

In the spring of 2012, Lakewood Ranch Medical Center opened their new Orthopaedic Spine and Joint Center, featuring a coach for each patient, a high transition rate to home rather than a rehab center, and recovery from spine and back surgery in a golf-themed environment, complete with putting green.



The Orthopaedic Spine and Joint Center at Lakewood Ranch

Many fine orthopedic physicians have chosen to establish privileges at Lakewood Ranch, the spacious, full-service hospital offering patients the medical benefits of leading-edge technology combined with caring, compassionate health care services. The newest member of the team is Andrew Moulton, MD, an orthopedic surgeon fellowship-trained in spinal surgery at New York University Hospital for Joint Disease. Following that fellowship, Dr. Moulton was then nominated as a Traveling Fellow by the North American Spine Society, enabling him to train at many of the premier surgery centers around the world. He practiced at Westchester Medical Center in New York before accepting his new position at Lakewood Ranch Medical Center, where he specializes in spine surgery and the diagnosis and treatment of spinal disorders for pediatric through geriatric patients.

"This is an incredible opportunity to serve a growing community," says Dr. Moulton, who practices at Sarasota Orthopedic Associates, with offices on University Parkway and Bahia Vista Street. "It's a very nice patient population – upstanding citizens and straightforward people. The hospital itself has been extremely supportive and welcoming. The staff is very congenial, respectful, and incredibly patient oriented in their care. And the facility is ultra modern, with advanced surgical equipment. They have a full range of services including a



Lakewood Ranch Medical Center

Lakewood Ranch Medical Center is a full-service hospital comprising 180,000 square feet and 120 beds. It accommodates traditional as well as advanced, minimally invasive surgical services, and its Emergency Department staff is on duty 24/7. Lakewood Ranch is an important resource for the communities of greater eastern Manatee and Sarasota Counties.

Learn more

The staff at Lakewood Ranch Medical Center look forward to meeting the readers of *Florida Health Care News*. To learn more, please call (941) 782-2131. Lakewood Ranch Medical Center is located at 8330 Lakewood Ranch Blvd. in Bradenton.

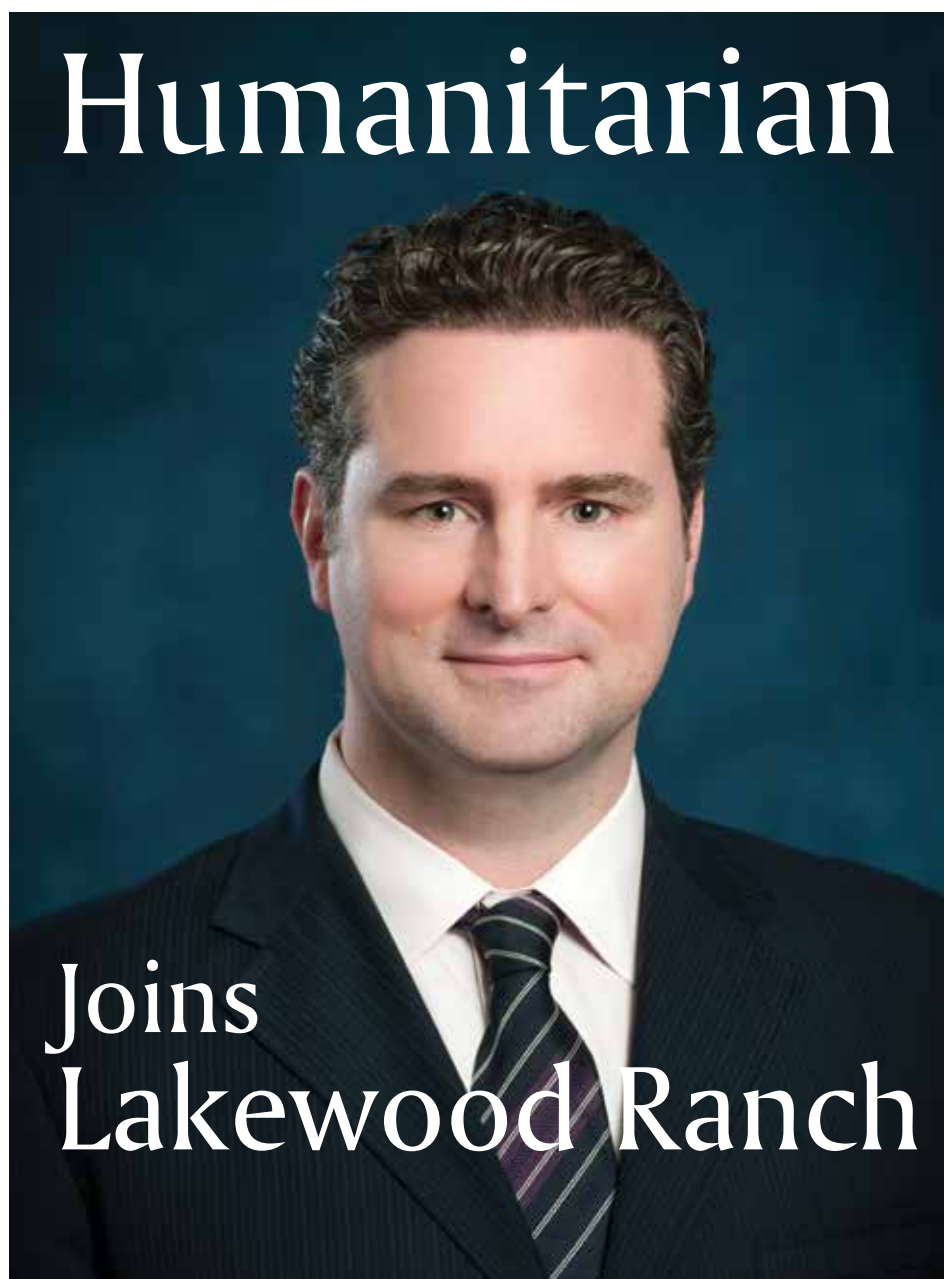


PHOTO COURTESY OF DR. MOULTON

Trading in the Big Apple for gigantic Florida oranges and sunshine, Dr. Andrew Moulton, an orthopedic surgeon fellowship-trained in spinal surgery, has recently joined the team at Lakewood Ranch Medical Center's new Orthopaedic Spine and Joint Center.

spine-focused group, and an entire floor of the hospital is focused on orthopedics, and in particular, the spine.

"It's wonderful. They have a dedicated staff exclusively for spine and joint problems, so they are very familiar with the management and care of their patients. The physical therapists, the nurses, and the doctors all communicate very closely to assure that our patients are receiving dedicated care."

Lakewood Ranch patients love the golf-themed setting for recuperation, says Dr. Moulton: "It helps create a more relaxing environment, focusing on a healthy approach and positive outlook toward recovery, rather than the feeling of an institutional hospital."

The doctor acknowledges that his experience includes serving as an academic surgeon for nine years, training the spine surgery fellows from the Hospital for Special Surgery. He observes it is the premier spine surgery fellowship in the country, and he was their instructor.

Dr. Moulton also has vast experience

in all aspects of spinal care, from nonsurgical treatments to minimally invasive surgery to the full range of surgery, including tumor resection, traumatic injuries to the spine, and scoliosis, which is one of his specialties. The doctor, who is fluent in Spanish, Japanese, and Portuguese, teaches scoliosis surgery in developing countries, including the Dominican Republic, Vietnam, China, Malawi, Jamaica, Chile, and Peru, through a non-profit organization he co-founded called the Butterfly Foundation (see sidebar). The organization is dedicated to improving the lives of children with complex spinal deformity.

"I have a strong background in teaching," notes the doctor, "and I think that has made me a better surgeon."

Watch your back

According to Dr. Moulton, one of the most effective routines people can do to protect their backs from injury is aerobic exercise: "For those who sit at a desk all day, lumbar support is also important, and occasionally standing up and moving

around is productive."

If someone does injure his or her back, the doctor says that he begins with very conservative treatments, which include physical therapy and anti-inflammatories such as Motrin: "In the vast number of cases, those treatments are effective. However, if they fail to relieve the pain, epidural steroids may be helpful, especially for leg pain."

Common back problem

"Degeneration of the spine is similar to the arthritis you might get in your knee or hip," explains Dr. Moulton. "It is wear and tear of the cartilage between the vertebrae, which, over time, can put you at risk for back pain. Degenerative spinal disorders are commonly caused by aging, but can also be generated by arthritis, muscle strain, tumors or infection. Pressure on the nerve roots associated with spinal degeneration may be caused by several conditions including disc herniation."

The spinal column is made up of interlocking bones called vertebrae, describes Dr. Moulton: "In between each vertebra is a disc which is essentially cartilage that gives cushioning and a range of motion to the back. A disc herniation takes place when part of this disc, or cartilage, bulges out of position beyond the outer rings and typically pushes up against the nerves that run down the spine and into the legs. This can cause severe pain.

"However, it is not an unusual problem, and the vast majority of the time it heals without any aggressive intervention."

Other causes that can put pressure on the spinal cord and nerves that travel through the spine include spinal stenosis and osteoarthritis.

"Spinal stenosis is a narrowing of the open spaces within the spine that causes tightness around the nerves that run from the brain, down the spine, and into the legs. It can cause a heavy or awkward feeling in the legs, as well as pain, but is attended to by treating the spine.

"Osteoarthritis, on the other hand, occurs when the cartilage breaks down in the spinal joints.

"While these conditions can be painful, they can typically be treated with the protocols I mentioned before: physical therapy, anti-inflammatories, and occasionally a back support and aerobic exercise. It is very unusual that they would require surgery, and we do everything we can to minimize those surgeries while producing the maximum improvement for our patients." **FHCN**—Kris Kline

A History of Innovation

Even before ground was broken for the aesthetically upscale Lakewood Ranch Medical Center in November 2002, its organizers had been working with community members who helped them identify the needs of area residents and formulate the services they would provide. As part of its ongoing goal to provide high-quality health care to the community, Lakewood Ranch opened its new Orthopaedic Spine and Joint Center in the spring of 2012.

Achieving a Better World for Children

The purpose of the Butterfly Foundation is to extend the advantages of current spine care technologies for the diagnosis and treatment of complex spine deformity to patients and doctors who do not have access to such resources, says Dr. Moulton, chairman and president of its board of directors.

In 2003, the Butterfly Foundation was incorporated by co-founders Geraldine Moulton and Dr. Andrew Moulton. Since then, volunteer US medical teams have performed life-saving surgeries for children in developing countries while promoting the advancement of spine deformity treatment technology by training local surgeons. The surgeons use those new skills and supplies gifted to them by the foundation to continue treating patients in their own countries, fulfilling the foundation motto: "Teach a man to fish and he feeds his community for a lifetime."

To date, the foundation has undertaken 29 missions and has performed over 420 surgeries. The three missions planned for 2013 include a trip to Guangzhou, China in May, Rwanda in July, and Santo Domingo, Dominican Republic in October.

To learn more about the Butterfly Foundation, please visit www.butterflyfoundation.com.

To learn more, please visit www.lakewoodranchmedicalcenter.com.

Physicians are on the medical staff of Lakewood Ranch Medical Center, but with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians.