

NEWS RELEASE

Media Contact:
Jennifer Evans
Phone: 954.675.6785
E-mail: Jennifer.beard@tenethealth.com

North Shore Medical Center Opens New Fall Prevention And Balance Clinic *Community hospital takes comprehensive evidence-based approach to assess and treat balance disorders to prevent falls*

MIAMI, Fla. (November 9, 2011) –North Shore Medical Center is proud to announce the opening of a new Vestibular and Balance Rehabilitation Center. The specialized center will offer evidence-based assessments and treatments to improve vestibular and balance disorders, in addition to identifying early risk for falls. Vestibular and balance disorders are serious medical conditions that can lead to falls resulting in injuries that can be fatal.

“At North Shore Medical Center, we pride ourselves in offering patients the best care possible,” said Manny Linares, chief executive officer. “The new Vestibular and Balance Rehabilitation Center at North Shore Medical Center can help us reduce the prevalence of falls and their associated injuries. This will be a tremendous service to help improve the health and quality of life of our patients.”

Preventing falls is a critical community health issue. Among older adults 65 or older, falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma. Furthermore, falls are one of the top ten causes of death in the world.

The center aims to prevent falls and their associated injuries by treating dizziness and balance disorders, which can be caused by hearing and vision problems, ear infections, muscle weakness, and loss of sensation in the feet or joints. The Vestibular and Balance Rehabilitation Center’s multidisciplinary healthcare team is trained specifically in balance disorders that often occur in patients that have or experience acoustic neuroma; migraine associated dizziness; stroke and other neurological disorders; multiple sclerosis; leg and ankle fractures; trauma; cranial radiation; vestibular neuritis; parkinson’s disease; vertigo; alcoholic degeneration; syncope; and unsteady gait with a history of falls.

The outpatient Vestibular and Balance Rehabilitation Center at North Shore has a unique model consisting of three service components: 1) Vestibular Disorders involving vertigo,

dizziness, pre-syncope and disequilibrium; 2) Balance Disorders resulting from neurological, orthopedic, muscular-skeletal diagnosis or cancer related disorders; and 3) Fall Risk Assessment. Each component as appropriate offers a comprehensive evaluation of the patient's condition followed by establishment of specific goals with patient and/or family involvement and a Plan of Care designed to achieve goals.

The overall goal of the program is to ensure patient safety. This involves improving balance and stability, injury prevention, providing recommendations for functioning safely at home, work and in the community, patient and family education, providing home instruction materials, etc.

For more information about the Vestibular and Balance Rehabilitation Center at North Shore Medical Center please call 305-835-6155.

About North Shore Medical Center

North Shore Medical Center, part of Tenet Healthcare, is a 357-bed general acute care community hospital located at 1100 NW 95 Street in Miami. The hospital has been serving the medical and health care needs of its community for more than 53 years. North Shore Medical Center offers a broad range of services, including 24-hour emergency care with Fast Track service, maternity, Level III Neonatal Intensive Care Unit, and psychiatric services. The hospital also offers specialized centers, including the C. Gordon Griffith Comprehensive Cancer Center with IMRT and X-Knife Radiosurgery, Intensive Care Unit, Wound Healing Center, Sleep Disorders Center, and Pain Care Center. The hospital has earned several CIGNA quality designations, including those for adult pneumonia, cesarean section, heart attack, heart failure, laparoscopic gallbladder removal, stroke, and vaginal delivery.

From 2006-2011 North Shore Medical Center has consistently won achievement awards with the American Heart Association's *Get With The Guidelines* program. Most recently, North Shore Medical Center earned the *Get With The Guidelines* Gold Performance Achievement Award in Heart Failure treatment and Silver Award for stroke care.

North Shore Medical Center is fully accredited by the Joint Commission on the Accreditation of Healthcare Organizations, the nation's oldest and largest hospital accreditation agency. The Joint Commission has also certified North Shore Medical Center as a Primary Stroke Center. To learn more about North Shore Medical Center, visit www.northshoremical.com.

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