

Join the Florida Hospital Waterman Pink Army for the 2014 Tour of Duty!

The Pink Army is a community initiative created to increase awareness about the early detection and prevention of breast cancer. By joining the Pink Army, you can help spread this life saving message.

Enlist. Visit jointhepinkarmy.com to enlist.

Get screened. Early detection is the best form of prevention, so we've made it easy to get a mammogram. Call (855) 808-PINK (7465) to schedule an appointment.

Donate. As a supporter of the Florida Hospital Waterman Pink Army, you will play an integral role in bringing education, awareness and hope to Lake County. Proceeds from the Pink Army initiative will be used to help promote breast cancer awareness, diagnosis and treatment including mammograms for women in need. To learn more about how you can help, call the Florida Hospital Waterman Foundation (352) 253-3070 or visit FHWaterman.com and click "Donate."



Extending the Healing Ministry of Christ

WatermanWellness

Special
Pink
Army
Edition



2014 Missions:

Enlist – Complete Profile • Attend an Event • Get a Mammogram • Coordinate a Pink Party • Recruit Friends – 10, 50, 100 • Share Your Story • Become a Fundraiser

EVENTS

Pink It Up Celebration

Thursday, October 9
4:30 – 6:30 p.m.
Florida Hospital Waterman

Help us kick-off breast cancer awareness month with a community celebration featuring a powerful patient testimonial, health education and resources, a fun and fierce flash mob and tours of the mammography department. Bring a bra! We are asking visitors to bring new bras for denotation to the Lake County Haven women's shelter. For each bra donated receive a chance to win one of our grand prizes.

Pink It Up Pink Army 5k Run/Walk

Sunday, October 19
Race starts at 7:30 a.m.

Support the Pink Army by putting your foot down in our certified 5k run/ walk. All runners receive a free Pink It Up Pink Army 5K t-shirt.

Pink It Up Pilates in the Park

Thursday, October 16
5:30- 6:30 p.m.
Wooton Park, Tavares

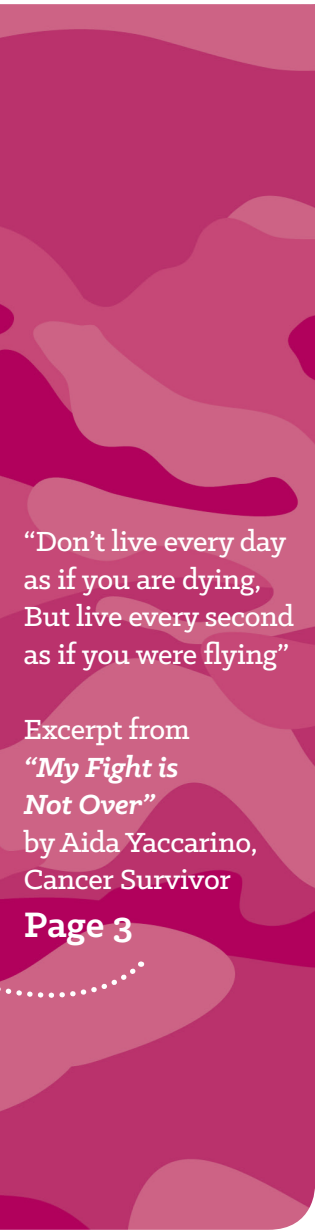
Get fit for the cause. Join us for a fun, free and relaxing exercise lead by YMCA certified Pilates instructor Kristi Kay. Bring your own mat and or one will be provided. Wear pink to show your support!

Breast Cancer Awareness Luncheon

Friday, October 24
12 – 1 p.m.
Tavares Pavilion on the Lake

Join Florida Hospital Waterman Cancer Institute for a luncheon dedicated to awareness, prevention and personal survivor stories featuring guest speakers Borys Mascarenhas, MD and Peter Marzek, MD.

Visit FHWaterman.com to register for these events or call (352) 253-3635 for more details.



Don't forget to schedule your mammogram, call (855) 808-PINK (7465).



Florida Hospital Waterman Inc.
1000 Waterman Way
Tavares, FL 32778-5266

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Improving the Health and Well-Being of Lake County

Learn more about the 2014 Pink Army missions and events [Page 4](#)





Dr. Sebbi

Early Detection Can Save Lives

“There are no proven ways to prevent breast cancer, but there are things that all women can do to help lower their risk and decrease their odds,” says Seble Gabre-Madhin, MD, general surgeon (“Dr. Sebbi”). “Although early detection cannot actually prevent breast cancer from developing, it can help to identify the disease at a more treatable stage where the likelihood of survival is highest.”

According to the American Cancer Society, breast cancer, the second leading cause of cancer death in women, exceeded only by lung cancer, is responsible for about 1 in 36 deaths among women. Based on recent studies conducted by the American Cancer Society, identifying breast cancer during its early stages using a mammogram screening reduces the risk of dying from breast cancer by 15% to 20%.

“The best early detection tool available is a mammogram screening,” says Dr. Sebbi. “Although there is much controversy surrounding the recommended screening guidelines, I recommend my patients begin to have a mammogram at age 40 and should continue every year after that.”

What you need to know:

- **Early detection can lead to a greater range of treatment options, including less-extensive surgery with fewer serious side effects**
- **Having a risk factor, or multiple, does not mean that you will get breast cancer. Some women who have one or more breast cancer risk factors never develop the disease.**
- **About 1 out of 8 invasive breast cancers are found in women younger than 45, while about 2 of 3 invasive breast cancers are found in women age 55 or older.**



Dr. Sebbi's office is located at 3350 Waterman Way in Tavares. To schedule an appointment call (352) 742-2223 or visit CenterforAdvSurgery.com



Help lower your risk with a more active lifestyle

While many factors can be attributed to an increased risk for breast cancer, there are steps all women can take to help reduce it. Factors such as an increased body weight - specifically obesity, a poor diet, alcohol consumption, and physical inactivity have been associated with breast cancer and these are all modifiable risk factors.

Moderate to vigorous physical activity can help lower the risk of breast cancer risk and may also boost the body's immune system helping to kill or slow the growth of certain cancer cells. Based on reports from the National Cancer Institute, women who exercise four or more hours a week have a lower risk of breast cancer. Recommendations are for at least 150 minutes of moderate exercise each week (that's 30 minutes a day), which is the current recommendation for

all Americans from the Centers for Disease Control and Prevention (CDC).

What is moderate exercise? Walking quickly, playing tennis, or any other activity that raises your heart rate and causes you to break a sweat.

To help improve your fitness level and help reduce your risk for breast cancer, Florida Hospital Waterman's CREATION Health Center is holding the Fitness for Life Class, a 10-week course offered to help women and men understand the benefits of regular activity and begin a safe and personal exercise program. Each two-hour session combines evidence-based research on exercise, the various types of exercise and levels of intensity which produce the best results for life-long fitness, weekly challenges for nutrition and other lifestyle components for fitness. Because nearly everyone can walk, we begin with walking and include exercise as part of each class.



Thursdays, October 2 – December 11, from 5 - 7 p.m.
A \$50.00 fee covers all course materials and workbook.
To register, please call 352-253-3685.

RECIPE

Did You Know?

The powerful phytonutrients that give beets their deep crimson color may help to ward off cancer.

Orange and Roasted Beet Salad

Nutrition: 70 calories, 2 g. protein and 4 g. fiber
Yields 6-8 oz servings

Ingredients:
2 gold beets
2 red beets
1/8 tsp. sea salt
8 oranges
2 tbsp. lemon juice (fresh)
1 ounce lime
1/2 cup fennel (fresh, julienne sliced)
1/8 red onion
18 cilantro sprigs

Directions:

1. Preheat oven to 400°F. Wrap the beets in foil and place on a sheet pan, roast until tender; about 2 hours. Peel and slice the beets, cover and refrigerate.
2. Segment the oranges reserving the juice in a bowl. Slice the onions very thinly.
3. Juice the lime and lemon.
4. Add the onion and fennel to the orange juice, then add the lemon juice and lime juice, stir. Let the mixture marinate for 5-10 minutes to soften the onion. Season with sea salt.
5. Arrange the beets alternately with the orange on a plate and top with ¼ cup of the fennel and onion. Garnish with cilantro sprigs.



My Fight is Not Over

*Every three months I go for a test
I don't know to cry or to be blessed
Sometimes I'm healthy, some days not
I'm not afraid of dying, I know God's there
But leaving behind all those that care*

*I have a brother and sister and two grandchildren I adore
A grateful husband and a daughter I love even more
God says there will be a cure. I leave it in his hands
Don't live every day as if you are dying
But live every second as if you were flying*

*At the end I had good news,
nothing was found,
and I was totally confused*

*Only God could have made this right
He gave me the courage
to stand up and fight*

Written by: Aida Yaccarino



Do More Than Battle Breast Cancer, Conquer it

"My fight is not over" a poem written by Aida Yaccarino, of Leesburg, celebrates her survivorship and courage to fight during her battle with breast cancer. In May 2013, Aida was diagnosed with an aggressive form of breast cancer, but luckily, due to her diligence and commitment to a yearly mammogram, her disease was caught in the early stages. "My brother died of lung cancer so I knew my risk was higher than the average woman, which made regular breast exams a must for me," says Aida.

After an abnormality on her mammogram and a positive biopsy, her long time trusted family physician, Perth Blake, MD, referred Aida to Borys Mascarenhas, MD, FACS, Lake County's only fellowship-trained surgical oncologist. "When someone manages your care for more than 14 years you know they would only recommend you to the best," she says. Dr. Mascarenhas examined her in detail before referring her to the Florida Hospital Waterman Cancer Institute for radiation treatment options and Ahmed Al-Hazzouri, MD, a fellowship trained medical oncologist.

Aida was shocked after her diagnosis, but says Drs Mascarenhas and Al-Hazzouri helped to make it easier for her to deal with. "They were straight forward and explained everything to me to me in a way I could understand," she says. "Everyone was so kind and understanding, it really makes a difference in how you feel every time you have to go to an appointment."

Aida was educated about her options to fight the disease and quickly underwent surgery by Dr. Mascarenhas to remove the cancerous area. Her treatment consisted of the state-of-the-art, breast-conserving therapy followed by Accelerated Partial Breast Irradiation (APBI) using the SAVI® device. "APBI using the SAVI® is an advanced form of radiation therapy that only delivers radiation to the tissue where the cancer is most likely to recur and with fewer side effects," says Dr. Mascarenhas. "This treatment option significantly reduces healing time and interruption to the demands of everyday life."

Radiation oncologists at the Florida Hospital Waterman Cancer Institute performed the APBI treatment. "It was the best option for me," says Aida. "The way they were able to administer the radiation was quick and convenient. I was back to enjoying my daily walks and playing with the grandchildren in no time." Florida Hospital Waterman Cancer Institute and Dr. Mascarenhas have the most experience in Central Florida with this type of cancer treatment.

At Florida Hospital Waterman Cancer Institute, Aida says the available support programs and groups combined with the compassionate care is what helped her through her fight. "Family is supportive but they don't physically and emotionally know what you are going through," she says. "Everyone in the support group has or is experiencing the same thing you are."



Ahmed Al-Hazzouri, MD,
Medical Oncologist



Borys Mascarenhas, MD, FACS
General Surgeon

Join us in the fight!

Join Florida Hospital Waterman Cancer Institute for a luncheon dedicated to awareness, prevention and personal survivor stories featuring guest speakers Borys Mascarenhas, MD and Peter Marzek, MD. The Breast Cancer Awareness Luncheon will be held Friday, October 24, at the Tavares Pavilion on the Lake. Call (352) 253-3635 to register or for more information.