

INSIDE DEBORAH®

News and stories from New Jersey's #1 hospital

Pamela Lee,
Deborah patient

Abbot Lee,
Husband of Deborah Patient



CREATING MEMORIES
THAT WILL LAST A
LIFETIME





**The #1 Hospital in the
State of New Jersey**

Deborah Foundation
212 Trenton Road
Brown Mills, NJ 08015
609-893-0100
www.deborahfoundation.org

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MESSAGE FROM OUR **PRESIDENT & CEO**

Welcome to the Spring issue of *Inside Deborah* magazine!

It is always a pleasure to share news with our dedicated donors and volunteers about the latest medical innovations at Deborah which your gifts help support. This issue includes the EchoPixel True 3D, a state-of-the-art virtual reality device that offers our clinical specialists the ability to see and interact with medical images as though they were real 3-dimensional physical objects. This technology allows the physician to even more precisely determine the size and placement of valves, stents, and other implantable cardiac devices based on the patient's true anatomy. The EchoPixel True 3D is yet another tool in our high-tech arsenal that showcases Deborah as a regional center of excellence.

I am also privileged to share with you that Deborah has been recognized as a "50 Top Cardiovascular Hospital for 2017" by Truven Health Analytics™, an IBM Company. This rating by one of the most respected, national rating organizations, is based on a strict set of scientific analytics and methodologies. It underscores the high quality of care provided at the Hospital, as well as our cost-effective way of delivering this care. Deborah is the only academic hospital to receive this honor and we are one of only 3 hospitals in the New Jersey, New York and Pennsylvania area to receive this distinction. We are exceptionally proud of this achievement.

Each February, we celebrate Women's Heart Month. In this issue, you will meet several remarkable women, including a patient and several volunteers, who are part of the Deborah family. We are also pleased to provide a few tips to encourage women to stay active and healthy. Additionally included is a bit of Deborah's groundbreaking research that has the potential to change the future of how cardiac care is delivered and is specifically tailored to women. Differences in anatomy, including height and weight, the size of a woman's internal cardiac and vascular systems, and other gender-based differences such as menopause are highlighting the need for practitioners to adapt their care, diagnoses, and interventions. Our research trials are still underway, but it is becoming increasingly obvious that guidelines and recommendations are likely to change, based in part by the innovative work performed here at Deborah and our research partners nationwide. It is quite an exciting project and we are looking forward to sharing results that will greatly benefit our female patients.

Many thanks to you for your ongoing support of both the advanced work of the Hospital and Deborah's compassionate mission of care. Enjoy the magazine!

In Health,






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TABLE OF CONTENTS

You Can Change the World	4-5
Deborah Receives Freeholders' Proclamation	5
10 Big Questions	6-7
5,816 Days... and Counting!	8-9
The Women of Deborah Memorable Moments	10
Sharing the Fountain of Youth	11
New Deborah Innovations	12-13
7th Annual Women's Health Expo	14-15
Make Better Food Choices	16-17
2016 Annual Report	18-23

Deborah – One of the Country's Top 50 Cardiac Centers

Our patients and their families know how fantastic the care at Deborah is, and now, one of the most respected organizations – Truven Health Analytics™ an IBM Company – has named Deborah as one of the nation's "50 Top Cardiovascular Hospitals, 2017".

This distinction puts Deborah among the very best in the country. Deborah was the ONLY hospital named as a Top 50 cardiac center in NJ. The study is now in its 18th year, and this is the second time in five years that Deborah has received this honor.

Based on Facts

The Truven Health Top Hospitals study uses rigorous processes in calculating and measuring hospital service lines and leverages industry-leading, risk-adjusted methodologies developed and maintained by Truven's scientists over many years. It is widely regarded as the leading program for evaluating leadership impact in a hospital, as well as for evaluating quality indicators and efficiencies.

What this means, is that the "Top 50" rating is based on facts and science, and is a fair measure of all Hospitals across the country. The Truven analytic model offers an unbiased perspective of these organizations, and its rating system creates a uniform way to compare hospitals.

What's Included

The "Top 50" distinction is based on performance measurements and

data gathered from 2015 Medicare Provider Analysis and Review, 2015 Medicare cost reports, and 2016 second-quarter data from CMS Hospital Compare data. Key areas included:

- * risk-adjusted mortality
- * risk-adjusted complications
- * core measures, a group that includes process of care
- * percentage of coronary bypass patients with internal mammary artery use
- * 30-day mortality rates
- * 30-day readmission rates
- * severity-adjusted average length of stay
- * wage-and-severity-adjusted average cost

The Take-Away

When you come to Deborah, you can trust that you are receiving top-of-the-line care, provided in a cost-effective, safe, and timely fashion. The study notes that if all hospitals performed at the same level as Deborah:

- * Nearly 9,000 additional lives could be saved
- * Nearly 6,000 more heart patients could be complication-free
- * More than \$1.4 billion could be saved

That's pretty good news for patients who Demand Deborah!



MESSAGE FROM THE
CHIEF DEVELOPMENT OFFICER



YOU CAN CHANGE THE WORLD

by Steve Toal

“A hundred years from now it won’t matter what your bank account was, the sort of house you lived in or the kind of car you drove...but the world may be a better place because you made a difference in someone’s life.”

As we put together the 2016 Annual Report (see page 18), I found myself in awe over the number of donors that support Deborah Hospital Foundation and the far-reaching impact every donation has. Each gift has great significance to the donor, the Foundation, but most

importantly to the patients whose lives are forever changed.

Donors are motivated in a variety of ways. Some love and support Deborah’s philosophy of never issuing a bill to a patient, a tradition that has endured for 95 years. Others are impressed with Deborah’s specialties and unprecedented medical outcomes. Others support our beloved organization because they themselves, or someone close to them, benefited directly from our medical expertise. Whatever

the motivation, the common thread that binds our donors together is the desire to make a difference.

There are only a rare few in this world blessed with the temperament, skill set and opportunity to pursue a medical career that changes lives through innovative procedures and treatments. But deep down, all of us, given the opportunity, want to make a noteworthy difference in this world. By making a contribution to Deborah Hospital Foundation you are one step closer to fulfilling your

personal philanthropic mission. More importantly, you will be making a positive and profound difference in someone's life.

Think back in your own life to someone you cared for deeply who passed away well before their time. Imagine what their life could have included...along with more time with them. Think of the additional years of accomplishments, joy, family gatherings, celebrations, anniversaries and other milestones they could have experienced. Now try to put a price on that? You can't. But by making a gift to Deborah, you can provide the precious gift of time to someone else and help change

their world...our world.

Your generosity will provide someone with the "priceless gift" of extended time with their loved ones and family. It is difficult to comprehend the magnitude and "ripple" effect your gift will have on a particular person and all those who interact with them. Our cover story in this issue speaks directly to this point (see page 8). Through collective gifts from thoughtful individuals like you, Pam Lee was given the gift of time 16 years ago. That's 5,816 days (and counting)... she has enjoyed with her husband and two children. What a gift "we" have given them!

I hope you will please give

generously, to Deborah Hospital Foundation, so you can continue playing a big role in changing our world.

Take time to enjoy all the "new life" that surrounds you this Spring!



For more specific information on how to make a gift to Deborah Hospital Foundation please call 609-893-0100.

Deborah Receives Freeholders' Proclamation

In November 2016, during Lung Month, Deborah's Pulmonary Medicine Department received a Proclamation from the Burlington County Board of Chosen Freeholders for their outreach efforts during the Great American Smoke-out. From left: Former Freeholder Director Mary Ann O'Brien; Andrew Martin, MD, Chair, Deborah's Pulmonary Medicine Department; Christine Carlson-Glazer, Deborah's Government Relations Liaison; and Holly Funkhouser Cucuzzella, DrPH, MCHES, HO, Director



10 BIG QUESTIONS

on Fitness, Food and Life





RITA ZENNA, MSA, RN, CPHQ
VICE PRESIDENT, PATIENT CARE SERVICES

1. What do you do to keep yourself physically fit? Walk
2. What is the healthy side of your diet? No sugar, low carb
3. Coffee or Tea? Coffee
4. What is the one thing you do to remain healthy? Drink lots of water
5. Woman to woman, what health advice would you give to your 20-year-old self? Exercise regularly
6. Burgers or Hotdogs? Burger
7. Wine or Beer? Wine
8. How do you relax? Sit by the water/beach
9. Books or movies? Books
10. Diet wise, what is your one guilty pleasure? French fries



PENNY CAPPUCCINO, FNS
CLINICAL NUTRITION MANAGER

1. What do you do to keep yourself physically fit? Exercise regularly – minimum 3x/week. Goal is at least 5 servings fruits/vegetables per day
2. What is the healthy side of your diet? Inclusion of fruits and vegetables daily. Don't always make my goal of 5 servings, but try. I prefer low-fat milk and cheese
3. Coffee or Tea? Both
4. What is the one thing you do to remain healthy? I would say exercise, however, there cannot really be one thing. Diet and exercise would have to go hand-in-hand
5. Woman to woman, what health advice would you give to your 20-year-old self? Would have liked to start regular yoga practice earlier. For me, a regular exercise program minimum 3x/week, strengthening + aerobics, really works
6. Burgers or Hotdogs? Burgers
7. Wine or Beer? Beer
8. How do you relax? Yoga, meditation and enough sleep
9. Books or movies? Both
10. Diet wise, what is your one guilty pleasure? Dark chocolate



RENEE BULLOCK-PALMER, MD,
FACC, FASNC, FASE, FSCCT
DIRECTOR, WOMEN'S HEART CENTER

1. What do you do to keep yourself physically fit? Boxing and kickboxing
2. What is the healthy side of your diet? A bowl of oatmeal mixed with almonds, raspberries, blueberries, blackberries, cranberries and raisins every morning
3. Coffee or Tea? Coffee
4. What is the one thing you do to remain healthy? Exercise.
5. Woman to woman, what health advice would you give to your 20-year-old self? Going with your heart and not your emotions
6. Burgers or Hotdogs? Neither
7. Wine or Beer? Wine
8. How do you relax? Listen to music and calisthenics
9. Books or movies? Movies
10. Diet wise, what is your one guilty pleasure? Don't really have any, occasionally some sweet piece of pastry



5,816 DAYS... *and* COUNTING!

What a difference a day makes...
What a difference 5,816 days can make!

“My cardiologist told me if I don’t have valve replacement surgery, I won’t be around very much longer. When you are a young mother of two and hear something like that... it tends to get your attention,” recalled Pam Lee speaking about her situation back in 2000.

Pam was born with a congenital heart defect and never had any

symptoms until she was a mature adult. “I played sports. In fact, I was a tomboy as a kid, and never had any problems related to my heart until my mid-forties. Then I began to notice I would have shortness of breath when pushing a heavy grocery cart or climbing a flight of stairs. At that point, I knew I needed to do something.”

As Pam and her husband Abbott learned, deciding to have major open heart surgery is a difficult decision. Selecting a surgeon and hospital can be even more challenging. “We were very much aware of Deborah’s incredible mission since my mother was an active volunteer as a Deborah fundraising chapter member in the 1950s,” said Abbott. But it was Deborah’s legendary care and impeccable reputation in the medical community which made their decision an easy one. “My cardiologist said there are only two places in the entire country he would go for this surgery if he needed it, and Deborah was one of them. So we chose Deborah,” said Pam, who had a mechanical valve implanted in her heart in December of 2000.

At Deborah Heart and Lung Center our caregivers repair more



Pam and her husband Abbott live in Chatsworth, NJ, where Abbott's family has farmed cranberries since the 1860's. Today, Abbott is the owner of Integrity Propagation, which provides plant material for cranberry growers across the United States and Canada.

than just hearts and lungs. Marriages are extended, lives are restored and additional family memories are made possible. Pam's story is yet another example of Deborah's extraordinary impact on those who benefit from our expert care. As a result of our philosophy of caring, Deborah is ranked Number One in patient satisfaction in the state of New Jersey and in the top 2% of all hospitals nationwide.

Surgeries like Pam's put a strain on the whole family. The Lees' son, Jeremiah, who was 16 at the time, recalls the ordeal. "My sister Rebekah and I didn't fully understand what exactly was going on medically, but we do remember that it was a stressful and scary time. Deborah's family-oriented culture makes a big difference on not just the patients but family members as well. That caring culture is obvious and very

reassuring. You feel when you arrive at Deborah that everything is going to be okay," says Abbott.

Since her valve replacement in 2000 Pam, now 68, has also had a pacemaker implanted, and required a few other short stays at Deborah, yet Pam and Abbott continue to enjoy an active lifestyle. The Lees credit Deborah with providing them the opportunity to have celebrated so many of life's most cherished moments together. As a family, they have celebrated and enjoyed; the day their children graduated high school and college, the days they watched Rebekah graduate medical school and when Jeremiah received his master's degree, the 17 additional wedding anniversaries, countless family dinners, vacations and all the very special sights and sounds the world has to offer. "None of which would have been possible without Deborah," notes Pam.

Like thousands of other families, the Lees' 'Deborah Story' is a happy one. Due to their own personal experiences and the fact that in 95 years Deborah has never issued a bill to a patient, Pam and Abbott have become loyal supporters of Deborah Hospital Foundation. Through the generosity of the Lees and many other grateful individuals, Deborah's altruistic mission continues to positively impact the lives of families throughout the country.

"In today's world, it is wonderful to know there is a place like Deborah where people can go and get the expert medical help that they need," said Pam. "We have been blessed with the gift of more time together, how can you put a price on that? This is precisely why we are so supportive."

Here's to the next 5,816 days, Pam!

THE WOMEN OF DEBORAH MEMORABLE MOMENTS

Deborah sees thousands of patients a year and each has a unique story. Here is a sampling of some of the women Deborah has recently seen and treated, and some of these memorable moments of how Deborah has touched their lives.



Name: Margaret "Peg"
Minnefor, 77

Hometown:
Spring Lake, NJ

Physician:
Paul Burns, MD

Medical Story:

Peg had open heart surgery nine years ago, and needed another surgery to correct an aortic valve problem. Heart disease runs in Peg's family, with eight aunts and uncles dying of heart attacks, and two of her own five children diagnosed with cardiovascular issues. Last year Peg had a TAVR (Trans-catheter Aortic Valve Replacement) in Deborah's Hybrid Operating Room.

Best Moments & Memories:

"Having a successful surgery doesn't just impact one person's life, it impacts many others. Because I lived, especially after my husband's death, I was able to help my youngest son through law school, see the birth of my Jewish grandson Jacob – a blessing for our ecumenical family – and enjoy the birth of my granddaughter Sarah, the first girl born in our family in 53 years! After my first heart surgery I took up crocheting and in the last nine years I've crocheted 43 afghans for family, friends, babies, wounded soldiers, and doctors. I was able to do this because Dr. Burns with his skill, expertise, and compassion saved my life not only once, but twice. Because of him I'm still living a productive life, doing more than crocheting, and I'm very grateful."



Name: Faye Bopp, 67

Hometown: Whiting, NJ

Physicians: Jenine Vecchio, MD; Kane Chang, MD;
Renee Bullock-Palmer, MD

Medical Story: Faye has been coming to Deborah for years to see her endocrinologist, Dr. Vecchio. A few years ago when she was having dizzy spells Dr. Chang did surgery to clear a blockage in her carotid artery. Last year, however, during her volunteer service painting patriotic murals at the rec center on Joint Base McGuire-Dix-Lakehurst, Faye became dizzy and had pains lifting her arm. Although initial testing did not show a problem, Dr. Bullock-Palmer's persistence in delving into Faye's condition finally uncovered two more neck blockages, for which Dr. Chang performed additional successful surgeries.

Best Moments & Memories: "I cannot say enough great things about Deborah and Dr. Palmer. This was a fluke, and if it hadn't been for her and her sense that there was a problem, I might have had a stroke! I am so thankful. I am back at the rec center and just did a mural with hearts for service members throwing kisses. Great to be back in my life!"



Name: Christina Maccanico, 45

Hometown: Brick, NJ

Physician: Raffaele Corbisiero, MD

Medical Story: Christina (and mother of five) was working at a terrific job, when six years ago she started passing out at work. She went to a cardiologist who referred her to Deborah, and she began treatment for POTS (Postural Orthostatic Tachycardia Syndrome). Her medication worked for a while, but then Christina's condition worsened and in 2014 she received a pacemaker. She again required additional treatment, and in 2015 she received an ablation, which offered some temporary relief. Finally last July (just in time for her August wedding!), Dr. Corbisiero performed a more complex supraventricular tachycardia ablation.

Best Moments & Memories: "I feel so much better now. I am so thankful that I made it to the wedding. And, I am able to be around for my kids, and my 3-year-old grandson. I need to be well for them. I am very thankful to Deborah – Dr. Corbisiero – and everyone at the Pacer Clinic."



SHARING THE FOUNTAIN OF YOUTH

A Deborah Volunteer Spills Her Secrets

Chatting with Elizabeth Ann “Tommie” Goodman, her soft-spoken feistiness carefully masks her age. At 95, her wit, humor, and quiet modesty portray a woman decades younger. Her very presence is an inspiration for successful aging.

The key to gracefully growing old?

“Keeping busy!” she declares.

Part of that “keeping busy” – in addition to quilting, crocheting, gardening, cooking, cleaning her two-bedroom, two-bath home in Whiting, keeping up with her three children, six grandchildren, and great-grandchildren, as well as a full social calendar with her church, St. Elizabeth Ann Seton – is volunteering at Deborah. For decades

she has been an integral member of Deborah’s volunteer corps, putting time and energy into helping both the Foundation and Hospital, and building lifetime friendships along the way.

Discovering Deborah

Tommie – who earned her nickname as a young child from being a tomboy and also from her early love of the book “Tom Cat,” given to her when she had an appendectomy at 7 years old – did not discover Deborah until after retirement, when she and her husband of 49 years, Art, relocated from Saddle Brook to Whiting in 1980. One day, Art needed cardiac care, and as Tommie followed in the ambulance from her local emergency

department, she recalls thinking, “Deborah? What is that? Where is that?” I had never heard of it.

It wasn’t long before Tommie knew all about Deborah and its mission of compassionate care. A hard worker all her life – from her post-high-school job applying special radium paint on the dials of airplanes at an assembly plant in Teterboro, to her subsequent marriage and transition to full-time mother and homemaker—she knew volunteering was an important next step for her.

“There was a tremendous need for volunteers when I first started,” she remembers, as she joined the legendary legions of volunteers who have shaped Deborah’s unique regional community niche.

Reaping the Rewards

“I really like helping someone else, “whether it’s a patient or an employee, it has been a wonderful experience over the years, and has given me a great sense of satisfaction. I have enjoyed every moment I have volunteered.”

Tommie has also made cherished, lifelong friends.

“I have been blessed with good health. I know people younger than me who are full of aches and pains, but I keep going along every day.”

Still driving at 95, Tommie loves her mobility and dreads a future without it. “I hope I go before my car goes,” she jokes.

“The secret to long life is to keep busy. I don’t have time to sit around. And part of that keeping busy is volunteering at Deborah. I tell everyone I know to do it!”

If you are interested in being a Deborah Red Coat Volunteer, please contact Cyndy Kornfeld, Director, Volunteer Services at 609-893-1200 ext. 8102 or at ckornfeld@deborahfoundation.org.

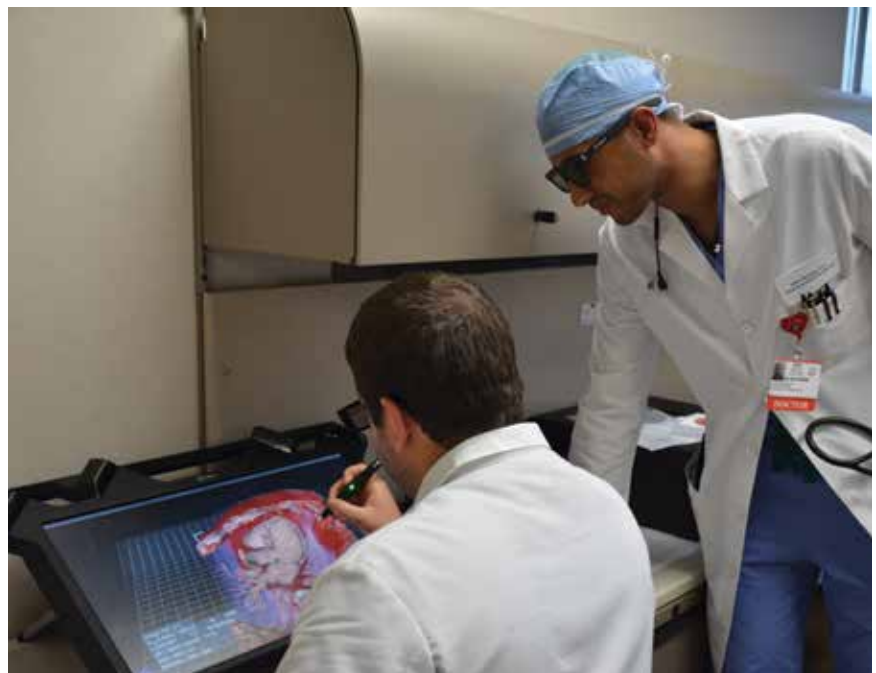
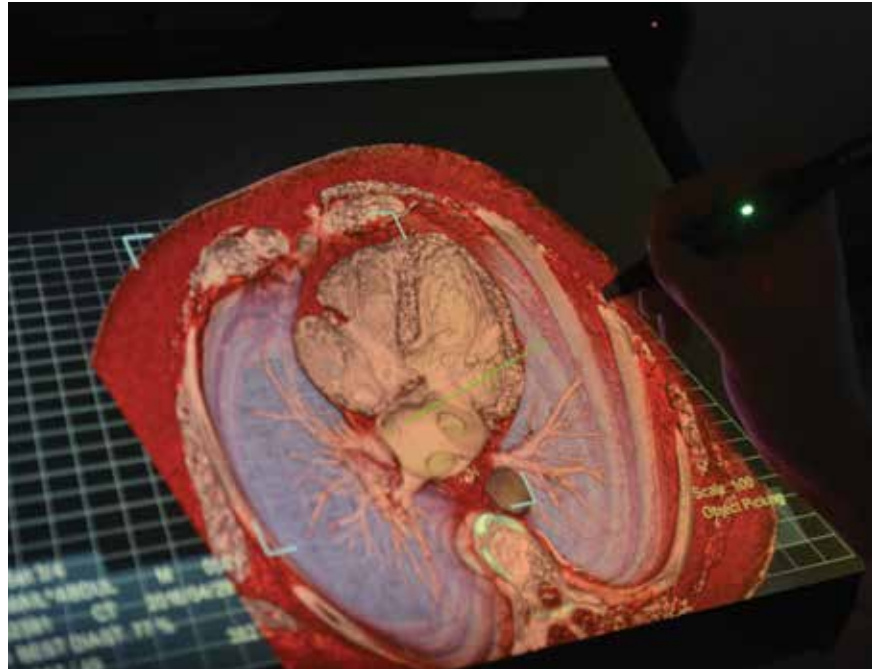
NEW DEBORAH INNOVATIONS

Technology, research, education, skilled specialists – all part of Deborah’s cutting-edge arsenal that distinguishes the Hospital as a national leader in breakthrough treatments and techniques. Here’s a sampling of recent innovations funded – in part – by grants and donations provided by many of our generous donors who, recognize the value of supporting transformative medicine.

TOMORROW’S TECHNOLOGY – HERE TODAY!

EchoPixel True 3D

Deborah, known for complex surgeries and minimally-invasive procedures, has introduced the EchoPixel True 3D Imaging System. Working in tandem with the Hospital’s current, high-tech CT and Echo 3D capabilities, the EchoPixel system, with its special virtual reality HP display and sophisticated True 3D interactive Virtual Reality software, provides additional detailed, 3D imagery of a patient’s anatomy used during a procedure’s planning phase. These images allow for precise measurements used in exact sizing of stents and valves, as well as creating images that allow for virtual manipulation and fine-tuning of device placements (like WATCHMAN) during “dry runs” prior to a procedure. This is especially helpful for patients with complex anatomy, also for the Hospital’s Fellows, who have a hands-on opportunity for training on virtual device implantation.





“We are excited to be among the first in the county to be using this technology.”

– Richard Kovach, MD,
Division Director,
Interventional Cardiology

**LEADERSHIP INITIATIVE
– NEW PATHS TO
SAVING LIVES**

**Million Hearts® Cardiovascular
Disease Risk Reduction Model**

The Centers for Medicare & Medicaid Services and CDC have selected Deborah as one of the national sites participating in a new health initiative – the Million Hearts® Cardiovascular Disease Risk Reduction Model. This trend-setting program is designed to

decrease cardiovascular disease risk by assessing an individual patient’s risk for heart attack or stroke and applying prevention interventions. The goal is to prevent one million heart attacks and strokes by 2017.

**EDUCATION & RESEARCH –
SHARING NEW SOLUTIONS**

Forefront for Women’s Care

Deborah’s sponsored CME conference on The Role of Cardiac Imaging in the Management of Cardiac Disease in the Female Patient brought together leading specialists who provided comprehensive updates of particular importance to women, including important new guidelines from the American Society of Echocardiography.

Top-Tier Research

Raffaele Corbisiero, MD, and Pedram Kazemian, MD’s article “Less is More” — based on research conducted at Deborah — looked at hospitalization costs and event rates with Quadripolar versus Bipolar CRT-D systems. Published in both the *Pacing*

and *Clinical Electrophysiology Journal* and the *Journal of Interventional Cardiac Electrophysiology*, the research demonstrated that patients with quad leads have lower post-implant heart failure hospitalization rates and reduced medical costs, than those with implanted bipolar leads.

International Leader

Richard Kovach, MD, traveled to China and performed percutaneous rotational coronary angioplasty at Tianjian Chest Hospital and Hebei No. 2 Provincial Hospital, and demonstrated coronary laser atherectomy at Anjen Hospital, providing valuable instruction in single-operator use of these devices, which are new to China. Dr. Kovach also lectured at two major cardiovascular meetings in Beijing and Shanghai.





7TH ANNUAL WOMEN'S HEALTH EXPO



Deborah Heart and Lung Center and Deborah Hospital Foundation hosted their 7th Annual Women's Health EXPO on the first Saturday in February, in conjunction with the American Heart Association's Wear Red Day campaign, to raise awareness of heart health in woman.

Over 1,400 women came out and participated in the extensive screenings available including a full lipid panel, blood pressure, body mass index, pulmonary function tests, sleep apnea, balance, and peripheral arterial disease assessments, as well as a variety of other health-related services including wound care, bariatrics, pharmacy, asthma, and lung cancer.

The physicians from Deborah's Women's Heart Center, under the direction of Renee Bullock-Palmer, MD, were on hand to provide one-on-one counseling to the attendees and share key information and evaluation of test results and offer tips to remain heart healthy.

Vendors and specialty participants offered a wide-range of activities including make-overs, massages, hair-dos, yoga, personalized exercise plans, and a sampling of heart-healthy cooking.

The EXPO was made possible in part from event sponsors:

- *The Freed Foundation*
- *Boston Scientific*
- *Jansen Pharmaceuticals*
- *Wawa Corporation*

Additional support was provided by:

- *Acacia Hospice*
- *Aspen Hills Healthcare Center*
- *Bayada Home Health Care*
- *bGood*
- *Chick-fil-A*
- *Genesis Healthcare*
- *Hampton Behavioral Health Center*
- *HealthSouth Rehabilitation Hospital of Toms River*
- *Holy Redeemer*
- *Horizon Connect of New Jersey*
- *Institute of Complementary and Alternative Medicine*
- *Masonic Village at Burlington, NJ*
- *Moorestown Visiting Nurses & Hospice*
- *Mobile Physician Group*
- *New Jersey Department of Children and Family*
- *Personally Yours*
- *Origami Owl*
- *Shop-Rite*



MAKE BETTER FOOD CHOICES

10 Tips for Women's Health

Make yourself a priority and take time to care for yourself. **ChooseMyPlate.gov** helps you choose the types and amounts of food and beverages you need. And—make time to be physically active, so you can do the things you want to do.



1

Find Out What You Need

Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. SuperTracker provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at www.SuperTracker.usda.gov.

2

Enjoy Your Food But Eat Less

Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

3

Strengthen Your Bones

Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.

4

Make Half Your Plate Fruits and Vegetables

Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.

5

Drink Water

Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

6

Eat Whole Grains More Often

Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.

7

Learn What is in Foods

Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's Food-A-Pedia makes it easy to compare nutrition information for more than 8,000 foods.

8

Cut Back on Some Foods

Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

9

Be a Better Cook

Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

10

Be Active Whenever You Can

Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle-strengthening activities twice a week.

Go to www.ChooseMyPlate.gov for more information.

DEBORAH HOSPITAL FOUNDATION FINANCIAL HIGHLIGHTS 2016

Information is based on 2016 unaudited financial data.

Total Revenues and Contributions Received by
Deborah Hospital Foundation

\$13,963,500

Total Program Support Provided to
Deborah Heart and Lung Center

\$11,915,110

Management, Administrative & Fundraising Expenses

\$1,284,410

2016 DEBORAH HEART AND LUNG CENTER STATISTICAL HIGHLIGHTS

ADMISSIONS
(Patients):



3,752

OUTPATIENT
(Visits):



74,719

AVERAGE LENGTH
OF STAY (days):



5.3

3,726

CARDIAC CATHETERIZATIONS

- Interventional: 1,927
- Diagnostic: 1,799

1,438

CARDIAC ELECTROPHYSIOLOGY

- Ablations: 651
- Pacemakers: 412
- Defibrillators: 375

1,662

SPECIAL PROCEDURES

- Vascular: 809
- Open Heart: 473
- Other: 333
- Pulmonary: 47

2016 HONOR ROLL OF DONORS

INDIVIDUALS

\$50,000+

Ms. Betty J. Alvord
Ms. Dorothea Arnold
Ms. Ann Aurich
Mrs. Dorothy Caspar
Ms. Helen Egan
Ms. Bella Frutkin
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\$10,000 - \$49,999

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INSIDE DEBORAH®

is a publication produced by the Deborah Hospital Foundation:

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