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. 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 supporters of the Florida Hospital Waterman Pink Army, you play an integral role in bringing education, awareness and hope to Lake County. Proceeds from the Pink Army initiative will be used to help prevent 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) 253-3370 or visit FHWaterman.com and click “Donate.”

**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 2
5:30-7:30 p.m.
Florida Hospital Waterman

Help us kick-off breast cancer awareness month with a community celebration featuring a peaceful patient testimonial, health education, music and a fun and fierce flash mob in front of the mammography department. Bring a bra! We are asking visitors to bring new bras for donation 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 Pilates in the Park**
Thursday, October 9
6:30 – 7:30 p.m.
Wooton Park, Tavares

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

**Breast Cancer Awareness Luncheon**
Friday, October 17
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: Dr. Borys Mascarenhas, MD and Peter Marzek, MD. Visit FHWaterman.com to register for these events or call (352) 253-3635 for more details.

**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 entrants receive a free Pink It Up Pink Army 5k t-shirt.

**Help lower your risk with a more active lifestyle**

**Don’t forget to schedule your mammogram, call (855) 808-PINK (7465).**
Help lower your risk with a more active lifestyle

While many factors can be influenced to an increased risk for breast cancer, there are several that can be modified. Factors such as an increased body weight—specifically obesity, 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 while also lowering the body mass index system helping to slow or slow the growth of breast 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 causes you to break a sweat.

To help improve your fitness level and help reduce your risk of breast cancer, Florida Hospital Waterman’s CREATION Health Center is hosting the Florida Hospital Late Night Walk. This is a supervised event where you and others can monitor your exercise levels and meet other community participants who purchase the books for life-long health, socialize and challenge each other. Physical activity for everyone can walk, walk with walking and include exercise as part of us all.

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

Orange and Roasted Beet Salad

Ingredients:
- 2 golden beets
- 2 red beets
- 1 tbsp. olive oil
- 1 cup orange juice
- 3 tbsp. lemon juice
- 2 small red onions
- 1/4 cup fennel (fresh, julienne sliced)
- 3 cilantro sprigs

Nutrition:
- 70 calories, 2 g protein and 4 g fiber

Dr. Sebby

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 Dr. Galyn Kurosky, MD, general surgeon (“Dr. Sebby.”)

“Although early detection cannot actually prevent breast cancer from developing, it can help to identify the disease at a more treatable stage when the likelihood of survival is highest.”

According to the American Cancer Society breast cancer, the second leading cause of cancer death in women, armed only by being informed in responsible ways. Although research has been limited, recent studies conducted by the American Cancer Society identified breast cancer rates among women and men by looking at cancer screening rates reducing the risks from breast cancer by age 40 to 20.

The best early detection tool available is a mammogram screening,” says Dr. Sebby. “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 breast-conserving surgery with fewer side effects.
- Staying in a risk factor or multiple, does not mean that you will get breast cancer.
- Some women who have a strong family history will need to get breast cancer risk factors even after the diagnosis.
- About 1 out of 10 invasive breast cancers are found in women younger than 45; while about 1 out of 3 invasive breast cancers are found in women age 55 or older.

Do More Than Battle Breast Cancer, Conquer it

Borys Mascarenhas, MD, general surgeon

“Nurturing a cancer patient is not just about fighting the disease and quality of life, it’s about helping the patient focus on the journey and personal journey.”

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 a modified whole breast radiation (MBR), MRI-guided breast brachytherapy (MBB) and the removal of the implant. “The way radiation oncologists at the Florida Hospital Waterman Cancer Institute performed the MRI-guided breast brachytherapy was the best option for me,” says Aida. “The treatment was very painful, but the long-term风景

Beet Salad

Directions:
1. Peel beets with a vegetable peeler. Rinse beets in cold water.
2. Cut beets into thin slices. Place in a large bowl.
3. Toss beets with olive oil and lemon juice. Season with sea salt.
4. Bake beets for 45 minutes at 375 degrees F. Cool before serving.
5. Mix orange juice with lime juice, stir. Let the mixture marinate for 5-10 minutes to soften the orange. Season with sea salt.
6. Add orange juice to the fennel, mix well. Taste and adjust seasoning with sea salt and pepper.
7. Serve beets, oranges and fennel in a bowl. Slice with a fork and enjoy!

To register, please call 352-263-3966.

Every three months I go for a test. I don’t know how to cry or to be blessed.

Sometimes I’m healthy, some days I’m not. I live today as if I am dying.

I live every single day as if I am dying.

But leaving behind all those that care.

I have a brother and sister and two grandchildren.

A grateful husband and a daughter I love more than God says there will be a cure. I leave it in his hands.

I don’t live every day as if you are dying. But live every second as if you were flying.

At the end I had 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.

Words by Aida Yaccarino

My Fight is Not Over

Aida was educated about her options to fight the disease and quality of life, it’s about helping the patient focus on the journey and personal journey.”

Aida was diagnosed with an aggressive form of breast cancer, but luckily, due to her...