The Lennar Foundation Medical Center
Opens to First Patients

The first patients — nearly 150 of them — walked through the front door of The Lennar Foundation Medical Center on Monday, December 5, entering a spectacular new facility and a spectacular new world of health care.

The many months of preparation and the extraordinary support of The Lennar Foundation began paying off as the University of Miami Health System opened this model for future health care delivery — a conveniently located facility where patients are treated as individuals with a superior patient experience and transformational medical care.

Coral Gables campus faculty and staff, students, and residents from throughout South Miami-Dade will find a wide range of the most advanced services — from Sylvester Comprehensive Cancer Center, Bascom Palmer Eye Institute, the University of Miami Health System Sports Medicine Institute, and many other academic medical specialties — under one roof.

“Today in Coral Gables, we show the world what the most convenient, compassionate, comprehensive care looks like — and will look like across the region, as we extend our vision in the coming months and years,” said Steven M. Altschuler, M.D., Senior Vice President for Health Affairs and Chief Executive Officer of the University of Miami Health System.

“Physicians and staff will enjoy an unmatched work experience, in an unmatched setting, as they treat patients and advance translational research in ways only an academic medical center can,” said Ben Riestra, Chief Administrative Officer at The Lennar Foundation Medical Center.

Hundreds of community leaders, University of Miami trustees and administrators, donors and other dignitaries helped dedicate The Lennar Foundation Medical Center on the Coral Gables campus on November 18, ushering in a new world of health care imagined and realized by the University of Miami Health System.

“This is a monumental day for the University of Miami,” Altschuler told those who had gathered for the event. “It is truly a transformational moment in the history of the University of Miami Health System, and it’s also the start of a new vision for health care in South Florida. This is a facility; this is a concept that really thinks about the patient first.”

In this new vision for health care, the patient experience is transformed into a journey of being well.

“We will know you personally, care for you individually, and guide you uniquely,” Riestra says in a video Altschuler showed guests at the event. “This is not just about a new building. More important, it’s a new destination, a new experience, a new way of being well.”

The building was made possible by a $50 million gift from The Lennar Foundation. More information about the Lennar Center can be found at www.humanbeingwell.com.
New Faces!

We are growing!! Meet the new faces at the UHealth Sports Medicine Institute!

Carolyn M. Kienstra, MD
Specialty: Pediatric-Sports medicine
• 2013 Residency in Pediatrics
  University of Miami - Jackson Memorial Hospital
• 2015 Fellowship in Sports Medicine
  Baylor College of Medicine - Texas Children's Hospital

Julianne Munoz, MD
Specialty: Shoulder and Elbow
• Harvard University BS 2006
• University of Massachusetts Medical School 2010
• University of Massachusetts Orthopedic Surgery Residency 2015
• Columbia University Shoulder/Elbow Reconstruction & Sports Medicine Fellowship 2016

Thomas M. Best, MD
Dr. Thomas Best has been in practice for more than 30 years and received his medical degree from the University of Western Ontario. In addition, he received his Ph. D in Biomedical Engineering from Duke University and completed his Family Medicine Residency at the University of North Carolina. He is a former faculty member and team physician at the U of Wisconsin-Madison and The Ohio State University. He specializes in non-operative care of sports related injuries across the lifespan, including injuries to the upper and lower extremities, tendinitis/tendinopathies, and other injuries.

Estefania Arango MS, LAT, ATC
• Joining us from Flanagan High School
• Previously at Gulliver Academy.
• Bachelors: University of Miami
• Masters: University of Louisiana at Monroe

Marley Dobbs Cabrera
Mommy: Priscilla R. Dobbs, MS, LAT, ATC
Born in September 2016
5Lbs 13oz, 21.75 inches.

Theo Ryan Kyrola
Mommy: Elissa Kyrola, MS, LAT, ATC
Born in January 2017
9lbs 6oz, 21.75 inches.
The Lennar Center’s First Patient: An Athlete on the Mend

Growing up in San Diego, Victor Martinez wanted to be an athlete. Unfortunately, his body had other ideas, and a series of injuries led him to be the first patient through the doors of The Lennar Foundation Medical Center when it opened on December 5.

As a high school wrestler, Martinez injured both of his shoulders; each ultimately required surgery. And during the first football game of his senior year, he suffered a serious injury to his left knee that ended any dreams of gridiron glory. He had two knee surgeries in San Diego, but the troublesome joint never healed properly.

Martinez moved to Miami in 2014 to get a fresh start. Today, at 24, he lives in Sunny Isles, studies finance at Florida International University and works as a food server in an upscale restaurant. A year ago, his left shoulder required surgery, and he was referred to Lee D. Kaplan, M.D., professor and Director of the University of Miami Health System Sports Medicine Institute.

“Dr. Kaplan did a terrific job,” said Martinez. “His whole team was very professional, and the surgery on my shoulder was extremely successful.”

A year later, however, Martinez noticed that the restaurant work, which keeps him on his feet, had helped aggravate the old knee injury. He visited Kevin Mills, D.P.T., PT, a physical therapist who has worked with many medical campus staffers at the UHealth Fitness and Wellness Center, who told him his kneecap wasn’t tracking properly, and he needed more than therapy — he needed more surgery.

Fortunately, Martinez knew just who to call, but in the intervening year, Kaplan had moved the entire sports medicine program to The Lennar Center. That’s where Kaplan performed the surgery on December 5, making Martinez the first patient — and the first surgical patient — at the gleaming new outpatient facility on the Coral Gables campus.

“This is a beautiful building, but it also has been designed to help us take a new interdisciplinary approach to sports medicine,” said Kaplan. “We will be working with experts in biomedical engineering, kinesiology, athletics and other areas, and the facility will enhance the work we are already doing with stem cells and regenerative medicine. In addition, patients with similar conditions or injuries will be able to meet and provide peer support to one another.”

Since the surgery, Martinez has had two follow-up visits — the first to remove stitches, and the second to clear him for greater range of motion and full weight-bearing walking. As before, Martinez is very satisfied with the quality of the medical care he received, but he said The Lennar Center also offers an unmatched patient experience.

“It’s a beautiful place to walk into,” he said, “and everyone you encounter is so helpful and friendly. I came here because I wanted the best, and that’s what I received.”
Need to see your doctor but not sure where he or she is? Use this guide to help schedule your next appointment:

**Lennar Medical Center: Call 305-689-5555**
- Dr. Michael Baraga, MD – Surgeon
- Dr. Tom Best, MD – Sports Physician non-surgeon
- Dr. Dodds, MD – Surgeon, hand and wrist specialist
- Dr. Gillian Hotz, PhD - Concussion
- Dr. Lee Kaplan, MD – Surgeon
- Dr. Carolyn Kienstra, MD – Pediatric Sports Physician non-surgeon
- Dr. Julianne Munoz, MD – Surgeon, shoulder specialist
- Dr. Kester Nedd, DO – Concussion
- Dr. Patrick Owens, MD – Surgeon, hand and wrist specialist
- Dr. Clifton Page, MD – Sports Physician non-surgeon
- Dr. Danielle Ransom, PsyD – Concussion

**University of Miami Hospital: Call 305-689-5500**
- Dr. Tom Best, MD – Sports Physician non-surgeon
- Dr. Carolyn Kienstra, MD – Pediatric Sports Physician non-surgeon
- Dr. Julianne Munoz, MD – Surgeon, shoulder specialist
- Dr. Mohan Kottapally, MD – Concussion

**UHealth Plantation: Call 954-210-1212**
- Dr. Michael Baraga, MD – Surgeon
- Dr. Clifton Page, MD – Sports Physician non-surgeon

**APPOINTMENTS: 305-243-3000, OPTION 3**

For appointments at any of the three UHealth Sports Medicine locations, call 305-243-3000 and press 3. We’ll get you back in the game!