



Holy Cross Health Media Coverage Report

October 20-30, 2024

Prepared by

PERSONA
GRANT


Holy Cross Health

October 20th 2024 to October 30th 2024

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MUCK RACK

COVERAGE REPORT





LINKS 14	UVM 21,129,324 Insights by 	TOTAL AVE \$249,374.25
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ARTICLES

Foods can be medicine or poison. Know the difference your health

<https://pierson-grant-pr.muckrack.com/link/e4HQgh/foods-can-be-medicine-or-poison-know-the-differen...>

Is what you are eating giving you cancer? Is it worsening symptoms of depression? Researchers at Florida universities are working to understand how diet and disease are intertwined. "Our food is making us sick," Dr. J. Scott Angle, a University of Florida agriculture expert, told the audience at a Food is Medicine Symposium at Holy Cross Health in Fort Lauderdale on Wednesday.



MEDIA OUTLET	South Florida Sun Sentinel
PUBLISHED	Oct. 20, 2024, 8 a.m.
SIMILARWEB UVM 	Data Not Applicable
COMSCORE UVM 	Data Not Applicable
AUDIENCE	82,121
CAMPAIGN	Data Not Applicable
AVE	\$53,928.00
DOMAIN AUTHORITY 	Data Not Applicable
PAGE AUTHORITY 	Data Not Applicable

Some foods are medicine, some poison. Know which is which to improve your health

By Cindy Krischer Goodman

<https://www.sun-sentinel.com/2024/10/21/some-foods-are-medicine-some-poison-know-which-is-which-to-...>

Is what you are eating giving you cancer? Is it worsening symptoms of depression? Researchers at Florida universities are working to understand how diet and disease are intertwined. "Our food is making us sick," Dr. J. Scott Angle, a University of Florida agriculture expert, told the audience at a Food is Medicine Symposium at Holy Cross Health in Fort Lauderdale on Wednesday.

MEDIA OUTLET	South Florida Sun Sentinel
PUBLISHED	Oct. 21, 2024, 6:34 a.m.
SIMILARWEB UVM 	1,499,951
COMSCORE UVM 	2,837,011
AUDIENCE	82,121
CAMPAIGN	
AVE	\$13,874.55

DOMAIN AUTHORITY MOZ 88

PAGE AUTHORITY MOZ 62

Some foods are medicine, some poison. Know which is which to improve your health (shares blurb from Sun Sentinel and links to full article)

<https://www.floridatrend.com/article/41349/more-change-than-usual-big-revisions-in-drug-plans-and-h...>

Is what you are eating giving you cancer? Is it worsening symptoms of depression? Researchers at Florida universities are working to understand how diet and disease are intertwined. "Our food is making us sick," Dr. J. Scott Angle, a University of Florida agriculture expert, told the audience at a Food is Medicine Symposium at Holy Cross Health in Fort Lauderdale on Wednesday. "The U.S. is spending a lot of money trying to cure disease caused by poor food quality." [Source: South Florida Sun-Sentinel]

MEDIA OUTLET Florida Trend

PUBLISHED Oct. 22, 2024, midnight

SIMILARWEB UVM  39,661

COMSCORE UVM 

AUDIENCE 58,829

CAMPAIGN

AVE \$366.86

DOMAIN AUTHORITY MOZ 61

PAGE AUTHORITY MOZ 50

Wanda and Jim Moran, Jr. Gift \$6.5 Million to Holy Cross Health

By None

<https://patch.com/florida/boca-raton/wanda-jim-moran-jr-gift-6-5-million-holy-cross-health-nodx>

MEDIA OUTLET Patch

PUBLISHED Oct. 23, 2024, midnight

SIMILARWEB UVM  9,371,490

COMSCORE UVM 

AUDIENCE

CAMPAIGN

AVE \$86,686.28

DOMAIN AUTHORITY MOZ 91

PAGE AUTHORITY MOZ 70

Holy Cross Health Announces \$6.5 Million Gift from Wanda and Jim Moran, Jr.

By Kevin Parker

<https://www.citybiz.co/article/617069/holy-cross-health-announces-6-5-million->





MEDIA OUTLET citybiz

PUBLISHED Oct. 23, 2024, 9:31 p.m.

SIMILARWEB 35,578





gift-from-wanda-and-j...

Transformational gift from Wanda and Jim Moran, Jr. to support a new CT Scanner for Emergency Department In one of the single largest gifts in Holy Cross Health's 69-year history, philanthropists Wanda and Jim Moran, Jr. and the Wanda & Jim Moran Foundation have donated \$6.5 million to support the hospital's crucial needs.

UVM 	
COMSCORE	
UVM 	
AUDIENCE	
CAMPAIGN	
AVE	\$329.10
DOMAIN AUTHORITY 	43
PAGE AUTHORITY 	46

HOLY CROSS HEALTH ANNOUNCES \$6.5 MILLION GIFT FROM WANDA AND JIM MORAN, JR.

<https://southfloridahospitalnews.com/holy-cross-health-announces-6-5-million-gift-from-wanda-and-jim-moran-jr>




MEDIA OUTLET	South Florida Hospital News
PUBLISHED	Oct. 24, 2024, midnight
SIMILARWEB	15,723
UVM 	
COMSCORE	
UVM 	
AUDIENCE	
CAMPAIGN	
AVE	\$145.44
DOMAIN AUTHORITY 	39
PAGE AUTHORITY 	46

Holy Cross Health Introduces Innovative FARAPULSE Pulsed Field Ablation for Treatment of Atrial Fibrillation

By Renee Hewitt

<https://www.dailynurse.com/holy-cross-health-introduces-innovative-farapulse-pulsed-field-ablation-...>

Holy Cross Health is making waves in cardiac care by recently performing its first procedure with the newly approved FARAPULSE™ Pulsed Field Ablation (PFA) System, a cutting-edge technology designed to treat atrial fibrillation (AF), the most prevalent type of arrhythmia. The cardiology team recently conducted its inaugural procedure using this newly approved system, showcasing a significant leap in treating heart rhythm disorders.

MEDIA OUTLET	Daily Nurse
PUBLISHED	Oct. 24, 2024, 7:42 a.m.
SIMILARWEB	12,063
UVM 	
COMSCORE	
UVM 	
AUDIENCE	
CAMPAIGN	
AVE	\$111.58
DOMAIN AUTHORITY 	49

PAGE 47
AUTHORITY MOZ

Some foods are medicine, some poison. Know which is which to improve your health (Shared Sun Sentinel article)

By Cindy Krischer Goodman

<https://www.voicenews.com/2024/10/28/some-foods-are-medicine-some-poison-know-which-is-which-to-imp...>

Is what you are eating giving you cancer? Is it worsening symptoms of depression? Researchers at Florida universities are working to understand how diet and disease are intertwined. "Our food is making us sick," Dr. J. Scott Angle, a University of Florida agriculture expert, told the audience at a Food is Medicine Symposium at Holy Cross Health in Fort Lauderdale on Wednesday.

MEDIA OUTLET The Voice (Clinton Township, MI)

PUBLISHED Oct. 28, 2024, midnight

SIMILARWEB UVM  16,501

COMSCORE UVM 

AUDIENCE 82,500

CAMPAIGN

AVE \$152.63

DOMAIN AUTHORITY MOZ 54

PAGE AUTHORITY MOZ 46

HOLY CROSS MEDICAL GROUP APPOINTS MAGGY PEREZ-DICKENS, MBA, CMPE AS NEW PRESIDENT

By None

<https://southfloridahospitalnews.com/holy-cross-medical-group-appoints-maggy-perez-dickens-mba-cmpe...>

MEDIA OUTLET South Florida Hospital News

PUBLISHED Oct. 28, 2024, midnight

SIMILARWEB UVM  15,723

COMSCORE UVM 

AUDIENCE

CAMPAIGN

AVE \$145.44

DOMAIN AUTHORITY MOZ 39

PAGE AUTHORITY MOZ 46

Holy Cross Medical Group Appoints Maggy Perez-Dickens As New President



By None

<https://patch.com/florida/boca-raton/holy-cross-medical-group-appoints-maggy->

MEDIA OUTLET Patch

PUBLISHED Oct. 28, 2024, midnight

SIMILARWEB 9,371,490



UVM 	
COMSCORE	12,026,389
UVM 	
AUDIENCE	
CAMPAIGN	
AVE	\$86,686.28
DOMAIN AUTHORITY <small>MOZ</small>	91
PAGE AUTHORITY <small>MOZ</small>	70

“Deerfield Beach Secures \$41M for New Emergency Services Center”

By Steve Griffin

<https://cremarketbeat.com/deerfield-beach-secures-41m-for-new-emergency-services-center/>



Holy Cross Health has recently announced the development of a new Free-Standing Emergency Department (FSED) located at 340 S. Federal Hwy in Deerfield Beach. This state-of-the-art facility, spanning 25,000 square feet and costing \$41 million, aims to improve health outcomes by providing immediate emergency services and reducing wait times. The FSED will be equipped with cutting-edge medical technology and designed with patients’ needs in mind.

MEDIA OUTLET	CRE MarketBeat
PUBLISHED	Oct. 29, 2024, midnight
SIMILARWEB UVM 	242
COMSCORE UVM 	
AUDIENCE	
CAMPAIGN	
AVE	\$2.24
DOMAIN AUTHORITY <small>MOZ</small>	15
PAGE AUTHORITY <small>MOZ</small>	15

Holy Cross Medical Group Appoints Maggy Perez-Dickens, MBA, CMPE as President

By None

<https://www.citybiz.co/article/618778/holy-cross-medical-group-appoints-maggy-perez-dickens-mba-cmp...>

MEDIA OUTLET	citybiz
PUBLISHED	Oct. 29, 2024, midnight
SIMILARWEB UVM 	35,578
COMSCORE UVM 	
AUDIENCE	
CAMPAIGN	
AVE	\$329.10
DOMAIN AUTHORITY <small>MOZ</small>	43
PAGE AUTHORITY <small>MOZ</small>	46

AUTHORITY MOZ

Deerfield Beach Lands \$41M Emergency Services Center

By Mike Boyd

<https://www.connectcre.com/stories/deerfield-beach-lands-41m-emergency-services-center/>

Florida & Gulf Coast Central Florida Florida Gulf Coast North Florida South Florida Apartments CRE Insider Distressed Assets Finance Healthcare Hospitality Industrial Net Lease Office Opportunity Zones Retail Senior Housing Student Housing Weekender Lease Sale/Acquisition Development Financing People Economy Policy/Gov't Recruitment Florida & Gulf Coast CRE News In Your Inbox. Sign up for Connect emails to stay informed with CRE stories that are 150 words or less. Florida & Gulf Coast + South...

MEDIA OUTLET Connect Commercial Real Estate

PUBLISHED Oct. 29, 2024, 9:57 a.m.

SIMILARWEB UVM  102,321

COMSCORE UVM 

AUDIENCE

CAMPAIGN

AVE \$946.47

DOMAIN AUTHORITY MOZ 44

PAGE AUTHORITY MOZ 48

Holy Cross Health names medical group president

By Kristin Kuchno

<https://www.beckershospitalreview.com/hospital-executive-moves/holy-cross-health-names-medical-grou...>

Fort Lauderdale, Fla.-based Holy Cross Health has appointed a new leader for its medical group and hospital. Maggy Perez-Dickens was named president of Holy Cross Medical Group and a member of the hospital's senior leadership team, according to an Oct. 28 news release. As medical group president, she will be responsible for developing ambulatory care strategy and will lead a group of more than 185 physicians and 85 advanced practice providers.

MEDIA OUTLET Becker's Hospital Review

PUBLISHED Oct. 30, 2024, 6:09 p.m.

SIMILARWEB UVM  613,003

COMSCORE UVM 

AUDIENCE 18,500

CAMPAIGN

AVE \$5,670.28

DOMAIN AUTHORITY MOZ 77

PAGE AUTHORITY MOZ 56

The following clips
were not recorded
by MuckRack.

YOUR HEALTH

Foods can be medicine or poison. Know the difference

By Cindy Krischer Goodman
South Florida Sun Sentinel

Is what you are eating giving you cancer? Is it worsening symptoms of depression?

Researchers at Florida universities are working to understand how diet and disease are intertwined.

"Our food is making us sick," Dr. J. Scott Angle, a University of Florida agriculture expert, told the audience at a Food is Medicine Symposium at Holy Cross Health in Fort Lauderdale on Wednesday. "The U.S. is spending a lot of money trying to cure disease caused by poor food quality."

Everything from high blood pressure to diabetes to cancers to depression are being linked to what people put in their bodies. Research is underway to determine how food can help prevent and possibly treat disease.

The biggest culprits contributing to the most common illnesses are processed foods made with added sugar or flour (like breads, baked goods, cereals, and pasta), animal fats, processed meats like bacon and salami, and butter.

Fruits and vegetables can help prevent disease; five servings a day is recommended. However, most people don't achieve that recommendation.

"In the diet of the average American, there are not a lot of fruits and vegetables," said Justin Minnerly, professor of Health Sciences at Palm Beach Atlantic University and co-owner of health cafe Inika Foods in Wilton Manors. Minnerly, who also spoke at the Food is Medicine Symposium at Holy Cross Health, said studies show nearly 60% of calories in most Americans' diets are from ultra-processed foods, adding that many people don't recognize what that category includes. "People understand that sugar is bad for you, but they don't appreciate that flour in pasta and breads is just as bad for you."

"Food is both a medicine and poison depending on what you eat," Minnerly said.

Along with telling Americans what to avoid, researchers are going deeper to learn which foods can be medicine. Some of the findings:

■ **Lentil beans** contain high levels of fiber, which impedes cancer growth.

■ **Orange peels** inhibit the production of harmful chemicals associated with cardiovascular disease.

■ **The velvet bean's** leaf extracts and seeds show promise for treating Parkinson's disease.

■ **Almonds**, whose skins are rich in polyphenol antioxidants, can lower LDL or "bad" cholesterol levels.

■ **Mushrooms** have a prebiotic power that can reduce gut inflammation.

At UF, medical professionals and agriculture experts are joining together to learn how to produce more foods that could



Fresh fruits and vegetables are the best way to prevent disease. MIKE STOCKER/SOUTH FLORIDA SUN SENTINEL PHOTOS

prevent and potentially cure diseases. "This conversation does not happen often anywhere in the world, but in Florida, we are beginning to have these conversations," said Angle, University of Florida senior vice president for Agriculture and Natural Resources.

UF scientists are using gene-editing to grow strawberries and blueberries with a higher antioxidant content.

They also are growing lettuce and broccoli in a way that will give those vegetables more nutritional value. And they are feeding nutrients to fish to boost the Omega-3 fatty acids in their tissues and reduce inflammation for humans who consume the fish.

Dr. Christopher Gunter, chair and professor of the UF/IFAS Horticultural Sciences Department, said a statistic that caught his attention is that 50% of U.S. adults are suffering from diabetes, either diagnosed or undiagnosed. "That is an eye-opening statistic," he said.

Gunter said he and other UF scientists want to make each blueberry eaten count more and to extend the shelf life of crops to give more people access to foods that help fight disease.

"Right now, the percentage of adults who meet that five-servings-a-day recommendation of fruits and vegetables is around 10%, so we have such an enormous distance to go," Gunter said.

At universities across the country, research also is underway on food as medicine for mental health disorders.

A QUESTION FOR YOU

It's open enrollment time: Do you find selecting health insurance confusing? If so, what would make it easier for you to pick a plan? Share your experience with Sun Sentinel health reporter Cindy Krischer Goodman by emailing cgoodman@sunsentinel.com and we will publish the discussion in next month's Your Health feature.



Dr. J. Scott Angle of the University of Florida speaks during the Food is Medicine event at the Dorothy Mangurian Comprehensive Women's Center in Oakland Park on Wednesday.

<https://enewspaper.sun-sentinel.com/html5/desktop/production/default.aspx?&edid=79fba1e1-7993-404b-9628-6c21b9dc0a25>

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OCTOBER 21, 2024

FAMILY MEDICINE PHYSICIAN TERESA COLÓN-ASUMU, M.D., MPH JOINS HOLY CROSS MEDICAL GROUP



Dr. Teresa Colón-Asumu, M.D., MPH

Family medicine physician Teresa Colón-Asumu, M.D., MPH has joined Holy Cross Medical Group, a multi-specialty physician employed group of more than 130 physicians providing services throughout Broward County.

Dr. Colón-Asumu's focus areas include adult medicine, women's health,

preventative healthcare, chronic disease management, pre-operative evaluations, school and work physicals, hospital discharge follow-up and adolescent health. She recently completed her family medicine residency program at Emory University School of Medicine in Atlanta, Georgia. There, she provided a full spectrum of care to patients of all ages from newborns to geriatric patients. She also gained experience with contraception management, skin biopsies, coloscopies, endometrial biopsies and joint injections. Passionate about women's health, during her residency, she co-chaired the wellness committee to help encourage people to live healthy lifestyles by organizing art therapy classes, wellness walks and fitness challenges.

The board-eligible family medicine physician was previously a medical assistant at Southeast Orthopedics in Jacksonville, health assessment coach at Health Designs in Tampa and Jacksonville, team coach and outcome evaluation researcher at Girls on the Run in Tampa, and student research coordinator and supervisor at Women's Health

Project in Tampa. She also interned at Judeo Christian Clinic in Tampa, Florida during her public health program. She also served as an emergency department scribe in Orlando and Zephyrhills, Florida.

Dr. Colón-Asumu earned her Doctor of Medicine from Ross University School of Medicine in Bridgetown, Barbados, where she was involved in the Ross Pediatric Student Association, Ross University Community Health Clinics and Student National Medical Association. She co-authored two presentations, one on hypertension and diabetes and another on prenatal and postnatal care. Dr. Colón-Asumu graduated with a master's degree in public health with a concentration in maternal and child health from University of South Florida in Tampa and a Bachelor of Science in Health Sciences from University of Central Florida in Orlando.

Fluent in English and Spanish, Dr. Colón-Asumu's office is located within the family medicine practice at Holy Cross Medical Group at 1975 N. Federal Hwy. in Pompano Beach. To schedule an appointment, call 954-542-1550

or visit holy-cross.com for more information.

ABOUT HOLY CROSS HEALTH

A member of Trinity Health, Fort Lauderdale-based Holy Cross Hospital, dba Holy Cross Health, is a full-service, not-for-profit, Catholic, teaching hospital operating in the spirit of the Sisters of Mercy. Holy Cross has been recognized for six Types of Care in U.S. News and World Report's 2024-25 Best Hospital rankings and was named among the 2024 America's Best-In-State Hospitals by Newsweek. Through strategic collaborations and a commitment to being a person-centered, transforming, healing presence, the 557-bed hospital offers progressive inpatient, outpatient and community outreach services and clinical research trials to serve as our community's trusted health partner for life. Holy Cross Health also encompasses Holy Cross HealthPlex outpatient facility, an urgent care center and more than 40 Holy Cross Medical Group physician practices. To learn more about Holy Cross Health, visit holy-cross.com. Connect @[holycrossfl](https://twitter.com/holycrossfl).

<https://www.calameo.com/read/002791721568d07191340>

OCTOBER 21, 2024

**South Florida Hospital News and Healthcare Report
a Healthcare Media Company**

**Charles Felix
Publisher/ Owner**

TODAY'S FEATURE ARTICLES



**Neurologist Michelle Ferreira,
D.O. Joins Holy Cross Medical
Group**

October 17, 2024 – Board-certified neurologist and movement disorder specialist Michelle Ferreira, D.O. has joined Holy Cross Medical Group, a multi-specialty physician employed group of more than 130 physicians providing services throughout Broward County.

Dr. Ferreira is fellowship-trained in movement disorders and subspecializes in Parkinson's disease, essential tremors, functional neurological disorders, Botox injections for neurological disorders, deep brain stimulation and gait disorders. In addition, she evaluates and has special interests in cervical dystonia, limb spasticity, Lewy body dementia, Alzheimer's disease dementia, migraines, fibromyalgia, small fiber neuropathy, trigeminal neuralgia and epilepsy.

A clinical professor of neurology at Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale since 2013, Dr. Ferreira previously owned Neurology Specialists of Florida and was a partner with Neurology Offices of South Florida. She is a past professor of neurology at Palmetto General Hospital and Larkin Community Hospital and served as a clinical professor of the facial pain clinic at the Nova Southeastern University College of Dentistry.

[READ MORE](#)

<https://southfloridahospitalnews.com/neurologist-michelle-ferreira-d-o-joins-holy-cross-medical-group/>



NSU Dr. Kiran C. Patel College of Osteopathic Medicine

October 21 at 9:59 AM · 🌐



ALUMNI NEWS - Michelle Ferreira, D.O., M.P.H. ('06), a board-certified neurologist and movement disorder specialist, joined the Holy Cross Medical Group—a multispecialty, physician-employed group of more than 130 physicians providing services throughout Broward County, Florida. She previously owned Neurology Specialists of Florida and was a partner with Neurology Offices of South Florida.



<https://www.facebook.com/novaosteopathic/posts/pfbid02iLBBTpj7eEDpgJ88XaPbNGAWCrFyFCXPjE2cQPrUpUkudXjpwiaXYB6YJvwwwngXI>

Thu, Oct 24

A thundershower in spots High 84° Low 72°

NEIGHBOR NEWS

Wanda and Jim Moran, Jr. Gift \$6.5 Million to Holy Cross Health

Posted by Paige Feigenbaum

[Read more »](#)

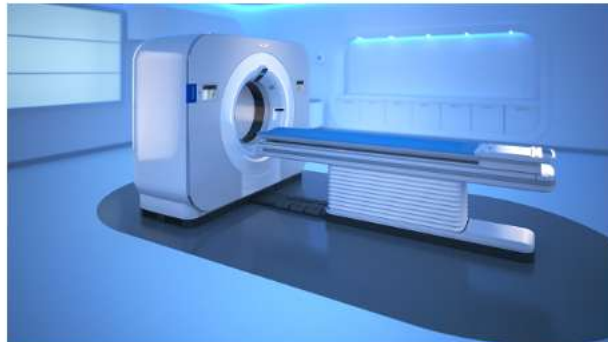
<https://patch.com/florida/boca-raton/wanda-jim-moran-jr-gift-6-5-million-holy-cross-health-nodx>

OCTOBER 28, 2024

**South Florida Hospital News and Healthcare Report
a Healthcare Media Company**

**Charles Felix
Publisher/ Owner**

TODAY'S FEATURE ARTICLES



**Holy Cross Health Announces
\$6.5 Million Gift from Wanda
and Jim Moran, Jr.**

Transformational gift from Wanda and Jim Moran, Jr. to support a new CT Scanner for Emergency Department

Fort Lauderdale, Florida – October 23, 2024 – In one of the single largest gifts in Holy Cross Health's 69-year history, philanthropists Wanda and Jim Moran, Jr. and the Wanda & Jim Moran Foundation have donated \$6.5 million to support the hospital's crucial needs.

Their transformational gift will fund the purchase of a dedicated CT scanner that enhances the diagnostic capabilities in the Emergency Department (ED) as well as conversion of an existing X-ray room into a dedicated CT room in the ED. Their gift will also support renovations and capital improvements in the hospital, including the acquisition of new medical equipment. Holy Cross Health will proudly name the building where the ED is located as the Wanda and Jim Moran, Jr. Emergency Department.

[READ MORE](#)

<https://southfloridahospitalnews.com/holy-cross-health-announces-6-5-million-gift-from-wanda-and-jim-moran-jr/>

Tue, Oct 29

Some sun, then clouds; breezy

High 82°

Low 76°

NEIGHBOR NEWS

Holy Cross Medical Group Appoints Maggy Perez-Dickens As New President

Posted by Paige Feigenbaum

[Read more »](#)

<https://patch.com/florida/boca-raton/holy-cross-medical-group-appoints-maggy-perez-dickens-new-president-nodx>

SunSentinel
LOCAL & STATE

Blessings for new Holy Cross center



Minister Mary Carter Warren uses holy water to bless the groundbreaking ceremony for the new Holy Cross Emergency Department and Outpatient Center in Deerfield Beach, Monday. The 25,000-square-foot, \$41 million project occupies the space where Orchard Hardware stood. **JOE CAVARETTA/SOUTH FLORIDA SUN SENTINEL**

Pg. 3 <https://enewspaper.sun-sentinel.com/html5/desktop/production/default.aspx?&edid=aaca0d2d-a222-436f-a779-953676580219>

WHAT'S NEW IN KPCOM?

ALUMNI SPOTLIGHT:

Michelle Ferreira, D.O., M.P.H. ('06)



Michelle Ferreira, D.O., M.P.H. ('06), a board-certified neurologist and movement disorder specialist, joined the Holy Cross Medical Group—a multispecialty, physician-employed group of more than 130 physicians providing services throughout Broward County, Florida. She previously owned Neurology Specialists of Florida and was a partner with Neurology Offices of South Florida.