

SENTARA HEALTH FOUNDATION

2010 DONOR STEWARDSHIP REPORT



Allison Zmuda and her physicians, Dr. John Agola, interventional neuroradiologist, and Dr. Richard Zweifler, Sentara Chief of Neurology.

Working in Sync to Save Lives

Advancements in Stroke Care

On March 27th, Allison Zmuda was watching her five-year-old daughter play soccer in Virginia Beach. Thirty minutes into the game, a blood clot traveled through Allison's heart and entered her brain.

At age 38, Allison Zmuda was having a stroke.

As a writer and a consultant, Allison's brain had always been sharp. She was a healthy non-smoker, who loved being active with her children and husband. She was an unlikely candidate to experience a stroke that day. Immediately Allison was rushed to Sentara Virginia Beach General Hospital, where physicians determined she needed the aid of a neurointerventional radiology team. She was transferred to Sentara Norfolk General Hospital, where Dr. John Agola was waiting for her.

Dr. Agola, an interventional neuroradiologist, entered her blood vessels through her leg and made four attempts to retrieve the clot from Allison's brain. On the final attempt, the clot was released and blood came rushing back to her brain.

“Dr. Agola is the reason that I am alive today,” says Allison.

After the surgery, Dr. Richard Zweifler, Chief of Neurology, stepped in as Allison's doctor. “I could confide in Dr. Zweifler about my greatest fears,” says Allison, “He was and is a fierce ally in my care.” Between Dr. Zweifler's guidance and the help of her speech therapist, Paul Fisher, Allison has made a remarkable recovery.

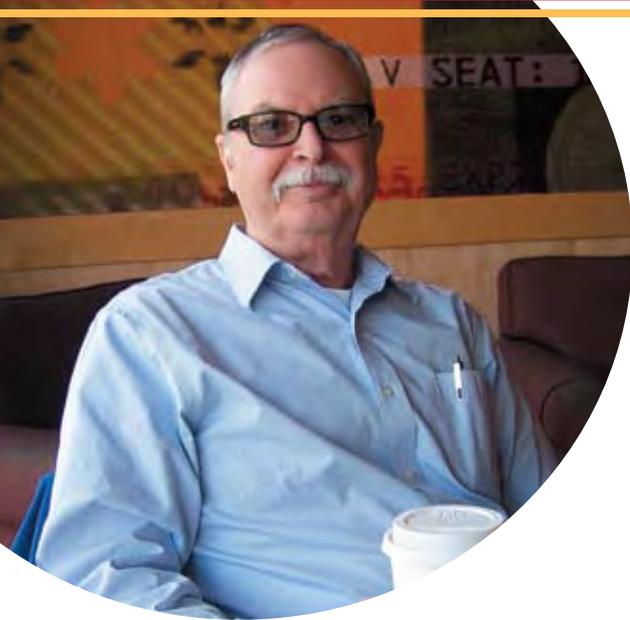
When you have a stroke, every second counts.

At Sentara, our stroke care saves more lives in less time.

- Our network of emergency doctors, radiologists, neurology specialists, and emergency nurses come together to treat every stroke patient, surrounding them in comprehensive care.
- These clinicians are trained to quickly assess and treat acute stroke symptoms, resulting in minimized neurological damage and reduced mortality risks.
- Donations to the Sentara Stroke Program can help provide new technologies and support innovative areas of stroke research, right here in your community.

“Through it all,
they were clear
about one thing:
my health came
first.”

—Allison Zmuda



Cancer Care You Can Count On

In 2009, donors contributed over **\$27,000** to support cancer patients in Sentara Hospitals. The Cancer Mission Funds directly help people with cancer in your community. After a successful surgery to treat prostate cancer, John McLain (left) gave a gift to support fellow cancer patients just like him. John's kindness helped provide local patients with costs that insurance typically doesn't, such as medication that assist with nausea, post-mastectomy garments, and rides home for patients who had none.

Helping Hearts



Legacy Society members Bill Butler, Mary and Andy Dickinson, Joan Brock and Helen Bernd.

More than **\$94,000** was donated to support cardiac care and research in 2009. These donations help make state-of-the-art cardiac technologies and treatments available to our community. In 2010, the Cardiac Hybrid Operating Room opened at Sentara Heart Hospital, allowing physicians to take images and data from 21 different modalities, allowing physicians to access areas of the heart that have never been reached before. Our Legacy Society members - including Bill Butler, Mary and Andy Dickinson, Joan Brock and Helen Bernd (pictured) - took a tour of the hybrid OR in sterile "bunny suits", seeing first hand the advancements their donations have made in our community.

Community Benefit

We believe everyone deserves medical treatment, regardless of their ability to pay. In 2009, over **\$157,904,000** was provided in community benefits. These benefits include uncompensated patient care services, training for future healthcare workers, and community programs, such as screening and prevention seminars. Over 141,000 who would not otherwise have been able to afford care were served.

Hospice Heals

Family, friends, and neighbors donated nearly **\$35,000** to support the Sentara Home Care and Hospice program in 2009. These gifts help members of your community as they cherish the last days of a loved one. In addition to providing supplies, respite care, and other personal needs, donations to hospice also support Camp Lighthouse. Each year, children from our community who have lost a parent come to camp, where our hospice volunteers help them understand grief as they find camaraderie in each others' company (photo right). Your donations to Sentara Hospice help ease the pain of loss by providing the joy of friendship.



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