Illustrated • Palm Beach Charity Register • Naples Charity Register • Florida Design • Florida Design Naples • Florida Design Miami • Florida Design Sarasota • Florida Design Sourcebook • Palm Beach Relocation Guide • Southwest Florida Relocation Guide • Fifth Avenue South • Naples 100 • Art & Culture: Cultural Council for Palm Beach County • Pinnacle: Jupiter Medical Center Foundation • Waypoints: Naples Yacht Club • Naples on the Gulf: Greater Naples Chamber • Jupiter • Stuart • Aventura • Vero Beach Magazine • Community Report: Collier Community Foundation • Advances: Tampa General Hospital • Naples Realtor: Naples Area Board of REALTORS • Annual Report: Woods Charitable Trust • 850 Business Magazine • At the Beach • Emerald Coast Magazine • Footprints: Hilton Sandestin Beach • Northwest Florida Weddings • Panama City Beach Visitors Guide • Sandestin Living: Sandestin Golf and Beach Resort • Tallahassee Magazine • Tallahassee Meeting Planner • Tallahassee: Leon County Division of Tourism • Watersound Lifestyle

> Published by Palm Beach Media Group North P.O. Box 3344, Palm Beach, FL 33480 Telephone: 561.659.0210 • Fax: 561.659.1736 www.palmbeachmedia.com Copyright 2025 Palm Beach Media Group North Inc. All rights reserved.

We're innovators at heart

Our experts use advanced, surgical techniques and the latest technology to treat the most complex cardiovascular conditions.

At the forefront of cardiovascular care, Jupiter Medical Center's Robson Heart and Vascular Institute provides the most cutting-edge, effective treatments available. From minimally invasive procedures that reduce recovery times to the latest implants that keep your heart in rhythm to the region's only robotic heart surgery program, state-of-the-art cardiac care is right here. With our team of specialists leading the way in advanced therapies, your heart is in expert hands.

Learn more about how we keep hearts healthy at jupitermed.com/heart



WELCOME



IN THIS ISSUE

As we enjoy the season of renewal and growth, the spring issue of *Pinnacle* comes at a time when the seeds we planted many years ago are blossoming. Our clinical programs, physician recruitment, and facility developments are flourishing alongside our commitment to quality, safety, and patient experience. Jupiter Medical Center has developed into a thriving healthcare system that serves all the patients who rely on us.

In this issue, we highlight several advancements in health care, including groundbreaking diagnostics and therapeutics that are changing lives.

One area that has experienced significant progress is the field of gene therapy for bladder cancer. The feature article sheds light on a new therapeutic approach that is providing hope,

comfort, and dramatic results for patients with bladder cancer. Dr. Patrick Tenbrink, Dr. Ryan Devine, and Dr. Matthew Hartwig share the expertise that is required to achieve such great outcomes.

Cancer treatment remains a cornerstone of our mission, and we are proud to showcase our cutting-edge oncology treatments that are giving patients new hope. From targeted treatments to personalized care plans, we continue to advance the boundaries of what is possible. Our oncologists are using innovative technologies to pinpoint and attack cancerous cells with unprecedented precision, improving outcomes and minimizing side effects.

For instance, JMC is transforming lung cancer care with a multidisciplinary approach that leverages state-of-the-art technology and old-fashioned communication in the form of a tumor board to optimize treatment for better patient outcomes. Dr. Kenneth James Fuquay, Dr. Lee A. Fox, Dr. K. Adam Lee, Dr. Michael Marsh, Dr. Paul Cofnas, and Dr. Nathan Tennyson explain how we are revolutionizing the patient experience—from early detection to post-treatment care—ensuring that our community has access to the same high-level care typically found only at leading academic or specialized cancer institutions.

Another exciting advancement we are proud to share is small in size but mighty in its results when saving heart tissue. We understand that every minute counts when it comes to heart health. Dr. Michael Sabbah, interventional and structural cardiologist, explains how the Impella device reduces heart failure during an acute cardiac episode. Clinical Cardiac Electrophysiology Medical Director Dr. David Weisman explains how minimally invasive surgeries to treat cardiac arrhythmia provide quicker recovery times and improve the lives of those suffering from irregular heart rhythms.

When it comes to advanced robotics for knee replacement, Dr. Andrew Noble shares how JMC is leading the charge in minimally invasive techniques with the CORI Robot. This breakthrough technology allows for faster healing, less pain, and better long-term outcomes for patients. We are dedicated to giving individuals the mobility and quality of life they deserve, and our robotic systems play a vital role in achieving these goals.

This issue of *Pinnacle* also explores strategies to slow or pause the progression of osteoporosis, a condition that affects millions and leads to brittle bones. Shane Merrell, an exercise physiologist at JMC, emphasizes the importance of a well-rounded fitness program that includes weight training, balance exercises, and activities that improve movement control. He also highlights lifestyle changes that can help prevent or mitigate the loss of bone mineral density and mass.

Finally, the impacts of excessive heat exposure are becoming increasingly apparent, particularly in our region. As heat-related illnesses rise, our teams providing education, prevention strategies, and effective treatments for individuals affected by extreme temperatures.

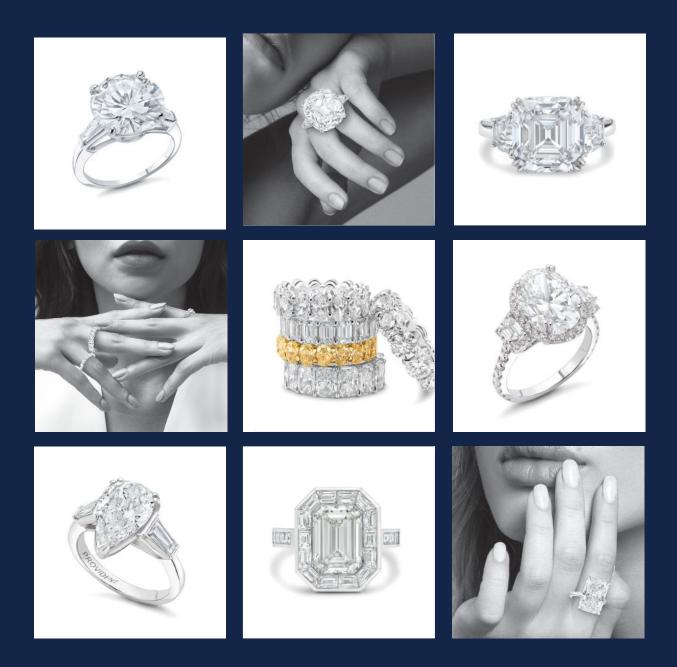
As we look ahead, we remain committed to advancing the compassionate care that defines our hospital. Together, we can continue to provide healing, hope, and a brighter future for all.

To your health and our community,

Amit Rastogi, MD, MHCM President and Chief Executive Officer Jupiter Medical Center



JEWELRY



REDEFINE LUXURY

WEST PALM NAPLES JUPITER FORT MYERS PALM BEACH WELLINGTON PROVIDENTJEWELRY.COM



Get back to your best life. Faster.

Experience exceptional orthopedic care at Jupiter Medical Center's Anderson Family Orthopedic and Spine Center of Excellence.

Recognized by Healthgrades as one of the nation's Top 100 Hospitals for Joint Replacement, we are proud to be a leader in the region. With over 10,000 robotic-assisted surgeries performed, our highly skilled orthopedic surgical team combines unparalleled experience with a commitment to providing personalized care. Our advanced procedures are designed to minimize pain and accelerate recovery, helping patients return to the activities they love.

Learn how our advanced surgical options can make a difference for you at **jupitermed.com/ortho**



PULSE

Treatment

The CORI Robotic-Assisted Surgical System customizes knee replacements

Prevention

Create a fitness plan to prevent or slow osteoporosis

Ask the Expert

Protect yourself against deadly heat stroke

Well-Being

Take steps to reduce stress

Ask the Expert

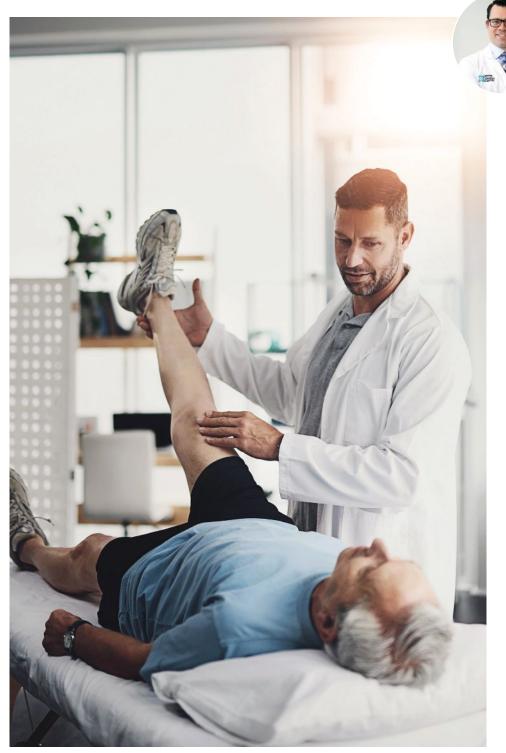
Minimally invasive solutions for treating cardiac arrhythmia

PULSE TREATMENT

By Eric Barton

Precision in Motion

At Florida's premier orthopedic hub, surgeons are using the CORI Robotic-Assisted Surgical System to customize knee replacements



As Dr. Andrew Noble pulls up a video, his voice rises with enthusiasm. "Take a look at this!"

It shows one of his patients, a middle-aged man, walking down a medical office hallway with the leg of his pants pulled up to expose an incision in his knee. He is smiling broadly, one foot in front of the other, slowly but confidently. Just days out of knee-replacement surgery, his patient is miraculously walking with a functional knee for the first time in years. Noble exclaims, "I mean, this is incredible!"

For Noble, a board-certified orthopedic surgeon who is fellowship trained in total joint replacement, such outcomes aren't outliers anymore—they're becoming the norm, thanks to Jupiter Medical Center's adoption of the CORI Surgical System.

JMC emerged as a regional leader in orthopedic innovation when it recently became one of the first hospitals in Florida to deploy the Smith+Nephew CORI Surgical System—a handheld robotic tool transforming partial and total knee replacements.

Unlike traditional methods, CORI combines real-time 3D modeling, artificial intelligence (AI), and a handheld burr (a small rotary tool bit) that adjusts 300 times per second to match a patient's unique anatomy. The result: sub-millimeter accuracy, zero radiation exposure, and recovery measured in days rather than weeks.

Traditional partial and total knee replacements relied on a blend of surgical skill and improvisation. Surgeons made initial bone cuts using manual jigs, then adjusted component positioning mid-procedure based on visual and tactile feedback. Noble explains that surgeons would start with standard templates, but ligament tensions and bone quality could force last-minute changes during surgery.

Inside a CORI Procedure

The CORI system begins with a mapping system that helps doctors plan the work in

CORI has enabled one-night or same-day discharge after surgery.

advance of the surgery. Miniature optical arrays attached to the femur and tibia create a live 3D model of the knee, updated 300 times per second. This GPS for bones tracks subtle shifts during surgery, ensuring accuracy throughout the procedure.

Next comes AI-powered visualization. Drawing from the 3D models, plus a database of thousands of MRI scans, CORI simulates ligament tensions and implant positions before the first cut. Surgeons like Noble can digitally test different implant sizes and placements, ensuring optimal balance. "We're personalizing the plan based upon the 3D image" before any cut is made, Noble explains.

At the heart of the system is a smart burr that's about 5 millimeters in diameter. The router-like tool automatically retracts at preset boundaries, protecting soft tissues while milling bone to within half of a millimeter. "Once the planned amount of bone is removed, the burr retracts instantly," Noble says.

A study by the University College of London in 2023 comparing robotic systems highlighted CORI's advantages: its imageless mapping, intraoperative adaptability, and agile accuracy.



Holistic Healing Protocols

Noble emphasizes that CORI is just one piece of Jupiter's orthopedic revolution, which now includes three orthopedic robots. The hospital pairs robotics with a comprehensive approach to patient care. This includes non-opioid pain protocols—with local anesthesia injections providing 72-hour numbness, reducing reliance on potentially addictive medications.

Prehab — preoperative rehabilitation to strengthen muscles pre-surgery to accelerate recovery —is another key component. "The time that's put in before can affect how much time you have to put in afterwards," Noble

> notes. Prehab combined with the precision of CORI has enabled one-night or same-day discharge after surgery.

"It's not just the robot," Noble insists. "It's combining precision technology with multimodal care that's why we're seeing consistently transformative results." This holistic approach extends to the entire patient journey. A digital tensioner works in unison with CORI, recording ligament tension and helping surgeons decide optimal implant placement. "We're pre-planning how to put in replacement parts before the surgery," Noble explains. "Previously, you'd have to start the surgery, look at the knee, and make cuts on ends of bone. You'd size and design replacement parts in the moment. You didn't have the power and ability to pre-plan and have a more precise outcome."

JMC is already the only Florida hospital holding five elite orthopedic accreditations, and the CORI system cements its role as a destination for 21st-century surgical care where cutting-edge tools and compassionate expertise converge. The hospital's commitment to innovation and focus on patient-centered care is clear.

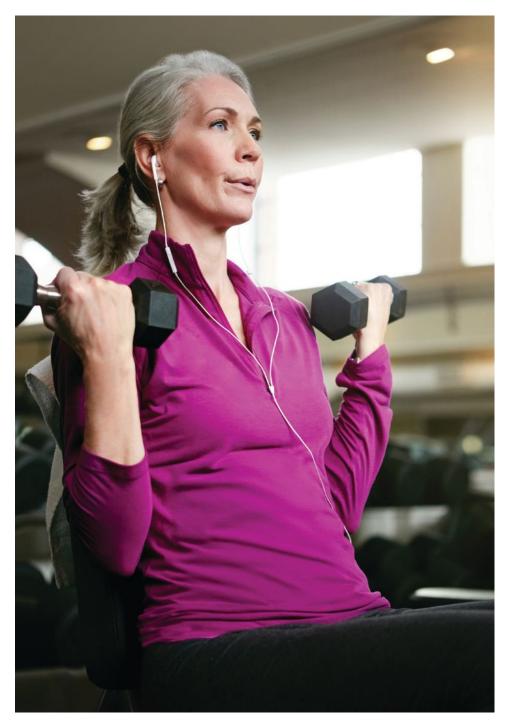
Noble has experienced a paradigm shift in orthopedic surgery over nearly two decades of surgeries, and he's eager for patients to benefit from these advancements. "These outcomes aren't accidental," Noble concludes. "They're the product of perfecting every ingredient—the technique, the preparation, the technology. It all comes together to make the experience better for the patient."**«**

> JMC is recognized as one of America's "100 Best Hospitals for Joint Replacement" in 2025 by Healthgrades.



PULSE PREVENTION

By Sandra Gurvis



Bone-Boosting Moves Prevent or slow osteoporosis with a custom fitness plan

Silent and irreversible, osteoporosis can portend the beginnings of a deadly spiral—but it can be prevented or slowed from childhood through the senior years.

Osteoporosis develops as the result of diminishing bone mineral density and mass

or when the structure and strength of bones change and decline. "It often has no signs or symptoms until you actually suffer a fracture," observes exercise physiologist Shane Merrell of Jupiter Medical Center.

"A broken hip, wrist, vertebrae, or femur

is especially concerning in older people," he says, because the patient may become sedentary on bedrest or hesitant about activity. This can lead to a downward spiral of being unable to tolerate exercise, bone density and height loss, chronic pain, and becoming weak and less able to perform activities of daily living.

But this all-too-common scenario can be avoided. Bone mineral density builds up and peaks in the late 20s, Merrell explains, and begins to decrease with age. After approximately age 40, bone mineral density begins to fall at about 0.5-1.0 percent per year. For women, the onset of menopause can be particularly perilous, with an average loss of 5-10 percent of overall bone mass. "Following menopause, however, bone mineral density pretty much levels back off to its original rate of decline. This can lead to women losing as much as 50 percent of peak bone mineral density throughout their lifetime." While the risk of fracture due to osteoporosis is especially concerning for post-menopausal women, men can be at risk of fracture too.

For those middle-aged and older, "the goal is to slow or pause osteoporosis progression and rebuild bone," Merrell says. "At a certain stage, you should incorporate fall prevention exercises into gentle workouts to avoid fractures. Resistance training's role in balance should not be overlooked," Merrell stresses, "The stronger you are, the more you can control your body."

Managing Osteoporosis With Exercise

Merrell recommends "bone loading" weight-bearing activities with a variety of motions that use one's own body or free weights for resistance. These include running, jumping, weightlifting, squats, deadlifts, lunges, step-ups, and push-ups. For added resistance, weights or bands can be incorporated into a workout.

Playing sports such as tennis, pickleball, or softball fit the bill while also providing other health benefits, as do calm forms of exercise, such as yoga, Pilates, and tai chi. They "improve balance and control of movements, which can reduce the chance of falls and other mishaps," Merrell says. For those with osteoporosis, Merrell warns against forceful rotation or rounding the spine such as in Russian twists or standing toe touches.



Finding the most appropriate program, customized to each individual, is essential. "It's never a good idea to immediately start with a high-intensity

exercise," he advises. "Although someone younger can progress from walking to multidirectional aerobics quite easily, which is an optimal bone-loading activity, those who have already been diagnosed should place more emphasis on safety and work with a trainer or exercise physiologist to avoid injury to derive the greatest benefits from their sessions."

Begin lightly and work your way up, with 12-15 repetitions of moderate difficulty, which allows bones, muscles, and tendons to adapt. "When doing resistance training, start with lighter loads then slowly progress to heavier. The modality can be anything—bands, free weights, or machines. Progress to the point where you're doing 10-12 challenging repetitions. It's all about increasing mechanical tension progressively over time."

Osteoporosis can be driven by genetics, lifestyle, diet, and simply the aging process. Prevention starts in childhood with diet and physical activity. "Parents should involve their kids in a variety of sports as young as possible," Merrell advises, whether it's soccer, baseball, running, dance, or gymnastics. Bone loading through diet and exercise is optimal for helping adolescents achieve their highest peak bone mineral density.

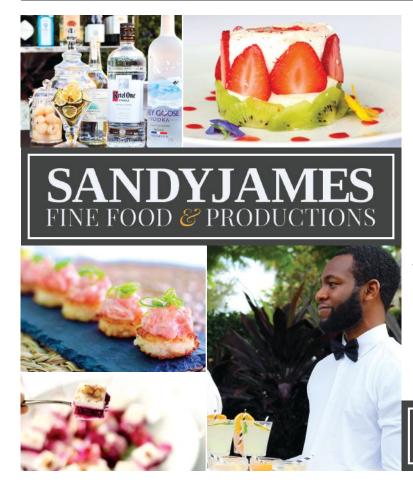
Other ways to help prevent or mitigate osteoporosis:

- Drink alcohol in moderation.
- Avoid or quit smoking.
- Eat a diet rich in calcium and vitamin D.
- Depending on age, risk factors, and doctor recommendations, get a DEXA (bone density) scan.



 Take medications prescribed by a doctor for osteoporosis; check existing medications to see if they might affect bone density.

Make it a point today to include strength training in your regular schedule. Exercise may be hard at first but choose something you will enjoy. "Anything is better than nothing, especially if you've been sedentary," emphasizes Merrell. "Keep going back, even if you don't fall in love with it the first few times. Allow yourself time to familiarize yourself with it and develop self-confidence."«



Experience Innovative Culinary Design

SandyJames Fine Food and Productions is South Florida's premier full service Event Production & Catering company. Centrally located in West Palm Beach, we handle a vast variety of events across South Florida.

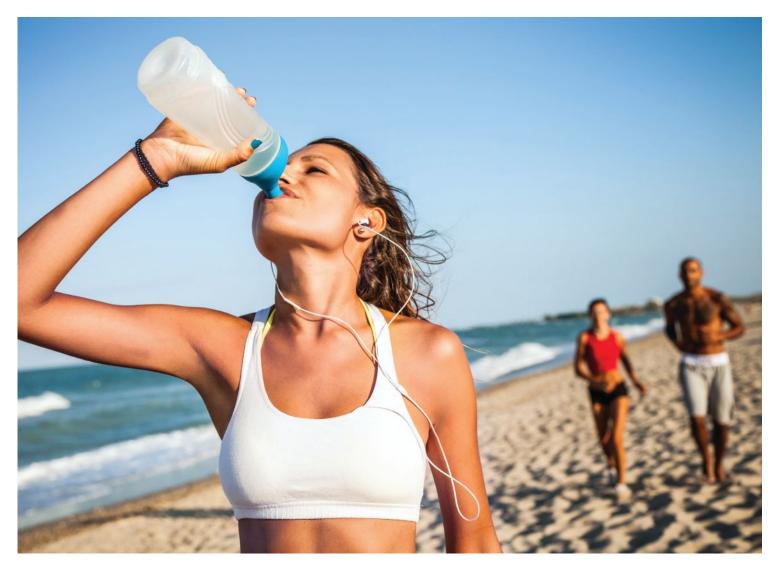
Upcoming fundraiser dinner for 400 guests? SandyJames can get the tent while offering entree suggestions. Looking for your next corporate team building venue? We're located at The <u>National Croquet Center</u> and can set the bar while your group immerses themselves in the world of croquet.

Nothing is too big or small for SandyJames Fine Food and Productions. Let us know about your event today!

INFO@SANDYJAMES.NET TEL. (561) 366-0012 WWW.SANDYJAMES.NET

PULSE ASK THE EXPERT

By Sandra Gurvis



Keep Your Cool

Know the risks and strategies to avoid heat stroke, a preventable, life-threatening emergency

Extreme heat is the leading cause of weather-related deaths in the United States—more than wildfires, hurricanes, floods, tornados, or rip currents.

And it's warming up in the Sunshine State. According to the Florida Climate Center at Florida State University, "extreme heat days, defined as days at or above 95°F, are projected to rise in Florida"—with the East Coast projected to experience up to 30 more extreme heat days per year, compared to averages from 1991 to 2020. Like the average temperature, heat-related mortalities



have risen dramatically across the U.S. "Each summer, we experience a spike in heat-related emergencies, especially in South Florida," observes Dr. Ilya Aylyarov, medical director of the Jupiter Medical Center Petrocelli Emergency Center.

Caused by a combination of factors, such as high temperatures, humidity, poor air quality, and physical activity, heat exposure occurs "when the body can't do its job of regulating internal temperature, losing salt and moisture and resulting in increased heart activity," Aylyarov explains. "The body no longer sweats properly." As a result, it can no longer cool itself efficiently.

Who is at a higher risk for heat exposure? Seniors over the age of 65; infants and children; pregnant women; people with chronic medical conditions such as cardiovascular disease, diabetes, obesity, and asthma; those who work and exercise outdoors; and disadvantaged and incarcerated individuals.

And, according to the U.S. Centers for Disease Control and Prevention (CDC): "Some medications interfere with thermoregulation and/or fluid balance, amplifying the risk of harm from hot weather (e.g., diuretics, some antipsychotic medications, some antidepressants, some antihypertensive agents). "Even though certain populations are at higher risk, it can happen to anyone," says Aylyarov.

The CDC also notes that heat "can degrade or damage some medications," such as inhal-

ers, EpiPens, and insulin. Some antifungals and antibiotics can increase skin sensitivity.

TYPES OF EXPOSURE & TREATMENT

Heat exposure consists of three types: Heat cramps: The mildest form consisting of painful spasms; a rapid pulse; and flushed, moist skin, with unusually heavy sweating

Heat exhaustion: Heat cramps symptoms plus fever; stomach upset; headache; fatigue; anxiety; and dizziness

Heat stroke: The most serious exposure, which can result in collapse; coma; or organ failure.

Heat stroke "has extremely high mortality," Aylyarov warns. "The patient needs immediate medical attention and immersion in an ice bath, as the body temperature may rise to over 104°F. Damage to organs can be irreversible."

The earlier the treatment, the less chance for a downward spiral. Act the moment you feel the symptoms of heat cramps. "Immediately stop what you're doing and move to a cooler place, preferably with air conditioning," Aylyarov advises.



Other measures include:

- Applying a cold cloth or compress, especially in the armpits or groin area
- Gently stretching cramped muscles
- Removal of excess clothing
- Fanning the skin
- Hydration with water or a sports drink

"If the person doesn't improve, call 911 or take them to the nearest emergency room," says Aylyarov. "Heat stroke can sneak up on you."



PREVENTION

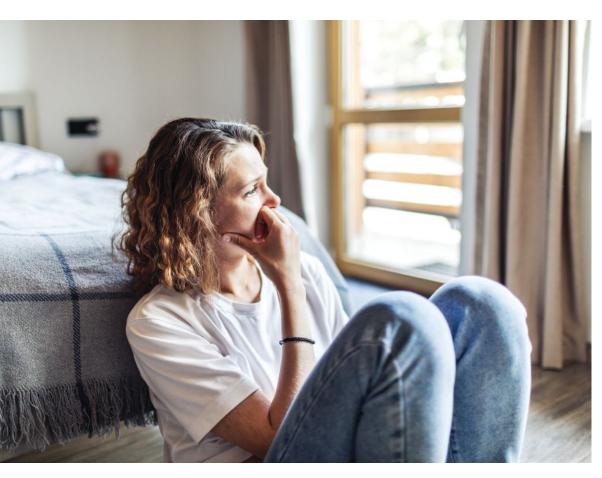
"Heat-related emergencies are avoidable," Aylyarov says. "If you understand the science, you can stay safe." Take these steps if you are exposed to heat for prolonged periods:

- Wear light-colored, lightweight clothing, and a wide-brimmed hat.
- Apply sunscreen with a minimum of 30 SPF.
- Stay hydrated and drink fluids even if you don't feel thirsty. Avoid sugary beverages, caffeine, and alcohol.
- Take periodic breaks in the shade.
- Never leave children or pets in a parked car.
- Check weather reports and humidity/air quality indices and stay inside if necessary.
- Check on family, friends, neighbors, and pets.
- Chill out indoors.
- Review your prescriptions with your primary care physician to determine if you need to modify outdoor activities or take other measures during sweltering heat waves.



PULSE WELL-BEING

By Kelley Marcellus



On Edge

When stress seems inescapable, take steps to bring relief and protect your health



Stress may be wreaking havoc with your health. Bodies are wired to use stress—and cortisol, the hormone that regulates the "fight or flight" response—to help us escape

danger. But when this response becomes chronic, it fuels undesirable health consequences.

"Cortisol is the worker bee of all the hormones in our body," says Dr. David Liporace, concierge medicine and internal medicine specialist with the Jupiter Medical Center Physician Group in Stuart. "It regulates a variety of bodily functions, including blood pressure and general metabolism. It functions to help support our immune system and our sleep/ wake cycle."

What happens if you experience or witness a life-threatening situation? The body's adrenal gland releases cortisol and adrenaline, providing a quick burst of energy to react. "That's an example of cortisol working in a positive way," Liporace says.

When stress is ongoing—driven by anxiety, anger, personal challenges, or 24-hour "doomscrolling" on ever-present digital screens cortisol levels continue to rise and "there are a cascade of negative hormonal changes," Liporace says.

The best barometer of chronic stress is being unable to do the things you want or need to do. Poor performance at work or school, avoiding activities that once brought joy, sleeplessness, and irritability are common symptoms. A 2022 American Psychological Association poll, 27 percent of adults reported that they were so stressed that they couldn't function, which is why stress management should be a part of wellness regimens.

FINDING RELIEF

Sharing worries with a trusted confidante or licensed therapist is a good place to start, Liporace says.

He adds that practicing relaxation and mindfulness techniques are helpful too. Try to stay present in the moment. "Acknowledging what's good in your life is very important as opposed to focusing on the things that we have no control over," he says.

Establishing good sleep habits is important as well. Limit screens at least an hour before bedtime. Practice a calming routine, such as dimming lights or reading until you feel sleepy, and maintain consistent sleep and wake times. Avoid work, heavy meals, and vigorous exercise before bedtime, although gentle stretching and breathing exercises can prepare the body for quality sleep.

Regular exercise burns extra energy and stimulates endorphins—often called "feelgood" hormones that alleviate pain, lower stress, and improve mood.

If DYI tactics aren't effective, medical intervention—psychotherapy and medication might be necessary. "When [stress] goes on for too long in a way that is unchecked, anatomical changes in the brain can occur," Liporace says. "There are a lot of very good, very safe medications that will help manage the significant neuro-physiological occurrences that stress brings about."«



Concierge Care customized for you

Imagine how it would feel to have your personal physician accessible 24 hours a day. Appointments that suit your schedule, and a personalized care plan that is optimized for your individual health and wellness goals.



Peter Lyn, MD Board Certified Internal Medicine



Jessica S. Schwartz, DO Board Certified Internal Medicine



David Liporace, DO Board Certified Internal Medicine

Concierge Medicine by Jupiter Medical Center offers you exclusive access to expert clinicians dedicated to care tailored just for you.

Two convenient locations to serve you:

- 2055 Military Trail, Suite 210, Jupiter
- 2650 SE Federal Hwy., Stuart



Visit jupiterconciergemd.com to meet our doctors.

PULSE ASK THE EXPERT

By Cathy Chestnut



Restoring Rhythm

The JMC Robson Heart & Vascular Institute offers an array of minimally invasive solutions for treating cardiac arrhythmia

If your heart begins to flutter, don't mistake it as a sign of excitement, exertion, or a lovestruck swoon.

It could be an arrhythmia, which disrupts the heart's natural rhythm, making the beats too fast or too slow or causing an irregular—rather than a steady—rhythm. Depending on the type of arrhythmia, an errant heart rate can lead to fainting, fatigue, dizziness, edema (swelling),

cardiac arrest, or stroke caused by a blood clot. At the Jupiter Medical Center Robson Heart & Vascular Institute, specialists evaluate and identify the cause of a patient's irregular heartbeat and individualize a treatment plan that may



include medication, surgical, or minimally invasive interventions.

"Many types of rhythm problems can be cured," says Dr. David Weisman, medical director of clinical cardiac electrophysiology at the JMC Robson Heart & Vascular Institute. A fellowship-

trained, board-certified cardiac electrophysiologist, Weisman understands the electrical signals that control the heartbeat and specializes in treating heart rhythm disorders.

One of the most common procedures he performs is ablation, which destroys or removes damaging tissue. "The bulk of what I do-about 80 percent-is ablation for fast heart rhythm disorders, when the heart feels like it's beating out of the chest when it's not supposed to be," Weisman says.

Fast or erratic heart rates, often caused by atrial fibrillation (AFib) or supraventricular tachycardia (SVT), originate in the heart's upper chambers—the atria— causing a "fluttery" feeling (palpitations) because the heart can't fill with blood properly.

Both AFib and SVT can cause chest pain and other symptoms, though some people may not notice that their heart is beating more than the optimal 60 to 100 beats per minute. Weisman notes that AFib patients typically have other health issues, such as diabetes, sleep apnea, high blood pressure, or coronary heart disease. AFib is so common, the Robson Heart & Vascular Institute is home to the AFib Center of Excellence, where an array of innovative, personalized solutions for arrythmias reduce patients' stroke risk and allow them to return to a fuller life with peace of mind.



"The nice thing is that it simplifies their life," says Weisman. "They can potentially get off medication, in addition to feeling better."

Ablation

Ablation is ideal for most patients who don't want to be reliant on medicine for the rest of their life. It's also an effective treatment when medication is not effective or due to intolerance to medication or blood thinners.

During ablation, a catheter is inserted into the groin and threaded internally to the heart. Tissue inside the heart is frozen (cryoablation) or burned (radio frequency ablation) to halt the production of abnormal electrical signals. Weisman has developed his own protocols for performing cardiac ablation without fluoroscopy (X-ray images) to limit radiation exposure during cardiac procedures.

The WATCHMAN

The WATCHMAN procedure is a one-time implant for people with AFib that is not caused by a heart valve problem. The implant reduces the risk of stroke by sealing off a section of the left atrial appendage where 90 percent of clots tend to form. With a catheter, the small device is placed over the atrial appendage's entrance. Heart tissue grows around the implant and creates a barrier that prevents blood from flooding into it. It is

done under light sedation and patients who undergo the procedure typically are discharged the same day.

Weisman is the first physician in the region to offer a concomitant AFib procedure, which combines ablation and a WATCHMAN implanted in one session as opposed to two separate procedures.

A Menu of Options

Implanted pacemakers

have been the go-to for decades for regulating the heartbeat. But in the past, they required an incision that required a long recovery.

The JMC Robson Heart & Vascular Institute offers leadless pacemaker implants that don't require a large incision in a 30-minute procedure. A catheter is threaded into the right ventricle, where a small, capsule-like leadless pacemaker is positioned and secured.

The minimally invasive Convergent Pro-

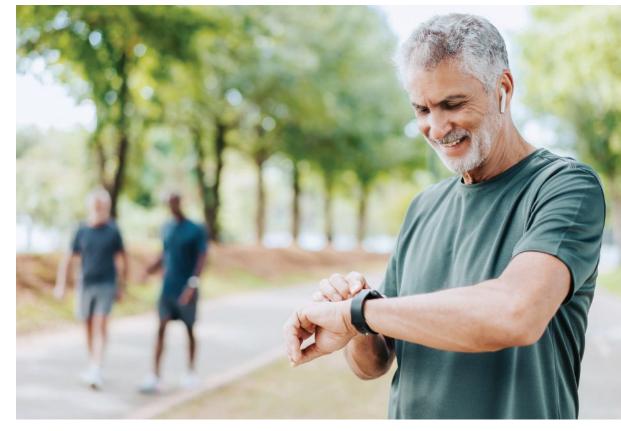
cedure for treating difficult-to-control AFib involves a hybrid team approach by an electrophysiologist such as Weisman and a cardiac surgeon in a staged procedure.

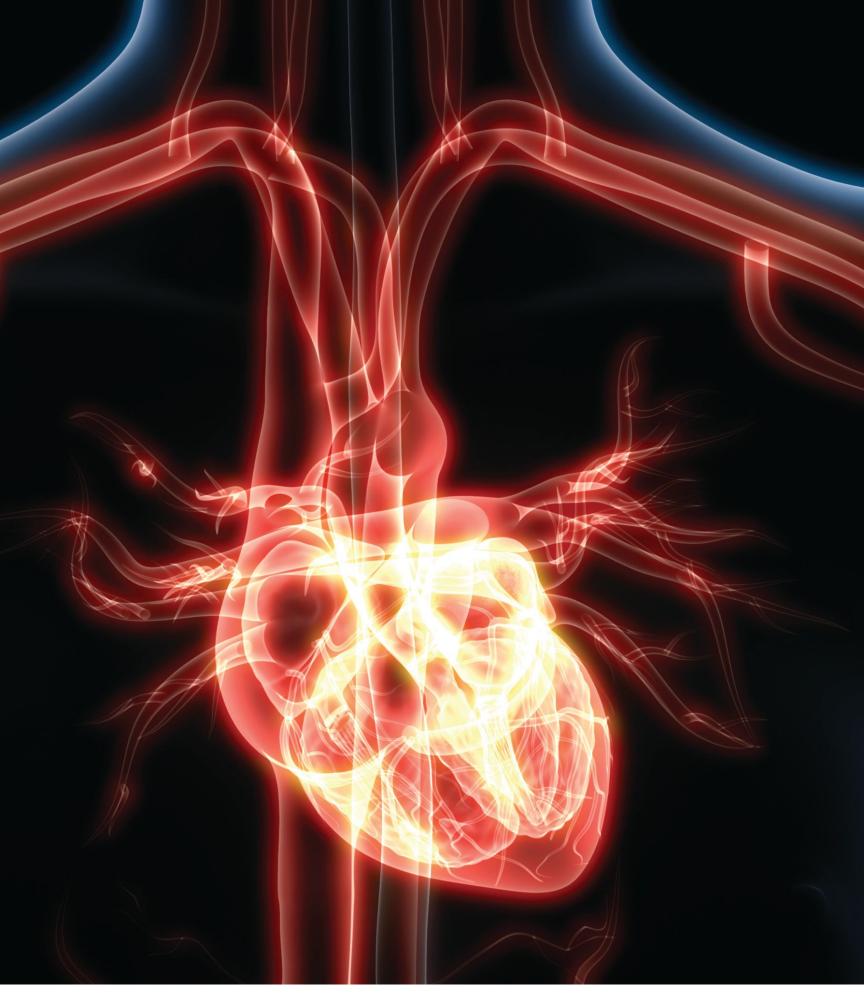
The menu of minimally invasive procedures offered by the JMC Robson Heart & Vascular Institute "don't require open incisions, like for open heart. We're doing it with tubes, cameras, ultrasound, and small punctures," explains Weisman. "There is not a big recovery from these procedures-a week for most."

Tracking Your Own Heart Rate

The general population is likely to discover they have an arrhythmia on their own, thanks to the evolution of wearable, health-tracking technology such as the Apple Watch, Oura Ring, and fitness apps, Weisman notes. "People can monitor their health at home, and have it validated by a doctor," he says, adding patients have come straight to the institute with data in hand without a referral.

"The worst case is if they have AFib and the first time they are seeing the doctor is because they had a stroke," Weisman says. "It's better to detect it earlier and prevent that from ever happening."«





SMALL BUT MIGHTY The Impella device assists the heart

with pumping blood so a cardiac crisis can be treated

By Karen Feldman

Though it's the smallest of its kind, the Impella device is a powerhouse when an ailing heart needs help pumping.

"It's like a little jet engine for the heart," says Dr. Michael Sabbah, a boardcertified interventional and structural cardiologist at Jupiter Medical Center. "It pushes blood to the body if the heart is too sick to do it."

The Impella device comes in three platforms, each designed for a slightly different condition. In each case, however, it pushes blood out to the vital organs when the heart cannot manage on its own, a condition called cardiogenic shock.





Dr. Michael Sabbah (above) is part of JMC's Structural Heart Program, which is dedicated to the detection and treatment of structural heart defects or abnormalities.



That allows the heart to rest and recover while the Impella device keeps the blood and oxygen moving. According to Abiomed, the device's manufacturer, a randomized, controlled trial found that 8 in 10 patients treated with Impella devices experienced a reduction in heart failure symptoms or improvement in heart function.

"There are different stages of cardiogenic shock," Sabbah says, "We do know that if you intervene earlier, patients do better than if we wait until they get sicker."

STATE OF U.S. HEARTS

Cardiovascular disease is the No. 1 killer of American adults. Roughly 6.7 million people over age 20 had some degree of heart failure in 2024, according to the American Heart Association. That figure is expected to rise steadily—by 2050, an estimated 11.4 million people are expected to have it. That means 25 percent of the adult population—one in every four people—will develop heart failure.

"The heart can be weakened from some sort of illness, a heart attack, prior heart attacks, a virus, or other issues," Sabbah says. "When the heart-pumping function is reduced, the Impella device is a great tool to save lives, although not the only one that physicians use to treat these conditions."

Cardiogenic shock is the most severe form

"It's not necessarily the No. 1 tool you pull out, but I take comfort knowing that it's available for our patients. For the sickest patients, you still have an ace up your sleeve. You have something that can still help them."

-Dr. Michael Sabbah







of heart failure. According to the National Institutes of Health, it "happens when your heart cannot pump enough blood and oxygen to the brain and other vital organs. This is a life-threatening emergency. It is treatable if diagnosed right away, so it's important to know the warning signs."

Cardiogenic shock can strike suddenly, causing dizziness; severe shortness of breath; chest pain; low blood pressure; sweating; pale, clammy skin; reduced urine output; accelerated heart rate; nausea; vomiting; edema (swelling); and bulging neck veins. The condition can cause damage to the heart, liver, kidneys, and other vital organs if they are deprived of blood for too long.

Sabbah says that when a patient is diagnosed with cardiogenic shock and needs swift treatment, members of the heart team gather swiftly to determine the best course of action. "It's a multidisciplinary approach involving the heart team," Sabbah says. "What are the best individualized therapeutic treatments? Do they need surgery, a stent, and/or medication? For those patients who get Impella, it acts as a bridge. It allows us to administer other lifesaving therapies, such as medicines and additional procedures, keeping the patient as safe as possible while we do so," Sabbah says. Depending on factors such as a patient's age and overall health, the heart team discusses whether the patient can withstand surgery or if a less invasive procedure is advisable. The Impella device might be included if the patient has heart failure, cardiogenic shock, or is undergoing a high-risk cardiac procedure.

WHAT IS IT?

The Impella device isn't a solution unto itself; it allows the medical team to provide treatment. Doctors first insert the Impella device into a blood vessel through the groin, similar to what is done during cardiac catheterization. The thin catheter is sent up the blood vessel into the left ventricle of the heart under X-ray guidance, where it can take the place of the ailing heart muscle while doctors perform procedures or administer medications to help the heart pump as best as possible.

"We use the Impella a lot in the cath lab when patients have a high-risk stenting procedure (to open blockages in blood vessels)," Sabbah says. "If the patient is not able to undergo heart surgery the traditional way, perhaps due to age or comorbidities, we have the ability to offer these patients a type of minimally invasive procedure" that may require placement of an Impella "to keep the patient safe when undergoing a higher-risk procedure when we don't have any other options," he says.

The Impella device consists of a small, motorized pump with an attached catheter that is usually inserted through the femoral artery then guided into the heart's left ventricle. Once it's in place, it does the blood-pumping work of the left ventricle. This makes it minimally invasive, reducing the need for openheart surgery.

Use of the device is temporary. "Often if somebody has a heart attack, it can stun the heart. It may be getting blood, but because of the heart attack, it can lose the ability to squeeze temporarily," Sabbah explains. "The Impella device buys us time to allow the good muscle to recover until the device is no longer needed." He says it can also be used during surgery, placed at the end of the procedure



to allow the heart time to recover. Although there aren't specific guidelines as to how long an Impella device should remain in place, they are used for hours to days, "but usually a week or less," Sabbah says.

THREE DEVICES—FOUR CHOICES

There are three kinds of Impella devices:

Impella CP (Cardiac Power): Offers up to 4 liters per minute of blood flow and is often used in patients with cardiogenic shock or acute myocardial infarction. These can be placed quickly in the catheterization laboratory for a patient who is unstable and needs quick intervention.

Impella 5.5: Delivers up to 5 and 5.5 liters per minute of blood flow, respectively, when more substantial support is necessary. Performed in the operating room by a surgeon.

Impella RP (Right Peripheral): Designed specifically to support the right side of the heart by providing up to 4 liters per minute of blood flow. While the left ventricle pumps blood to the body, the right ventricle

sends it to the lungs. When that system is impacted by a heart attack, the Impella RP can assist pumping on the right side while the Impella CP can help on the left side.

The device—in use in the United States since 2008— is not recommended for people with a mechanical aortic valve, aortic insufficiency, severe peripheral artery disease, or an ascending aortic aneurysm, among other conditions. And, like all medications and treatments, there are some risks, including bleeding, left ventricle perforation, stroke, device failure, infection, hemolysis, hypertension, and lack of blood flow.

Nonetheless, the device has the potential to keep a heart beating and organs operating smoothly until a cardiac crisis is over. "I like to think of Impella as a great tool to have in the toolbox," Sabbah says. "It's not necessarily the No. 1 tool you pull out, but I take comfort knowing that it's available for our patients. For the sickest patients, you still have an ace up your sleeve. You have something that can still help them."«

HEART DISEASE: BY THE NUMBERS

- Heart disease is the leading cause of death for men and women.
- Every 33 seconds, an individual dies of cardiovascular disease.
- In 2022, some 702,880 people died from heart disease—the equivalent of one in five deaths.
- Coronary heart disease is the most common type of heart disease, killing 371,506 people in 2022. It happens when there is damage or disease in the heart's major blood vessels that supply blood flow to the heart, typically caused by the buildup of plaque.

• 1 of every 5 deaths from cardiovascular diseases occurred among adults younger than 65 years old in 2022.

(Source: U.S. Centers for Disease Control and Prevention)

Saving Lives

A comprehensive, team-based approach to treating lung cancer at JMC Anderson Family Cancer Institute ensures timely, personalized care

By Erika Klein

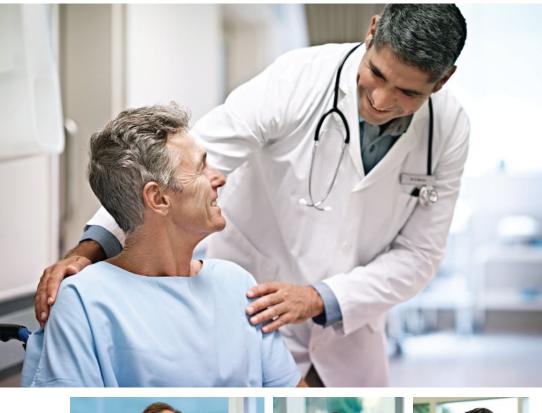
few years ago, a patient with chronic obstructive pulmonary disease received a lung scan in preparation for a potential new treatment. The scan revealed a nodule, or small mass, indicating lung cancer. Dr. Kenneth James Fuquay, the medical director of the Jupiter Medical Center Sleep Center and Respiratory Services, ordered additional testing, which indicated that the patient would not qualify for surgery to remove the cancer.

When Fuquay brought the patient's case to the hospital's team of lung cancer physicians, a "radiologist mentioned that his lungs didn't look that bad on the CT scan, and he felt that the numbers from the pulmonary function test did not make sense," Fuquay recalls. Fuquay repeated the patient's breathing test and got a better result, clearing the patient for surgery that removed the cancerous nodule entirely.

For Fuquay, the patient's case is one success story that illustrates the value of JMC's multidisciplinary approach to lung cancer care. In the United States, lung cancer kills more people than any other cancer—breast, prostate, and colon cancer combined—according to the U.S. Centers for Disease Control and Prevention. Up to 20 percent of cases occur among people who have never or rarely smoked.









From left: Dr. Kenneth James Fuquay, medical director of the Jupiter Medical Center Sleep Center and Respiratory Services; pulmonologist Dr. Michael Marsh; and radiation oncologist Dr. Nathan Tennyson.



Recognizing the need to combat the disease, JMC began developing a multidisciplinary lung cancer team, backed by stateof-the-art technology, in 2011 through its Thoracic Surgery and Lung Center of Excellence, part of the JMC Anderson Family Cancer Institute. Led by medical director and thoracic surgeon Dr. K. Adam Lee, the effort represented the first coordinated care approach for lung cancer in the region, according to Lee, with the goal of identifying cancers early, then personalizing and streamlining care for improved patient outcomes. The method works: U.S. News & World Report named Jupiter a "High Performing Hospital" in Lung Cancer Surgery, its highest rank.

"It's very rewarding for all of us working together as a team," says Lee. "We deliver the same high-level care that you'll see in academic or high-end cancer programs, but you're still a member of our community, we know your name, and we ensure that you feel that comfort level."

EARLY DETECTION

JMC's multidisciplinary care process begins once a scan displays an abnormal nodule within a patient's lung. The nodule may be discovered from a scan performed during an emergency room visit at JMC, at another hospital, or through JMC's lung-screening program, which checks high-risk patients to increase the chances of finding lung cancer before it progresses.

Artificial intelligence (AI) technology assists in reviewing lung CT scans performed at JMC, not only detecting lung nodules but rating the likelihood that the nodule is cancerous. "Every morning, [staff] get an email of every new incidental lung nodule that was picked up through the emergency department and radiology" by AI, explains Lee. The nurses then connect with the patients to ensure they follow up with an outside doctor or through JMC's lung nodule clinic.

With its screening programs, "our earlystage lung cancer detection is one of the best in the country," says Lee. Reaching patients early in the course of the disease boosts survival rates, he adds.



"Our early-stage lung cancer detection is one of the best in the country." –Dr. K. Adam Lee

"Because there's a lot of imaging that goes on in the emergency department, we try to capture all those patients so that no nodule is left undiagnosed and unnoticed," says Dr. Lee A. Fox, a diagnostic and interventional radiologist. "We want to make sure that anyone who potentially has an early problem is getting right into the slot that they need to be in, so that we don't leave any nodule behind."

TEAM APPROACH AT TUMOR BOARD

Screening is essential, but it's only the first step. Next, JMC's team ensures the best treatment for each patient by coming together to discuss patients in a weekly multidisciplinary meeting known in the oncology field as a tumor board review.

A tumor board includes physicians specializing in surgery, oncology, pulmonology, radiology, and other fields to comprehensively consider each case. "All those people are in the room at the same time, and the patient benefits by having everyone focused on their case, collaboratively trying to design a treatment plan that's best for them," explains Fox. "It's more than a surgery or a biopsy or radiation or chemo; it's treating the whole patient."

The board reviews patients at all stages of disease. "It's not uncommon for patients to be brought up more than one time in the tumor board," says Fox. "A lot of times, it's a process, rather than a one-time thing."

At tumor board, the group considers the hospital's wide range of potential tests or treatments to identify the best fit for each specific patient. "The approach is not what can we do, but what should we do?" says Fox. For example, is surgery or radiation the best treatment for a particular patient? "The discussions we have are patient-centered, and that's why we have such great outcomes."

This approach is especially important because multiple treatments may work for a patient, but only one might be the best option. "The treatment shouldn't be decided by which doctor sees the patient first; it should be decided by what's best for that individual patient," says radiation oncologist Dr. Nathan Tennyson. "By having a team approach, you can talk about the modalities that would be appropriate for that patient and then come to a decision together."

In addition to being tailored to the patient, the resulting treatment plan is decided quickly. "All the tumor board doctors are involved in the input of patient care, which ultimately leads to faster and better decision-making, so we're performing better cancer care in a more expedited manner," Tennyson explains.

Discussing cases at tumor board is an investment of time for participating specialists, but the physicians say it's worth it for their patients. "It takes a lot of work—it takes commitment from the institution—but it ultimately results in better patient care," says Tennyson, adding that the resources needed to hold tumor boards usually limits them to large academic centers. "That's really been our mantra: we're bringing the academic model to the community setting and trying



PIONEERS IN CANCER TREATMENT

Jupiter Medical Center's thoracic multidisciplinary team, which continues to be at the forefront of innovative technology, has had a significant impact with many "firsts" in the region and the nation.

• Twenty years ago, the team was the first in the nation to perform a fourarm robotic lobectomy using the da Vinci robot.

• More than a decade ago, JMC was the first in the world to utilize the da Vinci Xi robot and is now one of the first to utilize the latest da Vinci 5 with it superior force and tension feedback, visual optics, and computing abilities.

• JMC was the first in the region to utilize Ion robotic bronchoscopy to perform the minimally invasive biopsy of peripheral lung nodules, resulting in the region's highest yields of biopsies.

• Diagnostic radiologists at JMC were the first to partner with thoracic surgery in labeling small nodules and incorporating AI for lung cancer detection, resulting in the preservation of lung function.

• JMC was the first in the region to incorporate genomic markers (DNA and RNA gene of the tumor) to guide the most individualized precision care coordinated by the pathology and medical oncology teams. This advancement provides the Anderson Family Cancer Institute team with vital information for choosing chemotherapy, immunotherapy, or targeted therapy for each patient.

• Anderson Family Cancer Institute physician experts have presented results at national and international meetings in Paris, Rome, Geneva, and Vienna.



From left: Anderson Family Cancer Institute Medical Director and thoracic surgeon Dr. K. Adam Lee and diagnostic and interventional radiologists Dr. Paul Confas and Dr. Lee A. Fox.

to set the standard of cancer care in Palm Beach County," he says.

STREAMLINED CARE

After determining a treatment plan, the next step is carrying it out. With standard treatment models, "the patient goes to the pulmonologist, the pulmonologist gives the patient a prescription for the PET scan, the PET scan takes six weeks to do, the results come back six weeks later, and a lot of time has been lost," Fuquay explains.

By contrast, with JMC's multidisciplinary tumor board approach, if "there's a need for an oncology referral, the oncologists who are at the meeting will hear the patient's case and be able to say, 'Sure, we'll get the patient in quickly,'' says Fuquay. "It's a direct communication between doctors and a direct discussion about patient-related items that is taking place in real time, so it shortens the length of time needed to get the patient to the right place."

Rather than scheduling appointments weeks apart in different facilities and waiting for referrals, patients with complex cases can also meet with their entire care team in one afternoon to streamline their treatment at JMC's multidisciplinary clinic. "You're in one location where you get to meet everybody who is helping make a decision on what's going to be done, and therefore, you leave there with all your appointments for testing or treatments done," explains Lee. "Your questions are answered, and your treatment plans are made—all within a couple of hours."

The coordinated, streamlined team care creates rapid results. "For a lesion of suspected cancer, within two weeks, we can have it diagnosed, staged, and treated," says Lee.

CONTINUOUS TEAM CARE

Lung cancer care at JMC Anderson Family Cancer Institute is an ongoing process incorporating team input every step of the way. Besides reviewing some patient cases multiple times at different stages of treatment at tumor board, physicians consult together continuously as well.

For instance, if a patient is admitted through the emergency room with a large tumor, multiple specialists may be consulted for treatment, says diagnostic and interventional radiologist Dr. Paul Cofnas. "Although it's not a tumor board at that point, multiple members of the tumor board team are being consulted to discuss the case while the patient is in the hospital," Cofnas explains. "We all know each other, and it facilitates working together."

The strong team relationship and continuity of care also appears to increase patients' comfort level. "When we see the patient for a biopsy or a chemotherapy port placement, you can see it in their eyes," says Cofnas. "You feel that they are aware that everybody's working together—that all of these decisions are cohesive—so they're really confident in their treatment, and it makes them feel better about what they're going through."

TECHNOLOGICAL TOOLBOX

JMC's multidisciplinary approach also works seamlessly because of its integration of technology to support the team. Using AI from the outset to review scans is the first important component. "Not only does this detect the lesion faster and bring it to the attention of the team responsible for acting upon it, AI also analyzes the chance that it's malignant," says

"All the tumor board doctors are involved in the input of patient care, which ultimately leads to faster and better decision-making."

-Dr. Nathan Tennyson

pulmonologist Dr. Michael Marsh.

In addition to AI, other types of technology provide a range of options to best suit each patient. "We have advanced technology that allows us to perform radiation services that maybe not all institutions can perform, so it gives the patients more options," says Tennyson.

The center's cutting-edge technology also lets the team diagnose smaller nodules and treat them more quickly. New, more effective and minimally invasive treatment tools allow lesions to be biopsied sooner "than maybe I would have if it was [the older] CT-guided biopsy," says Marsh, simply because these tools make it safer.

Still, Marsh stresses that excellent care doesn't rely solely on advanced technology but on having an experienced physician team. "I can do all the fancy robotics and biopsies I want, but none of that matters if I don't have a thoracic surgeon like Dr. Lee, a hematologist/oncologist like Dr. Jon Du Bois, or a radiation oncologist like Dr. Tennyson to bring everything together," Marsh says.

Each doctor emphasizes their commitment to their patients, and for Marsh, it's personal. His grandparents both passed away from lung cancer when he was in medical school after their disease was diagnosed late. "The whole point of finding it early is curing it because the majority of patients are still diagnosed in a later stage, where cure is not impossible but it's much, much harder," says Marsh, who works with the rest of the team to reach patients as early as possible with the most personalized treatment plan to give them the best outcome possible.

"The most important thing to me is that I want to bring this care to my community," Marsh adds. "And I think that's the way we all feel." **«**

In loving memory of Shari Fox (1971-2025)





Not Alone

The Anderson Family Cancer Institute provides comprehensive support services to patients and their caregivers

By Seth Soffian

In 2024, about 5,000 new oncology patients walked through the doors at Jupiter Medical Center Anderson Family Cancer Institute. But they didn't have to go it alone.

To help with the often-daunting battle against cancer, a coordinated team of professionals provides comprehensive support services to patients and their families. These critical services range from emotional and psychological support—for both patients and their caregivers—to logistical and financial support.

"We are always available to guide patients and their caregivers" along each step of their cancer journey, says Leo Vaz, a licensed clinical social worker on the Anderson Family Cancer Institute sup-



The work of many caregivers is equivalent to an added full-time job, notes licensed clinical social worker Leo Vaz.





port services team. Support is customized, of course, because "nothing is one-size-fits-all."

SUPPORT TEAM

In addition to Vaz, the JMC oncology support team includes:

- Four nurse navigators, registered nurses who help patients and their families with all facets of treatment
- An oncology-certified dietician
- · A financial navigator
- · Art and music therapy programs
- A genetics counselor, part of the Anderson Family Cancer Institute's comprehensive genetics screening program

Most new patients seek support from the cancer institute's team, notes Michelle Rodewald, director of Nursing Oncology Services at JMC. For family members and friends who shoulder the task as caregivers, that support most often comes in the form of emotional or psychological counseling. "Inevitably, there are overwhelming feelings," Vaz says. A cancer diagnosis "brings a lot of fear, shock, sadness, anger. As the disease progresses, caregivers are scared that they don't how to help because they are not formally trained to provide medical care," says Vaz. "Our role is to provide that sense of, "These are the things you can do."

Vaz guides a monthly support group specifically for caregivers who range from spouses and parents to children and friends. He also offers sessions in person or on the phone, sometimes in emergency triage situations. "As many as they need—it's a lot of



pressure," he says, noting that some caregivers may have already been facing other challenges before their loved one's cancer diagnosis and taking on the demanding role.

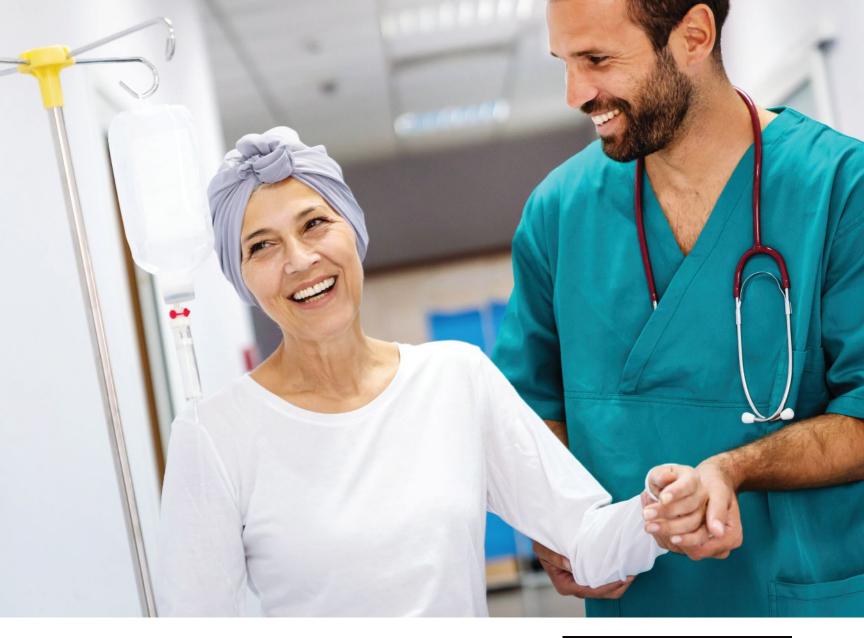
JMC also has monthly support groups for breast cancer patients and cancer patients in general, and it coordinates weekly virtual sessions for patients or caregivers in art, music, and yoga.

"I think the support groups are very helpful," Vaz says. "Just to hear from someone else gives them a sense that they are not alone."

Vaz notes that some caregivers feel a sense of purpose and fulfillment when they are helping loved ones. More often, however, they struggle with common pitfalls which Vaz says to watch for, such as:

- Hiding their own feelings so as not to worry loved ones
- Battling "anticipatory grief," or grief that occurs before a loss
- Minimizing their own efforts as caregivers
- Feeling guilty about taking time for themselves
- Burnout

As a result of feeling harried, inadequate, or pessimistic, one of the most common pitfalls caregivers fall into is self-neglect. Counseling can help caregivers understand the



need to continue caring for themselves. Vaz equates it to emergency instructions given on airlines: put on your own oxygen mask first so you can then help others because if you don't take care of yourself, you won't be able to take care of others.

"We tend to be compassionate toward others but lack self-compassion," he says. The work of many caregivers is equivalent to an added full-time job, Vaz notes, so "do not minimize what you are doing."

FINANCES, LOGISTICS

In addition to emotional challenges, financial and logistical issues can burden patients and their families.

A financial navigator and other support service staff help patients get medical insurance in the marketplace, coordinate with pharmacies to minimize costs, and connect with outside cancer entities for financial and other support, including the Cancer Care and the American Cancer Society. "Both have an array of services to support patients and caregivers," Vaz says.

On a more basic level, cancer often means caregivers taking greater roles in what are known as "activities of daily living," such as, dressing, toileting, feeding and bathing, as well as "instrumental activities of daily living," such as shopping, meal prep, medication management, and managing transportation and finances. "The caregiver becomes almost their aide," Vaz says.

JMC's oncology support services team regularly helps coordinate with outside agencies for physical and occupational therapy, custodial or personal care, and more. The support services team also makes a point to coordinate with caregivers themselves, not just patients, to help with the litany of tasks and appointments.

CANCER SUPPORT GROUPS

To register to join a support group, email Leo Vaz at Leo.Vaz@jupitermed.com or call 561-263-3659.

Living with Breast Cancer Support Group First Wednesday of the month at 5 p.m. Location: Margaret W. Niedland Breast Center

Caregivers Support Group

Third Tuesday of the month at 5 pm. **Location:** Anderson Family Cancer Institute

Living with Cancer Support Group Second Thursday of the month at 5 pm. **Location:** Anderson Family Cancer Institute

Pastoral Care

Request to meet with a member of the pastoral care team for emotional and spiritual support. Contact: 561-263-4457

Tips for Caregivers

Ask for help from friends, family, neighbors, and others to make time to take care of yourself. Tasks you can turn over or share with people:

- Assisting with chores, such as cooking, cleaning, shopping, or yard work
- Helping to take care of the kids or picking them up from school or activities
- Driving your loved one to appointments or picking up medicine
- Registeromg at SignUpGenius (signupgenius.com) or Lotsa Helping Hands (lotsahelpinghands.com) to organize requests and tasks

Be prepared for some people not to help because they don't have the time, may be coping with their own problems, had negative experiences as a caregiver, or they don't know how to show they care or how they can help. If the relationship is important, you can tell the person how you feel to prevent resentment or stress from building up—or you can just let it go.

Make time for yourself

- Find time to relax. Take at least 15-30 minutes each day to do something for yourself. Try to make time for a nap, exercise, yard work, a hobby, watching TV or a movie, or whatever you find relaxing. Do gentle stretching, yoga, meditate, or simply take deep breaths while sitting still.
- Don't neglect your personal life. It's okay to cut back on personal activities, but don't cut them out entirely. Look for easy ways to connect with friends.
- Keep up your routine. Try to keep doing some of your regular activities. If you don't, studies show that it can increase the stress you feel. You may have to do things at a different time of day or for less time than you normally would but try to still do them.

(Source: National Cancer Institute at the National Institutes of Health)



"I remember one time recently with five different family members during a patient visit," Vaz says. "It was a good meeting with the physician, asking questions and supporting each other to split and share stressors. We invite whoever the patient chooses to participate in their care. If family cannot be here, they can be on the phone. The doctors are very accommodating with that."

Vaz suggests three basic tips for caregivers: bring a notebook to clinical and physician appointments, get organized, and be willing to ask for help.

"We encourage patients to come with someone just to take notes," Vaz says. "Just to hear what a doctor has to say is overwhelming. It's hard to process all the information."

Medication management is one area where organization can reduce stress on patients and caregivers, Vaz says. "Cancer care is complicated," he says. "It can be overwhelming."

CELEBRATING SURVIVORSHIP

In addition to quarterly lectures where cancer survivors or oncology support services team members share their experiences or knowledge, JMC also holds an annual survivorship day, typically scheduled to coincide with National Cancer Survivors Day during the summer.

"It's a very special and tearful event," Rodewald says. "We have quite a robust survivorship program that we're very proud of."

John Howe understands that as well as anyone after his wife, Jamie, underwent major cancer surgeries in 2023 and 2025 at JMC. "Find a health care team you can connect with and don't be afraid to advocate for yourself and your loved ones," Jamie advises.

Diagnosed with the BRCA2 genetic mutation in her early 30s and the daughter of a three-time cancer survivor, Jamie took the proactive measure to have a double mastectomy at age 43 when very early-stage cancer was detected in her right breast in September 2023.

In February 2025, with a young son at home, the Howes chose not to risk IVF treatments a second time and Jamie underwent a hysterectomy and an oophorecteomy as preventative measures. "We felt like we owed it to our 4-year-old son to not take any unnecessary health risks," explains John.

Both John and Jamie have exceptional praise for the care Jamie received, starting with her nurse navigator, Donna Skillings. "If you go through something like this, you should have a navigator," Jamie says. "I never felt judged, and she always listened to me actively, making me feel heard. Compassionate and kind, just the best." **«**

READING FOR CAREGIVERS

- * Cancer Care: cancercare.org
- * American Cancer Society: cancer.org
- * National Cancer Institute: cancer.gov
- * Florida Cancer Connect:
- flcancerconnect.com
- * Caring Bridge: caringbridge.org



BLADDER CANCER INNOVATION

Anderson Family Cancer Institute specialists are using cutting-edge gene therapy to improve patients' lives

By Phil Borchmann

upiter Medical Center is using the latest medical breakthrough—gene therapy—to improve the quality of bladder cancer patients' lives and stop the disease from spreading. It's common knowledge that treating cancer is a complex undertaking that often involves intensive regimens, such as chemotherapy, radiation treatment, surgery—or all three. These remedies are often accompanied by physical and emotional side effects

that can linger, even when the procedures are successful.

Now gene therapy is offering hope. A team of multidisciplinary specialists at the JMC Anderson Family Cancer Institute is using gene therapy to combat bladder cancer—the seventh most-common male malignancy and tenth worldwide, according to the National Institutes of Health (NIH). This innovative treatment protocol is being led at by urologist Dr. Patrick Tenbrink; Dr. Ryan Devine, a medical oncologist and hematologist; and Dr. Matthew Hartwig, oncology pharmacy director.

"This is a groundbreaking advancement. It's been a major unmet need within our community," Hartwig says. "It's a great therapy that enhances access to advanced care for our patients and improves their quality of life."











When a patient is deemed an appropriate candidate, the treatment designed to prevent the abnormal cells or mass from growing and spreading is set to begin.

Gene therapy began to emerge in 1928 when British bacteriologist Frederick Griffith determined that bacteria present in a strain of pneumonia could be altered, allowing genes to transfer from one bacterium to another, according to the NIH.

Over the next several decades, scientists and medical professionals doggedly conducted genetic research related to genetics, figuring out how to modify DNA to combat diseases along the way. In 2015, the U.S. Food and Drug Administration (FDA) granted its first approval for gene therapy to treat acute lymphoblastic leukemia for pediatric and young adult patients. Since then, many more have been approved for an array of illnesses, including blood disorders (sickle cell, lymphoma, and hemophilia), skin cancer, muscular dystrophy, and spinal muscular atrophy.

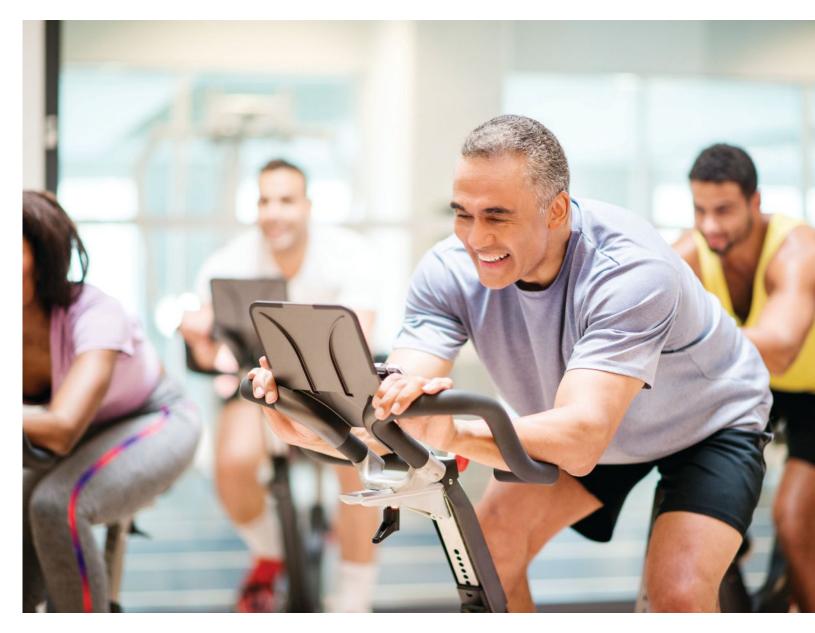
The NIH describes gene therapy as "the introduction of nucleic acid into the hosts cells to achieve a therapeutic effect." Tumor cells are directly targeted to restore mutated "suppressor functions," which stop uncontrolled cell division that may promote cancer. The treatment also

> moderates the immune response which defends against tumors, the NIH says.

DIAGNOSIS AND TREATMENT

At the JMC Anderson Family Cancer Institute, the protocol involves injection of Adstiladrin (the brand name for the generic nadofaragene firadenovec). The only FDA-approved gene therapy delivered directly in the bladder for non–muscle-invasive bladder cancer, it is





used solely to treat malignancies on the inner lining of the bladder before they breach muscle.

Determining whether a patient is suitable for treatment begins with diagnosis. A patient may describe certain symptoms experienced during urination—the presence of blood, discomfort, frequency, or urgency—indicating that diagnostic testing is necessary. A urologist then conducts a cystoscopy, during which a video scope is inserted through the urinary tract to look for abnormalities in the bladder.

Anomalies may appear as "carcinoma in situ," which means a "group of abnormal cells that are found only in the place where they first formed in the body [and did not spread]," according to the National Cancer Institute (NCI). Imaging may also detect a raised, tumor-like mass that has not yet invaded muscle.

If abnormalities are discovered, the patient is assessed for risk factors, including smoking, occupational exposures to chemicals or radiation, and their medication history, says board-certified, fellowship-trained Devine.

When a patient is deemed an appropriate candidate, the treatment designed to prevent the abnormal cells or mass from growing and spreading is set to begin. "When we have superficial bladder cancer, it's at risk



JMC "is one of the only places locally that is offering Adstiladrin, so it's unique for us to have that opportunity for our patients. I think it's going to save a lot of patients from complications, cancer reoccurrences, or the need to progress to large, complex surgeries." –Dr. Patrick Tenbrink

for superficial recurrence and/or can evolve into muscle-invasive bladder cancer," Devine says. When that happens, "the cancer is at risk for becoming metastatic and spreading [outside] to either lymph nodes, internal organs, or bone."

Last year, more than 83,000 bladder cancer cases were reported in the United States, making up 4.2 percent of all cancer cases, according to the NCI. In 2024, there were about 16,800 deaths from bladder cancer—about 2.8 percent of all cases. The survival rate between 2014 and 2020 was 78.4 percent.

The therapy is administered by injecting the liquid medicine—5 milliliters, or about a teaspoon—into the organ via the urethra. It attaches to the cells and delivers an encoded gene that blocks bladder cancer growth; the patient's body is rotated to ensure complete coverage of the drug, Devine says. The outpatient procedure lasts about an hour and uses a local anesthetic. The side effects are mild, Devine says, consisting mostly of fevers and chills for a few days.

A gene called interferon alpha-2 "gets taken up only by the cell lining, causing a continuous immune effect to surveil and hopefully prevent new superficial bladder cancer," Devine says. One treatment of Adstiladrin lasts for three months before a patient is reassessed.



Before Adstiladrin, a medicine called Bacillus Calmette-Guérin (BCG) was used for treatment and applied in the same manner. "BCG is an immune stimulatory, so it basically causes a local reaction in the bladder that helps the immune system to look for and kill off any potential developing or abnormal cancer cells," Devine says. But the effectiveness of BCG, which is used at Anderson Family Cancer Institute, can be short-lived, with between 30 and 70 percent of patients experiencing a reoccurrence of the superficial cancer, Devine says.

And that's the challenge when treating the disease. "Bladder cancer has such a high propensity for reoccurrence in the same spot it was before or in spots within the bladder," says Tenbrink, medical director at the JMC Barb and Joe Charles Center for Urology.

BCG is typically applied once a week for three to six weeks followed by a surveillance cystoscopy. This process is repeated every three to six months for up to three years, Tenbrink says. If conditions persist, the cancerous material is scraped and then the process is repeated. Sometimes, liquid drugs used for chemotherapy are used in tandem with BCG to rinse the inside of the organ to help strengthen the regimen.

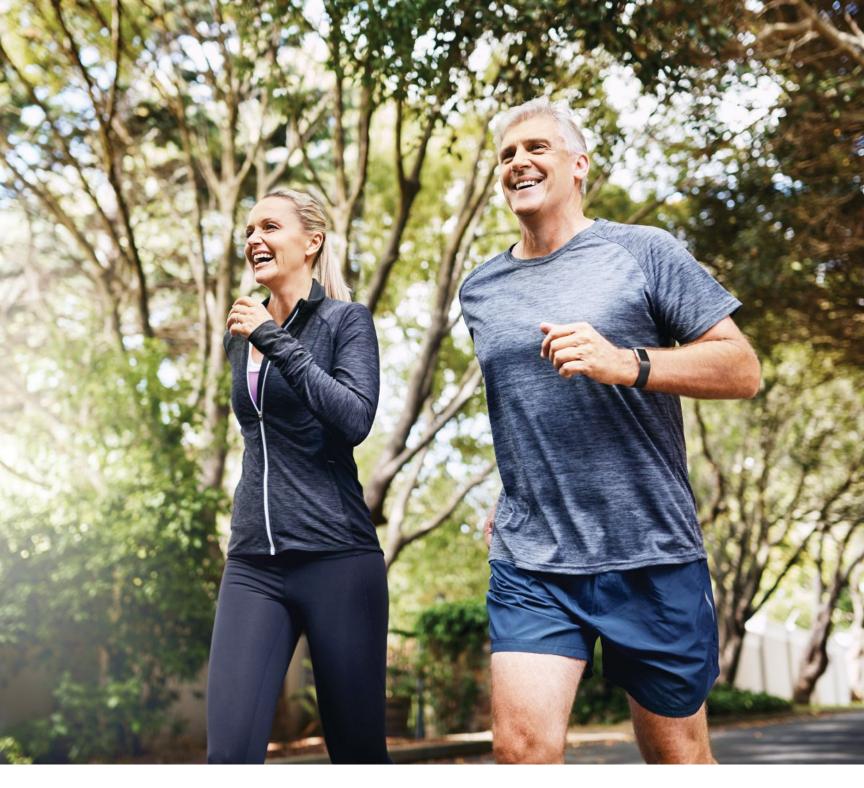


"This cancer can often come back, especially if the BCG is stopped or ineffective," he says. Sometimes patients will discontinue the BCG treatment because of its frequency or strong side effects such as painful urination and other symptoms that prompted medical help in the first place, Tenbrink says.

EXPANDING GENE THERAPY APPLICATIONS

In the 10 years that gene therapy has expanded and evolved, it's been considered by the medical community as a highly promising option. And when it is used, caution and vigilance are of great importance. "It's a new approach to [cancer] treatment and may have risks," says the NIH.

Development-funding, research, and clinical trials-can take six



to 12 years before one product can be submitted for approval by the FDA. On top of that, it's expensive. The NIH estimates that it costs nearly \$2 billion on average to get just one treatment up and running.

The FDA and the NIH are closely watching the gene therapy clinical trials underway in the U.S., ensuring patient safety is a top priority during research to expand gene therapy options for diseases and cancers for which there are few options.

Thus far, three patients who have received the Adstiladrin gene therapy are responding well.

Most insurances, including Medicare, cover the treatment. "It's an interesting medication. It must be stored in an ultra-low freezer at -80°C," Hartwig says. "One of the major hurdles to getting the medication and being able to provide it in this community is the supply chain—from ordering it, having it shipped, receiving it, and storing it properly."

But those concerns are outweighed by the results, and Jupiter Medical Center is poised to deliver and grow the program. Since starting the use of Adstiladrin, the Anderson Family Cancer Institute has introduced other therapies for conditions such as multiple myeloma and lung cancer, Hartwig says.

"Jupiter [Medical Center] is one of the only places locally that is offering Adstiladrin, so it's unique for us to have that opportunity for our patients," Tenbrink says. "I think it's going to save a lot of patients from complications, cancer reoccurrences, or the need to progress to large, complex surgeries." **«**

DONOR PROFILE

From the

Dr. Joel "Peter" and Margaret Lawler have supported and steered JMC since it was on the drawing board

By Valerie Staggs

argaret Lawler recalls the day that the concept of building a medical center in Jupiter transformed from a dream into reality 50 years ago. As the first shovel of dirt was moved in 1974, she was holding her first-born in her arms. "What a wonderful feeling," she recalls.

Today, Margaret and her husband Dr. Joel "Peter" Lawler speak with pride about how far Jupiter Medical Center has come and they have every right to—they helped build it. Five decades on, the Lawlers continue to support JMC as benefactors because they share gratitude and respect for the state-ofthe-art, world-class medical center it has evolved into. Reflecting on the vision of the community and grassroots supporters in the early days, Margaret says, "It was incredible. They wanted to make the hospital the best and they have."

Specialists Arrive and Make Their Mark

The Lawlers moved to Palm Beach County in 1971 after Peter earned a medical degree at Albany Medical College in New York followed by an internship and residency in internal medicine at Hartford Hospital in Connecticut and a two-year stint in the Navy as a lieutenant commander at Portsmouth Naval Hospital in Portsmouth, Virginia.

In Florida, he was ready to start practicing medicine in private practice. "I went to work for a group of internists in North Palm Beach," says Peter. "We fell in love with the northern Palm Beach area."

The Lawlers bought a home in Jupiter Inlet Colony where they still live. Margaret taught at North Palm Beach Elementary School and then at North Palm Beach Private School (now The Benjamin School). In 1974, she had their first son, Will, and left teaching to raise their family.

By that time, Peter was on his way to building a successful career as an internist. Medicine was a lot different back then. "In those days, you had to take emergency room calls," Peter recalls. Sometimes, this required him to see patients late into the afternoon at his North Palm Beach office, then rising early to do hospital rounds each morning. On many days, he would also be on call for emergencies. Because there were no hospitals in northern Palm Beach County, he would travel south to Good Samaritan Hospital and St. Mary's Medical Center daily. "We made rounds every morning. I was always thinking about where I could sleep," concedes Peter, who would often spend the night at Good Samaritan.

Dr. George Ford, a prominent local orthopedic surgeon, was part of the consortium that owned a retirement community that established the roots of JMC. The retirement community closed in 1971, and the consortium bought it and donated a 30-acre parcel for a medical center. When Ford shared his vision for a hospital in Jupiter, the Lawlers were quick to volunteer their help. "I went to the ladies' groups at St. Jude Catholic Church and at Jupiter Inlet Colony and asked them to please donate," says Margaret.

Peter advanced Ford's vision—and enhanced JMC's status. "I remember the nurses in other hospitals would always complain about having to move patients because patients didn't get along or this one snored," says Peter. "They said they would spend half their day moving patients. I suggested the new hospital in Jupiter have private rooms and they took my advice."

The first building opened in 1974 on the JMC campus was a 34-bed Convalescence Center followed by the Outpatient Center and the hospital in 1979. As it turned out the first patient admitted to the Jupiter hospital was Peter's.

The Lawlers continued to support JMC as it continued to flourish. Margaret recalls working side-by-side with Ford's wife addressing invitations to the inaugural Pink & White Ball (still a charity season favorite called the Annual Black-Tie Ball) while Peter helped treat patients in a clinic Ford had set up on the site of what today is Jonathan's Landing.

In 1989, Margaret was asked to serve on the JMC Foundation board. By that time, her husband had started his own practice. "Peter needed help in his office, so I took a course in insurance," says Margaret. "I was the only woman on the board, I think because I understood the regulations of Medicare and insurance," says Margaret,



who served on the board until 1996.

Peter and Margaret raised three children, Will, Helen, and Paul. Following in her father's footsteps, Helen is an endocrinologist on the faculty at the University of Colorado. Peter retired in 2015, and the couple, now grandparents, spends their time swimming and walking along the beaches in Jupiter. **«** Due to patient complaints, nurses at other hospitals reported that they "would spend half their day moving patients. I suggested the new hospital in Jupiter have private rooms and they took my advice," recalls Dr. Joel "Peter" Lawler.

Celebrating Excellence

PHOTOGRAPHY BY JUPITER MEDICAL CENTER



Dr. Debra Brandt

If you are a grateful patient who wishes to make a gift in recognition of excellent care or services you received, contact the Jupiter Medical Center Foundation at 561-263-5728 or *jmcfoundation.org/grateful*.

or nearly a decade, the Jupiter Medical Center Foundation has recognized individual physicians, departments, nurses, and other team members whose compassionate care has made an outstanding impact on patients and their loved ones through the Honor a Caregiver program.

Through philanthropic donations, grateful patients identify caregivers or departments to thank them for their care, kindness, or special gesture during their time as a patient. This generosity helps JMC continue its mission of providing first-class care and expanding its services, technology, and infrastructure.

"The gifts received in their honor are a testament to the compassion of our caregivers while supporting our growth and quality of care," says JMC Foundation Chief Philanthropy Officer Traci Simonsen.

JMC President and CEO Dr. Amit Rastogi says that the Honor a Caregiver program is an important element of JMC's continued evolution as a world-class medical center. "Every interaction our caregivers have with a patient truly makes a difference. We honor those who invest in the well-being of our patients who in turn have invested in us," Rastogi says.

Meet the 2024 Honored Caregivers (June to December). For a list of all 2024 honorees, please see the JMC Foundation Annual Report at *jmcfoundation.org/news.*



Jerry Folden, Sandy Brice, Dr. K. Adam Lee, Lindsay Silas



Cardiovascular Intensive Care Unit



Dr. Catherine Drourr



Jabbar Clark



Missy Petry



Dr. Gonzalo Loveday



Andy Sparber-Rodriguez



Dr. Arthur Katz



Theresa Green



Caroline Sirface

Intensive Care Unit



Dr. Michael Sabbah

This year's Honor a Caregiver recipients (not pictured) include: Anderson Family Cancer Institute Sharmagne Blank Cicero Caday Dr. G. Alexander Carden Dr. Daniel Caruso Jody Crawford Amanda DePaiva Dr. Jeffrey Fenster Nathalie Garrett Morgan Gray Dr. Bruce Moskowitz Observation Unit Dr. Vivek Patel





Jessica Langley, APRN



Dr. Brian Hill





Dr. Donna Pinelli



Dr. James Azzi



Cardiac Rehabilitation Team



Dr. Jack Waterman



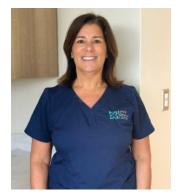
Dr. Andrew Noble



Melody Butlerellison



Dr. Jon Du Bois



Gina Clark



Janine Boylan



Chris Ma'at

Jessica Cook, RD







Fifth Floor Medical Oncology Unit (Night)



Dr. Jyoti Mohanty



Dr. Juan Gomez



Infusion Nurses



Justin Hawk



Malloree Migliore



Jen Christensen



Concierge



Fifth Floor Medical Oncology Unit (Day)



Dr. Patrick Tenbrink



Stephanie Garcia



Dr. Robert Biscup



Dr. Nichole Corry



Dr. Kenneth Fuquay



Julie Franklin



Sarah Mettille



Fourth Floor Telemetry



Surina Sood, RN



Fred Mollica, RN



Donor Relations Team





Dr. Paul Cofnas

Marie Weaver



Dr. Mark Corry



Dr. Yehuda Herschman



Outpatient Rehabilitation Team



Rose Murphy



Lina Tomei



Nicole Eraso, Melody Butlerellison, Angelia Palahunik, Chelsie Brice, Michelle Rodewald



Rivka Reznick, RN



MOM SQUAD GEAR GUIDE Perfect picks for a new mom's adventures

By Liza Grant Smith

What's Cooking

Create homemade baby food with ease using **Beaba**'s Neo Baby Food Maker Processor (\$260). Soft steam cooking preserves the most nutritional benefits of the food as a high-performance blade mixes according to age of the child. (*beaba.com*)



Bounce Back

Baby Bjorn's mesh bouncer (\$260) offers comforting rocking powered by baby and its lightweight composition makes it easy to transport from room to room. *(lexon-design.com)*

Strolling Along

pickle

pickle

Happy Gira's Aeronest Stroller (\$350) is on a roll with exceptional shock absorption, a spacious egg-shaped bassinet, and full coverage canopy. Plus, the one-piece molded spinal support seat provides baby with ergonomic back support for healthy posture. (happygira.com)



Clean-up Crew

One-hundred-percent cotton muslin makes these Little Unicorn bibs (\$20 for set of three) gentle on baby's skin and absorbent of mealtime messes. (littleunicorn.com)

Carry a Tune

BÉABA

This 100-percent cotton Zeitgeist Monogamy Carrier by **Artepoppe** (\$370) is newborn ready and offers multiple ergonomic positions and an adjustable neck cushion to promote support and healthy body development. Mom also benefits thanks to padded shoulder straps and an adjustable waistband aimed at comfort. (*artipoppe.com*)



Pump It Up

Whether at home or on the go, **Petunia Pickle Bottom**'s Prompt Pump Kit (\$59) allows busy moms to organize and store breast pump accessories. This comprehensive kit includes a pump storage tote, an insulated Cool Pixel to transport up to four bottles of milk, a zippered wet bag, and a packing pixel for additional accessories. (petunia.com)



See Worthy

Keep an eye on baby with the **Owlet** Cam 2 (\$130). HD video with night vision, 4x zoom, and two-way audio allow parents to remain connected while the Owlet Dream App tells when baby will likely need to go down for their next nap. (*owletcare.com*)



Roll Out The Welcome Mat

What's Shaking?

motor skills. (itzyritzy.com)

It's never too early to start getting their groove

have rattle beads in one and a jingle bell in the

learning hand-eye coordination and building

on. Itzy Ritzy's mini maracas (\$9 for set of two),

other, so baby can explore different sounds while

Tummy time is better than ever with the Wimmer Seek & Explore Tummy Time Mat (\$70) by **Manhattan Toy**. The double-sided padded playtime mat sports a pattern introduction to black-andwhite, high-contrast visuals on one side and nine high-contrast graphics on the other along with various fabric textures for babies to explore. *(manhattantoy.com)*



Protect baby's delicate head from the Florida sun with the **Miki Miette** bucket hat (\$24). Its reversibility mean that their fashion

statement can change while its protective nature stays intact. (*mikimiette.com*)

Sweet Dreams

Hat Trick

Eleven soothing sounds and endless color combinations allow **Nanit**'s Sound and Light machine (\$99) to deliver a calm sleep environment and more restful routines that are controlled from an app. (nanit.com)



Gnawing Feeling This pacifier clip from January Moon (\$52) doubles as a teether with chewable, silicone beads in fun colors, allowing little ones to hone fine motor skills and promoting independent play. (januarymoon.com)

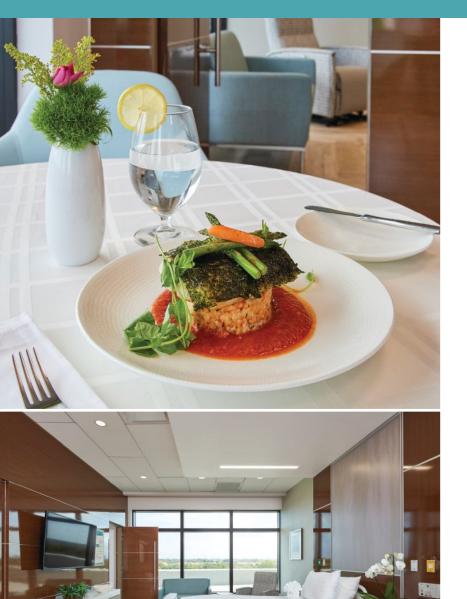
Sensitive Topic

Created by a mom as a solution to her own family's struggles with sensitive skin, **Tubby Todd** products are formulated with clean, gentle ingredients like the Baby Bundle (\$75) with lavender and rosemary body wash and lotion and fragrance-free eczema treatment and diaper paste. *Tubby Todd Bath Co. (tubbytodd.com)*

> Heat of the Moment Take the guesswork out of bath time with the **Dreambaby** Room and Bath Thermometer (\$17). This helpful tool gives accurate digital temperature readings that automatically update every 10 seconds and includes a red indicator light when the water is too hot. (dreambaby.com)

A Cool Breeze

With awesome multi-functionality as a playard, bassinet, and flip changer that can be opened or closed with a single motion, the Breeze Plus from **4moms** (\$300) will quickly become a new mommy's BF. (**4moms.com**)



HEALING AT ITS FINEST

Luxury Care That Feels Like Home

- 7 luxury suites 2 bed/2 bath or 2 bed/1 bath
- Privacy, comfort and high-end amenities
- Dedicated Concierge Staff
- Personalized meals prepared by an Executive Chef
- Located on the 5th floor with stunning views and an abundance of natural light





Learn More at jupitermed.com/Concierge and call 561-263-5885 for more information.

EVENT PHOTOS

FRENCHMAN'S CREEK COMMUNITY RECEPTION

October 28, 2024 Frenchman's Creek Beach & Country Club, Palm Beach Gardens



Dr. Jon Du Bois, Dr. Amit Rastogi, Dr. Patrick Tenbrink



Barbara and Peter Sidel, Burt Tansky



Gil Hollander, Bruce Fox



Dr. Amit Rastogi, Burt Tansky, Marti Krall



Freddy Schefren, Annette Schilling



Steve and Esther Gordon



Sandy Bob, Dr. Patrick Tenbrink



Carol Crane, Betsy Burnstein, Ruth Krall

EVENT PHOTOS

PALM BEACH RECEPTION November 14, 2024 Private Residence, Palm Beach



Mimi and Leroy McMakin



Nicki and David McDonald



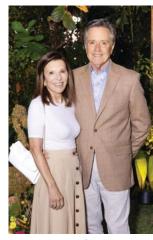
Billy Gilbane and Jeffrey Tousey



Lee and Jeff Alderton



Christina Murphy Pisa and Al Pisa



Lisa and John Cregan



Diana Wister, Mimi McMakin





Dr. Julian Berrocal, Dr. Michael Sabbah, David McDonald



Mimi McMakin, India Foster



Lee Alderton, Nicki McDonald



Billy Gilbane, Mimi McMakin



CHARITY GOLF CLASSIC PRE-TOURNAMENT PARTY WITH BRAD FAXON AND TOM FAZIO

November 16, 2024 Old Marsh Golf Club, Palm Beach Gardens



Betsy Smith, Justin Howard, Traci Simonsen, Ryan Smith, Aliya Howard



Peter and Sue Kamin, Cheryl and Doug Shamon



Fred Harkness, Joseph Jerkovich, George Bovenizer



Judy Godburn, Edwina Hansen



Roberta and Harvey Golub



Steve and Carolyn Haggerty



Jimmy and Ann Long, Peter Lund



Peter and Missy Crisp



David Waters, Carl Wright, Colleen Waters



Tom and Sue Fazio, Dory and Brad Faxon

EVENT PHOTOS

CHARITY GOLF CLASSIC November 18, 2024 Old Palm Golf Club, Palm Beach Gardens



Jim and Felicia Hinrichs, Tom Dyer, Steve and Carolyn Haggerty



Ryan Smith, Justin Howard, Justin Leonard, Sean Gardiner, Robert Sina



Jon Cross, Jeremy Sloane, Jason Dunham, Andrew Knight, Brandt Peaper



Bill Morton, Ryan Van Dyke, Brandon Matthews, Todd Watson, Ben Leaver



Melissa Simmons, Pat Eston, Robert Ford, Colleen Waters, Jennifer Fox



Bill Gilbane, John Bowen, Sean Dynse, Ted Gilbane, Joe Macaralle, Richard Johnson



Carl Wright, Harvey Golub, Leta Lindley, Vincent Crescenzi, John Seifert



Omar and Cathy Abboud, Bill Davis, Stephanie and John Greisch



Steve Eshelman, Hugh Elliott, Rick Whitfield, Rick Sirvaitis, Dr. Lee Fox



Tony Ruebsam, Jake Goss, Jennifer Ott, Brett Quigley, Ken Cates

CHARITY GOLF CLASSIC

November 18, 2024 The Park West Palm, West Palm Beach



Jayne and Tim Donahue, Dr. Amit Rastogi, Linda Edelman, Donna Perkins



Jim Seabury, Tom Fazio, Matt Cahill, Dr. K. Adam Lee, Gavin Fazio



Liz Gehl, Donna Coleman, Del Ponchuk, Sue Fazio, Diane Noujaim



Tom Joyce, Barry Davis, Darrell Kestner, Joe Petri, Pat Lepore



Malcolm Sina, Jason Stoss, Lee Stroever, Bryan Sina, Brendan Heslin



John Eulich, David Alldian, Joe Bostic, Greg Lentz, David Rohrer



Mike and Nancy Vespoli, Eric Veilleux, Mary and Paul Humenansky



Peter Kamin, Paul Bijou, Frank Bensel, Gerard Ciccio, Doug Shamon



Malcolm MacLeod, Remi Cribb, Andrew Brock, Steve Hart, Adrian Reed



Rick Helchemer, Paul Stockall, Fred Harkness, Stacy Stack, Merritt McDonough

EVENT PHOTOS

LIGHTHOUSE LEGACY SOCIETY LUNCHEON

December 3, 2024 Old Marsh Golf Club, Palm Beach Gardens



Jane Halsey Arango and Dr. Carlos Arango



Dr. Carole Hankin, Eileen Cummings



Curt and Terri Francisco



Jim and Mary Ross



Cynthia Altmansberger, Dr. Richard Altmansberger, Chester Zawadski, Diane Jeffery



Scott Pittenger, Noreen Louthan



Robert and Carole Hartless



Louise Brien Felcyn and Jim Felcyn



Carly and Klaus Lampmann



Marie and Lynda Zettel

LEADERS IN PHILANTHROPY

January 14, 2025 Pelican Club, Jupiter



Dr. Amit Rastogi, Louise Brien Felcyn and Jim Felcyn



Hugh and Nancy Elliot



Tim and Jayne Donahue, Traci Simonsen, Peter Lund



Lynn Bovenizer, Rick and Paula Jewett, George Bovenizer III



Scott and Monica Laurans, Lee and Jeffrey Alderton



Anne Marie Leahy and Katherine Pinard





Craig Washington, Babe Rizzuto



Charles and Sallie Grandi, Dr. Daniel and Mona Morello, Dr. Joel Lawler



Sheldon Schneider and Bobbi Bamberger



Peter Kamin, Donna DeMaio Bijou and Paul Bijou



Marty and Tesa Dytrych, Sal and Kim Tiano

EVENT PHOTOS

THE LOXAHATCHEE CLUB COMMUNITY RECEPTION

January 23, 2025 The Loxahatchee Club, Jupiter





Kathe Damman, Sally Bliss



Joe Jerkovich, Kathy Fisher, Rocco Maggiotto

Dr. Carole Hankin, Don Epelbaum



Lisa and Kurt Krass



Anne Marie and Lex Gamble



Susan and Butch Lenhard, Susan Rice, Elke Falkenberg



Michael and Linda Cruickshank



Peter and Judy Nance



Paula and Rick Jewett, Peter Lund



Robert and Thea Capazzi

LOST TREE CLUB COMMUNITY RECEPTION

January 28, 2025 Lost Tree Club, North Palm Beach



Joe and Ellen Wright



Harold and Cathy Finn, Nancy Martin and Charles McGill



Peggy Wolff and Charles Prince



Mary-Pat and Ted Northrup



Jillian and Robert Cleveland



Tom Cleveland and Charlotte Nau



Kevin and Lisa Connelly



Joan and Ed Barksdale, Leslie Bradford



Tom Woodbury, Nancy and Carl Kreitler, Kimberly Yeary



Douglas and Julie Brawn

EVENT PHOTOS



FRENCHMAN'S RESERVE CHECK PRESENTATION BENEFITING JUPITER MEDICAL CENTER'S GREATEST NEED

Front: Debbie Powell, Janet Sorell, Terri Kaufman, Laurie Bresnick Back: Traci Simonsen, Sam Kauman, Joan Gifford, Lorraine Lifton, Taylor Garris, Paul Mroz

JONATHAN'S LANDING LADIES' 9-HOLE GOLF ASSOCIATION CHECK PRESENTATION BENEFITING THE KRISTIN HOKE BREAST HEALTH PROGRAM

Linda Gilmore, Connie Lemon, Lauren Kenny, Lois Warner, Cheryl Barrett, Jean Orr, Julie Sonlin, Andrea Sacks, Traci Simonsen, Shella Moran, Orleen Wheatley, Carolyn McQuade, Heidi Raffone, Patricia Rowell, Helen Lucciola, Patty Coughlin



THE LOXAHATCHEE CLUB FRIENDS OF JUPITER MEDICAL CENTER TOURNAMENT CHECK PRESENTATION BENEFITING THE BARB AND JOE CHARLES CENTER FOR UROLOGY

Matt Lucchesi, Traci Simonsen, Dr. Amit Rastogi, Dan Myers



JUPITER MEDICAL CENTER DAY AT FRENCHMAN'S CREEK CHECK PRESENTATION BENEFITING THE PATIENT CARE TOWER

Front: Daniel Low, Lila Silver, Monica Pardo, Steve Gordon Back: Mike Morgan, Gil Hollander, Dr. Amit Rastogi, Traci Simonsen, Rocco Panzitta, Alyssa Riegel



Gift Shop



Positively impacting our community

The Jupiter Medical Center Auxiliary consists of over 425 dedicated volunteers from all backgrounds—students, professionals, and retirees—who are dedicated to making a meaningful impact. By offering their time and talents, our volunteers enhance the experience of our patients, community, and team members.

Since 1976, the Auxiliary has raised \$15.6M for Jupiter Medical Center. All funds raised at the Auxiliary's hospital Gift Shop and off-campus Thrift Shop support Jupiter Medical Center and the care our patients receive.

The Gift Shop offers a wide variety of thoughtful gifts, flowers, and seasonal items, perfect for brightening the day of a loved one during their hospital stay. We accept phone orders and provide free delivery to patients.

The Thrift Shop offers and accepts an ever-changing array of gently used and new items, such as clothing, shoes, handbags, luggage, household items, linens, furniture, toys, jewelry, artwork, sporting goods, bicycles, wheelchairs, walkers, and all holiday items. We invite you to donate items, volunteer, and shop for quality goods.



Learn more about the Auxiliary at jupitermed.com/careers/volunteering





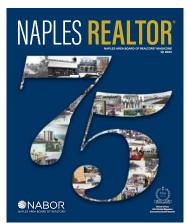


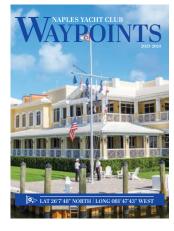














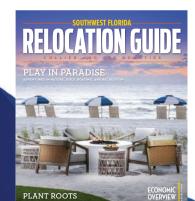




Pinnacle







VERVIEW



SETTING THE STANDARD

Palm Beach Media Group is a renowned publishing company with print publications representing a mix of proprietary titles and custom magazines, along with digital solutions, serving the entire state of Florida and more.





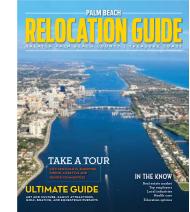
Cameron













PUBLISHER OF:

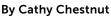
Naples Illustrated Naples Charity Register Palm Beach Illustrated Palm Beach Charity Register Naples Realtor Magazine Palm Beach Relocation Guide Vero Beach Magazine Jupiter Magazine 5th Avenue South: 5th Avenue South Business Improvement District Aventura Magazine Naples 100 Stuart Magazine Florida Design Sarasota Palm Beach 100 Pinnacle: Jupiter Medical Center Foundation Vero Beach Magazine: Vero Beach Handbook art&culture: Cultural Council for Palm Beach County Time and Treasure: Guide to Better Giving Florida Design Southwest Florida Relocation Guide Florida Design Miami Edition Florida Design Annual Sourcebook Florida Design Naples Edition Club Braman Magazine Advances: Tampa General Hospital Naples on the Gulf: Greater Naples Chamber





At Your Service

JMC's Tansky Concierge Suites envelop patients in a luxurious, healing environment





Jupiter Medical Center's Tansky Concierge Suites are designed to blend an advanced care environment with a level of comfort expected in a high-end resort.

Patients recuperating in one of the Tansky Concierge Suites enjoy premium amenities on the top floor of one of JMC's patient towers. The private, two-bedroom suites were supported by Palm Beach Gardens residents Rita and Burt Tansky, long-time JMC Foundation donors. As the former chairman, president, and CEO of the Neiman Marcus Group and Bergdorf Goodman, Tansky earned the moniker "Mr. Luxury" for his intimate understanding and professional command of impeccable service, luxury goods, and curated elegance.

"It's always been about enhancing the patient experience for Burt," says JMC Foundation Concierge Services & Donor Relations Executive Director Jamie Taylor. Burt even attended a specialized customer service training with the concierge team, provided by a former Ritz-Carlton consultant, who

was hired to train the staff when it opened in 2020 to ensure flawless service.

The Tanskys "were involved with every detail. Rita and Burt felt the linens, tested the toiletries, and picked the artwork—every detail," Taylor says.

Amenities at the Tansky Concierge Suites include menus tailored by an internationally trained executive chef for patients and their guests; deluxe L'Occitane toiletries; Frette luxury Italian linens, bathrobes, and slippers; a mini refrigerator; an in-room safe;





and a 24-hour pantry with gourmet snacks.

Tansky Concierge Suites is staffed with critical care nurses and can accommodate most patients except for labor and delivery and orthopedic patients with total joint replacements to ensure they remain with highly specialized staff to meet their clinical needs. Patients may be admitted to the suites directly, through the emergency department, from the post-anesthesia care unit following surgery, or as an in-house transfer.

As the only hospital concierge unit in Northern Palm Beach County and one of only three programs open to non-donors in the county, Taylor says, "it's a sought-after place for healing and recovery for patients and their families." **«**

> In loving memory of Burton "Burt" Tansky (1938-2025)

Patients interested in the Tansky Concierge Suites can call the concierge coordinator at 561-263-4585 or inquire during the admission process.

Access comprehensive pediatric healthcare

in your neighborhood

We offer appointments with board-certified pediatric specialists, diagnostic and imaging services, rehabilitation and walk-in urgent care.

Locations in:

- Boynton Beach
- Palm Beach Gardens*
- Palm City
- Wellington

* Walk-in urgent care for minor injuries and illnesses is offered at this location.

Services vary by location. To learn more, please visit nicklauschildrens.org/PalmBeachCounty



Where Your Child Matters Most™

The only children's health system in South Florida.

VINCE MAROTTA ONE OF THE TOP REALTORS IN FLORIDA

561.847.5700 LOCAL LUXURY EXPERT VINCE MAROTTA





#1 PRODUCER FOR ILLUSTRATED PROPERTIES IN 2019, 2020, 2021, 2022, 2023 & 2024