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Join to grow professionally and network with your peers at UF Health.

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Removing a Rare Brain Tumor

A patient undergoes life-threatening surgery to remove a rare brain tumor.

REFLECTING ON A GREAT YEAR

As we near the end of 2022, it's a good time to reflect on this past year and look to the future. I'm incredibly proud of what our enterprise has accomplished this year. From a groundbreaking to new locations opening, we have taken added steps toward expanding our footprint across Northeast Florida.

Earlier this year, UF Health Jacksonville leaders and executives gathered to break ground on the second inpatient hospital tower at UF Health North. The new tower will include six floors and 124 patient rooms, with two of those floors dedicated to patients who require acute physical therapy.

In November, we celebrated the opening of UF Health East with a ribbon-cutting event. The new medical office, located off Kernan Blvd. at J. Turner Butler Blvd., offers multispecialty services, including an outpatient surgery center and an MRI.

Lastly, we recently held an open house for our new UF Health Deerwood Park location. This facility is convenient to Gate Parkway and St. Johns Town Center, and it also offers multispecialty services that include cardiology, internal medicine, ophthalmology and more.

These successes are a great way to end the year, and it doesn't stop there. We are kicking off 2023 with the openings of our three new hybrid emergency and urgent care centers. UF Health Emergency & Urgent Care Centers will have a full-service emergency department open 24 hours a day and an urgent care open in the same building seven days a week. The new locations will be on New Kings Road near Dunn Avenue on the Northside, on Lane Avenue south of I-10 on the Westside, and near Baymeadows Road East just off I-295. Stay tuned for more information on these locations.

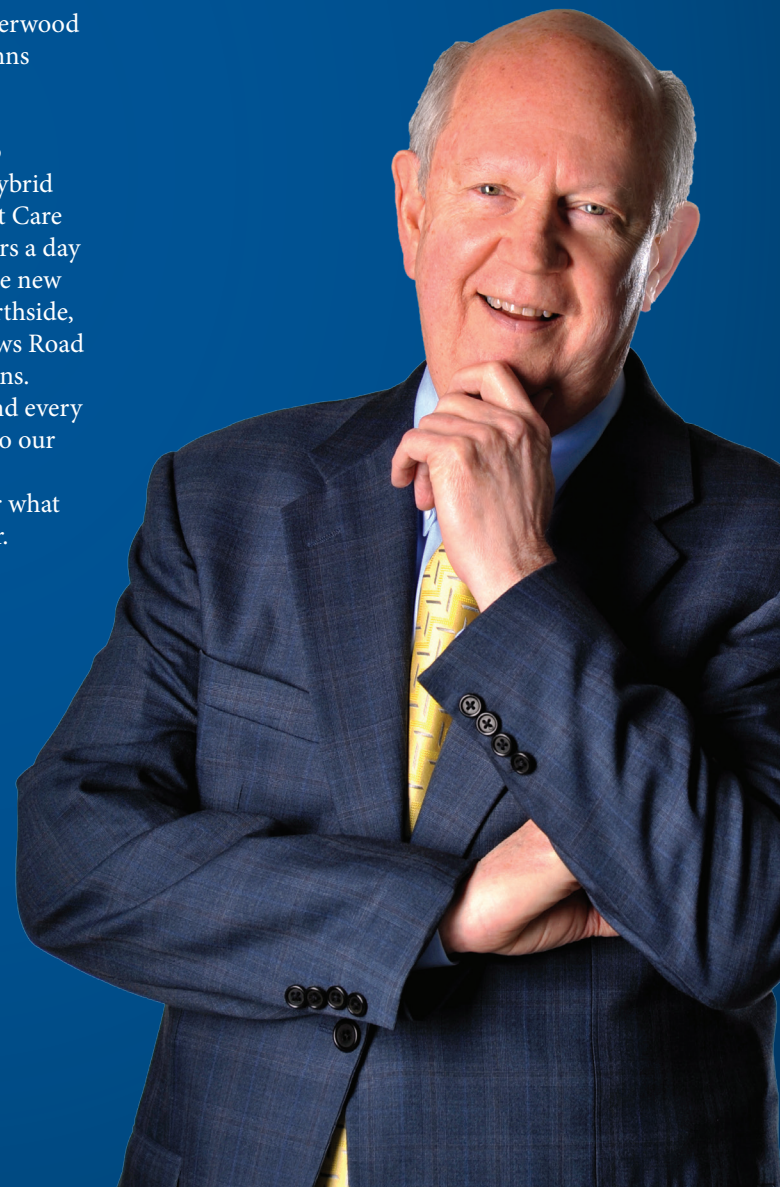
This is a just a glimpse of what we have accomplished, but each and every day, you make a difference with the life-changing care you provide to our patients and their families.

It is an honor and a privilege to serve as your CEO. Thank you for what you do, and I wish you joy this holiday season and a happy new year.

Sincerely,



Russell E. Armistead, MBA
CEO, UF Health Jacksonville



YOUNG PROFESSIONALS EMPLOYEE RESOURCE GROUP

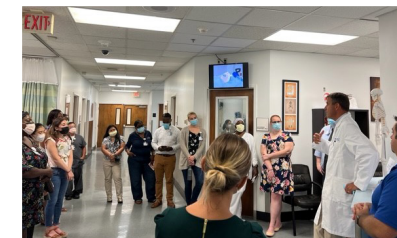
Are you interested in connecting with other young professionals at UF Health and getting more involved in the local community? Join the Young Professionals Employee Resource Group, or ERG. The mission of the Young Professionals ERG is to foster the growth and development of young professionals while building and strengthening networks across generations.

The Young Professionals ERG is inclusive of staff at UF Health Jacksonville, UF Jacksonville Physicians Inc., the UF College of Medicine – Jacksonville and the UF Health Proton Therapy Institute. Staff from all organizational levels are welcome at the monthly meetings, which take place on the fourth Friday of each month from 12 to 1 p.m. in the McGriff Boardroom, located on the 4th floor of the LRC Building at UF Health Jacksonville. Meetings focus on a variety of topics, such as emotional intelligence, employee engagement, networking and more.

In addition to monthly meetings, the Young Professionals ERG members also meet for quarterly socials and are provided with regular information and resources on professional development and volunteer opportunities. For more information, contact the Young Professionals ERG at yperg@jax.ufl.edu or visit the Young Professionals ERG Bridge page.



Members of the Young Professionals ERG enjoy networking during a recent social at The District.



The Young Professionals ERG toured the Center for Simulation Education and Safety Research at UF Health Jacksonville during a monthly meeting.



Monthly meetings take place in the McGriff Boardroom in the LRC.



The Young Professionals ERG members attend socials quarterly to network outside of work.

Upcoming Event

The next meeting will take place Friday, Jan. 27, from 12 to 1 p.m. David Chesire, PhD, director for the Center for Healthy Minds and Practice and an associate professor of surgery for the UF College of Medicine – Jacksonville will be presenting on imposter syndrome. Imposter syndrome, sometimes referred to as perceived fraudulence, occurs when an individual has feelings of self-doubt and personal incompetence that are persistent despite one's education, experience and other notable accomplishments. January's meeting will teach attendees about imposter syndrome, how to overcome the feelings associated with it and ways to improve one's overall emotional well-being, both personally and professionally.



FINDING *the* MUSIC

by Wesley Taff

Transcranial magnetic stimulation helps relieve major depression in a UF Health Jacksonville patient.

Steve Chapman felt miserable when he returned home early one morning in May 2021 after completing an annual corporate music gig, where he played guitar and sang with an eight-piece band. He stored his equipment in the front room of his home and didn't touch it again for eight months.

Chapman was struggling with major depression, and although he was taking medication and being treated with psychotherapy, it wasn't helping him feel better. The COVID-19 pandemic added to his declining mental health and caused him to fall deeper into depression, and he couldn't see a way out of it.

"The medication I was taking wasn't working for my depression, and I was feeling helpless," Chapman said. "I also had several chronic health issues that added to the feeling that I was falling into a dark pit."

Transcranial magnetic stimulation

The following February, Chapman saw ads on social media for a new treatment for major depressive disorder called transcranial magnetic stimulation, or TMS. TMS is an FDA-approved therapy for individuals who have treatment-resistant depression — a condition in which antidepressant medications have failed or the side effects of medications are intolerable.

TMS uses a focused electromagnet to stimulate underactive cells in targeted areas of the brain. The magnetic pulses generate an electrical current and raise brain activity to normal levels.

Although Chapman was retired at the time, he was familiar with the technology used for TMS treatment, as his career had been in the medical field of advanced technology and radiology, mainly PET-CT and MRI scans.

Finding a TMS provider

At the time, Chapman was receiving psychotherapy treatment from Brian Celso, PhD, a UF Health Jacksonville surgical psychologist in the department of surgery. Chapman inquired about TMS treatment, and Celso referred him to Daniel Lewis, MD, a UF Health Jacksonville psychiatrist.

After reviewing the medical records on his history of mental illness and the complications he was experiencing with medications, Lewis felt Chapman was a good candidate for TMS therapy. Lewis showed Chapman the TMS machine and described the treatment process.

Chapman's therapy began within a couple of weeks after submitting prior authorization with his insurance company. Treatment sessions for TMS last 30 minutes and are typically performed five days per week over a six-week period.

Chapman started TMS in April 2022, and after only the second session he said he could feel an improvement physically and mentally.



After completing TMS treatment for depression, Steve Chapman has found his love for playing music again.

"It was amazing. I thought, 'Is this a placebo reaction?'" Chapman said. "Suddenly, I felt connected again, with my wife, family and hobbies."

According to Lewis, 75% of his patients typically respond positively to TMS. Within the first week or two, patients identify something that is improving, whether it be their energy level and the ability to concentrate or increased interest in things.

"Mr. Chapman was really frustrated and disheartened about not feeling that spark of joy in life," Lewis said. "I'm very happy this treatment worked for him and his family."

Chronic symptoms improving

According to Chapman, several of his chronic physical symptoms also started to improve after TMS therapy. It is well documented that when patients are treated for depression, their medical comorbidities are better controlled, and patients overall have better outcomes.

"Mr. Chapman's chronic pain, sleep and heart issues have all improved as a result of his brain improving," Lewis said.

Let the song play on

Chapman completed TMS therapy in May 2022 and feels like he's back to his normal self. His wife, Rebekah, immediately saw the positive changes in her husband.

"After the second day of treatment, Steve was a whole new person," Rebekah said. "He was being more responsive, physically more loving and more romantic. I got my husband back."

A few months after completing treatment, Chapman, along with his wife and band, performed at the same corporate gig they had participated in last year. This time, however, the whole process of practicing and then playing the night of the gig was entirely different. For Chapman, his love and joy of music had returned, as well as the enjoyment of being on stage.

"After the gig ended, I had a whole new outlook on life," Chapman said. "Now, when I pick up the guitar, I enjoy playing and feeling connected with people again, especially my family."

Visit UFHealthJax.org/TMS or call 904.383.1038 to learn more and to schedule an appointment.

A UF Health patient undergoes life-threatening surgery to remove a rare brain tumor.

In late 2020, Reynaldo Jaimes began having consistent, painful headaches. At the time, he had no idea that they were actually symptoms of a rare tumor that would later drastically affect his health.

The headaches continued for several months until they worsened in spring 2021. One day, Jaimes began vomiting and his right hand went numb, which pushed him to go to the emergency room in Douglas, Georgia near his home. Jaimes immediately called his wife, Kayla, who agreed to meet him there.

When Jaimes arrived at the ER, he quickly learned that his migraine was more than expected. He received IV fluids and a CT scan, which revealed he had a rare brain tumor. The mass was large enough to cover both sides of his brain's frontal lobe.

"I looked at my wife in fear, thinking I was going to lose it," Jaimes said.

Because of this serious condition, Jaimes was prepped immediately for a helicopter flight to UF Health Jacksonville.

FROM FEAR TO HOPE

When Jaimes arrived at UF Health Jacksonville, UF Health neurosurgeon Daryoush Tavanaiepour, MD, was one of the first people to see him and quickly assessed the tumor. Tavanaiepour discovered there were intimate blood vessels connected to the tumor that controlled many other vital bodily functions.

Tavanaiepour recommended Jaimes have surgery to remove the tumor as soon as possible. He educated both Jaimes and his wife about possible complications with the surgery, including a high risk of blood loss and potential for a stroke.

However, Tavanaiepour also shared that he would work to reduce the complications using a multidisciplinary approach with his team. The UF Health Neurosciences Institute – Jacksonville includes a highly skilled, nationally recognized, interdisciplinary team of neurologists and neurosurgeons. Because of the high risk and complexities of the surgery, having team members to provide expertise and insight was essential.

Jaimes's only request before surgery was to spend a few days with his family.

"I wanted to go home to be with my wife and kids, because this might be the last time I saw them," Jaimes said.

EMBRACING THE RISK

On May 13, 2021, Jaimes underwent the 12-hour surgery, and it was successful. Tavanaiepour credits the success of the surgery to working with his skilled team at the UF Health Neurosciences Institute – Jacksonville.

The first 24 hours after the surgery were critical in Jaimes' recovery. During surgery, the majority of the tumor was removed. Radiation treatment would target the remaining 10%. This was done to help preserve vessels that were connected to other important bodily functions and to avoid possible stroke.

After surgery, Jaimes was cared for at the UF Health Proton Therapy Institute, where he underwent 33 radiation treatments from May through September.

HEALING AND MOVING FORWARD

Jaimes is grateful to UF Health for the care he received and to his wife for being a big supporter during his surgery. During her visits to see him, Kayla mentioned how kind the UF Health staff were. Something as simple as "How are you today?" put her at ease with everything going on. Feeling welcomed when she was distraught and overwhelmed made a positive impact on her experience. She appreciated the consistent communication from UF Health Jacksonville staff throughout the process.

"I couldn't have asked for a better team. They took care of me around the clock," Jaimes said. "I'm thankful for UF Health."

REMOVING A RARE BRAIN TUMOR

by Alexandra Linton



Top: Reynaldo Jaimes' wife, Kayla, was by his side to support him throughout the process. **Bottom:** Jaimes is grateful to UF Health for their care and for saving his life. **Background:** Scans revealed that Jaimes had a rare brain tumor.

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OPENLINES

NEWSLETTER DEADLINES

March 2023: Dec. 31, 2022

April 2023: Jan. 15

May 2023: Feb. 15

June 2023: March 15

Submit your copy and photos via email to **openlines@jax.ufl.edu**.

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