

WatermanWellness

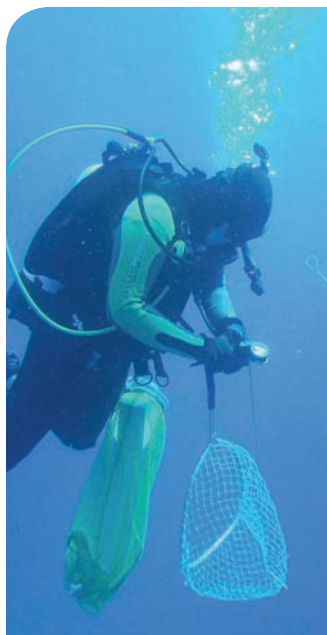
Spring 2014

Yum! Yum! Club
is back **Page 2**



Childhood
obesity has
reached epidemic
proportions.
Learn how you
and your family
can be healthier
together **Page 7**

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pain—when
it's more than
just a bellyache
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Certified scuba
diver is back to
doing what he
loves thanks
to the care and
treatment he
received through
Florida Hospital
Waterman and
Home Care
Services **Page 3**

Florida Hospital Waterman Inc.
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Tavares, FL 32778-5266

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Improving the Health and
Well-Being of Lake County

A complete listing of support groups,
seminars and education events **Page 8**



Yum! Yum!

Back by popular demand, these classes will help make cooking healthfully for the family easier

Preparing meals for your family on a daily basis can become a daunting task. Meals that are both healthy and tasty can be difficult to come by. Add easy to prepare, and it's easy to become discouraged. But there is hope. And there are some great lessons to be learned that can help you create tasty, healthy meals without too much fuss or long preparation time.

Back by popular demand, the Conry CREATION Health Center at Florida Hospital Waterman is hosting the Yum! Yum! Club this summer. The Yum! Yum! Club is a series of cooking demonstrations and educational courses designed to help you learn how to prepare great meals on the go. Each class builds your confidence in the kitchen. Recipes are demonstrated by a professional chef along with hands-on student participation. Nutritional information is shared by a registered dietitian.

"Each student comes away from a fun evening informed and inspired to prepare nutritious and tasty meals," says Candace Huber, director of Mission Development and the CREATION Health Center.

Classes will be held the last Tuesday of each month in May, June, July and August. Participants can register for the series or individual classes. It's a great way to pick up some new food preparation or cooking skills during the summer months without a huge commitment. ●

JOIN THE YUM! YUM! CLUB

Hosted in the Demonstration Kitchen of the Conry CREATION Health Center at Florida Hospital Waterman

Tuesdays, May 27, June 24, July 29 and Aug. 26
6 to 8 p.m.

\$30 per class

For more information about the CREATION Health Yum! Yum! Club, visit ConryCREATIONHealth.com or call **352-253-3685**.



All About Wellness

CREATION Health is creating a healthier Lake County. It's all about wellness, and wellness is more than health, or the absence of disease. Wellness is being mentally fit, physically robust, spiritually vital and socially comfortable.

Did you know?

- A daily diet rich in fruits and vegetables provides the fiber and nutrients for a healthy weight and protects against cardiovascular disease.
- Less salt in your diet means lower blood pressure. Keeping blood pressure down may also protect brain cells and decrease the risk of age-related memory loss and even dementia.
- Interpersonal relationships are crucial for happiness and health. The people of Okinawa, who on average live longer than any other nation of people in the world, say one reason they enjoy long and healthy lives is summed up in the word *ikigai*, which translates to "finding your reason to live."
- Middle-aged women and men who gain between 11 and 22 pounds after age 20 are up to three times more likely to develop heart disease, high blood pressure, type 2 diabetes and gallstones than those who gained five pounds or fewer.

RECIPE

Waldorf Salad or Coleslaw

This simple, no-cook meal includes walnuts for the multiple health benefits of omega-3 fatty acids.

Ingredients:

- 1 cup cabbage (shredded)
- ½ cup carrot (shredded)
- ½ cup walnuts (chopped)
- ½ cup apple (diced)
- ½ cup celery (chopped)
- 2 tbsp. mayonnaise
- 1 tbsp. honey
- ½ tsp. poppy seeds
- ½ tsp. milk
- 1 tbsp. apple cider vinegar
- ½ cup dates or raisins (chopped)

Preparation: • Combine cabbage, carrot, walnuts, apple and celery in medium mixing bowl; set aside • In a small mixing bowl, whisk together mayo, honey, poppy seeds and milk • Pour dressing over cabbage mixture; stir until all ingredients are well coated with dressing • Serve immediately or refrigerate until ready to serve

Serves: 4-6



There's No Place Like HOME

Home care services mean faster, more effective recovery



Certified scuba diver, avid astrophotographer and licensed alligator sportsman Reed Newlin, of The Plantations at Leesburg, doesn't like to let life slow him down. After 20 years of discomfort and a near inability to move his arm, Reed decided there was no way to avoid the fact that he needed to take action. To help relieve his pain, Reed called orthopedic surgeon Samir Guru, DO.

After a physical examination, X-rays and an MRI, it was determined that Reed would need a partial shoulder replacement. "Dr. Guru said it was the worst shoulder he'd ever examined—only about 15 percent functional," he says. "After two days at Florida Hospital Waterman, I was able to return home after surgery. Although it was the nicest hospital I have ever been in, I couldn't wait to get back to the comfort of my home for recovery."

1 Starting Recovery at Home Is Key

Advances in technology and surgery are making required hospital stays shorter and shorter. To help Reed recover from his surgery and get him back on the fast track, Dr. Guru prescribed a regimen of home care rehabilitation. "A well-planned rehabilitation program is critical to the successful recovery of a patient after surgery," Dr. Guru says. "Orthopedic home care services help promote a faster, more effective recovery. The services allow the patient to begin their recovery in a comfortable environment and safely transition into an outpatient therapy program."

Reed was referred to Florida Hospital Waterman Home Care Services for rehabilitation and additional home services. His care began with a visit by a registered nurse, who performed a home risk assessment to ensure his surroundings were safe. "With each new orthopedic home care patient, the initial home visit is essential," says Susan Moore, RN, director of Florida Hospital Waterman Home Care Services. "Patient safety is our top priority. Patients must be in a safe, comfortable environment if they are going to realize the full benefits of home care and recover fully from surgery."

According to Reed, that initial visit was a great relief. "I felt at ease knowing that someone had inspected my



Samir Guru, DO,
Orthopedic Surgeon

home to make sure it was safe. You know, to help avoid all of those things that happen to us old people," he says jokingly.

2 Caring Team, Expert Care

Reed's rehabilitation plan consisted of two weeks of physical therapy by specially trained orthopedic therapists and nurses. "Everyone who came to my home was great, and they made the experience pleasant," he says. "The physical therapist was a real character. I knew he was going to do something that would hurt when he started telling bad jokes. I could tell he wanted to make sure I was as comfortable as possible."

After home care rehabilitation, Reed was able to complete his therapy in an outpatient facility. "I am so thankful I was able to start my rehabilitation at home. I wasn't able to drive after my surgery—and riding with my wife can sometimes be scarier than surgery," he says. "All joking aside, I know I benefited from being able to start my therapy immediately after my surgery, in the comfort of my home."

• By Lissette Fernstrom

Complete Home Care Services

Florida Hospital Waterman Home Care Services provides comprehensive, compassionate care designed to effectively meet the patient's physical and psychological needs.

Home care may help patients:

- Who have been recently discharged from the hospital but have not yet fully recovered
- With chronic conditions that require monitoring
- With limited mobility who need therapy services
- Who require a pain management plan

Home care services are provided by professional registered nurses; certified wound care nurses; an "IV team" of nurses whose skills include certified chemotherapy administration; licensed practical nurses; speech therapists; physical therapists; occupational therapists; medical social workers; home health aides; and private duty services team members.

FIND OUT IF HOME CARE IS RIGHT FOR YOU

Unique care plans are developed for every patient in conjunction with the patient's physician. If you would like more information about Florida Hospital Waterman's Home Care Services, call us today at **352-253-3900**.



Side pain leads father-to-be
to emergency appendectomy,
cancer diagnosis

When It's



PHOTO BY THINKSTOCK

More Than a Bellyache

The news of his second baby wasn't what made John Roop, of Eustis, fall out of his chair while enjoying a family dinner with his wife and 5-year-old son. No, it was a pain in his side so intense that it sent him first to the floor and then via ambulance to the emergency department at Florida Hospital Waterman.

For John, life was great—he enjoyed a game of ball with his son, Bennett, golf with his work buddies, and his wife was expecting their second child. The only problem was that John hadn't made his health a priority since becoming a father. The Roops had no idea what would send them to the hospital, long before the baby's arrival.

From Appendectomy to Cancer Treatment

Unbeknownst to John, two days before being rushed to the hospital, his appendix had burst. Seble Gabre-Madhin, MD, FACS (Dr. Sebby), Harvard-trained, board-certified general surgeon of the Center for Advanced Surgery, was the on-call surgeon who removed John's appendix. During the appendectomy, Dr. Sebby also discovered appendiceal (appendix) cancer, an extremely rare cancer that affects only about 600 to 1,000 Americans annually.

"Yes, I was shocked to learn of my rare cancer," John says. "But what I really never would have expected was how wonderful Dr. Sebby, the hospital and all the nurses and staff were—even the food was good," John says. "I can't say enough great things about Dr. Sebby! She's very friendly and personable. She's my angel."

The advanced stage of the appendiceal cancer required a colectomy, a surgical resection of the large intestine (colon).

"The presence of appendix cancer, coupled with the fact that John hadn't had a routine colonoscopy, made me take extra precautions," Dr. Sebby says. "I wanted to ensure we had a full picture of his health."

Following John's colectomy, he underwent a series of chemotherapy treatments to ensure the cancer wouldn't return. "During John's post-operative care, I discovered a man who was as grateful for his health as

those who ensured he still had it," she says. "Though our meeting was by emergency, I believe the effects are long-lasting."

Leading by Example

Beyond the reconstruction of his intestines, John is now rebuilding a healthier life with a foundation of routine screenings and testing. "Not only didn't I think I'd ever have cancer, I never thought I'd become the poster child for treating yourself better by getting your colonoscopy," he says.

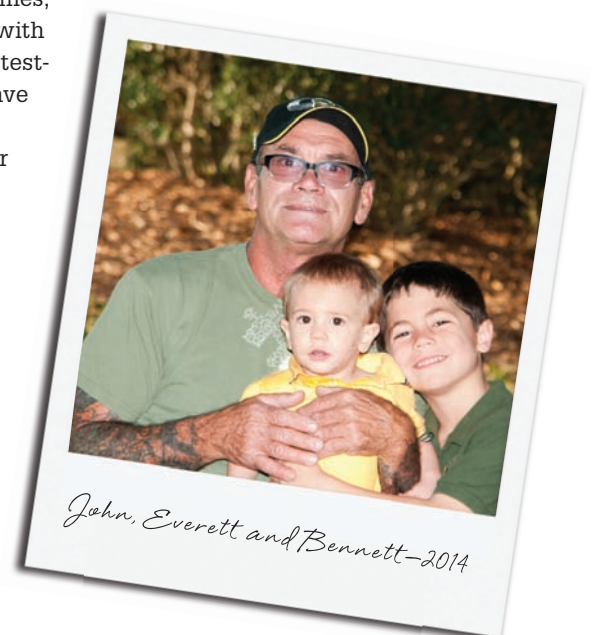
John's precancerous polyps would have been found earlier if he had maintained age-appropriate health screenings and testing, like having a colonoscopy by age 50.

"Today, I feel like I have a second chance at life—just in time for my second son, Everett, who is now 9 months old and eager to follow in his older brother's footsteps," John says. "And thanks to Dr. Sebby, I can chase both my boys and lead a better example—every step of the way."

● By Amy McCrory



Seble Gabre-Madhin, MD, FACS, General Surgeon



John, Everett and Bennett—2014

REGULAR SCREENINGS CAN HELP AVOID SURGERY

Annual screenings and age-appropriate testing are two of the best things you can do to avoid emergency care. Visit **FHWaterman.com** or call **352-253-3635** for a list of Florida Hospital Waterman physicians.



THE SURVIVOR'S BELL

Early diagnosis and advanced treatment helps Hartley Graves beat cancer

Hartley Graves, of Eustis, could not wait to ring the bell, signifying the end of his three-month radiation treatment. He began his journey to this symbolic end with what he thought was just a sore throat. After three visits to his primary care physician, Hartley only seemed to worsen. Then he began to cough up blood. After losing his mother to lymphoma, Hartley knew it was important to seek additional medical attention, and was referred to an ear, nose and throat (ENT) specialist.

"It all happened so fast, and probably for a good reason," Hartley says. "My ENT said a biopsy revealed a suspicious nodule." Hartley was referred to radiation oncologist Jeffrey Brabham, MD. Once under the care of Dr. Brabham and the Florida Hospital Waterman Cancer Institute staff, Hartley knew he was where he needed to be.

"There were so many things that spoke to me, telling me I was in the right place," Hartley says. "There was a hummingbird puzzle in the lobby for patients and family—my mother's favorite bird. Not to mention Nurse Tony, who has the same name as my mother."

From Diagnosis to Treatment Within One Week

Dr. Brabham examined Hartley the same day he received the referral by means of an endoscope and a PET scan. Both procedures are used to diagnosis cancer and determine the stage of development. Hartley's examination revealed a squamous cell carcinoma on his left

tonsil. The National Cancer Institute reports that most head and neck cancers begin with squamous cells that line the moist surfaces inside the head and neck, such as the mouth, nose and throat.

"It is imperative for the patient to receive a timely examination and diagnosis," Dr. Brabham says. "When throat cancer is detected in its early stages it can often be treated with radiation therapy rather than a surgical intervention."



Jeffrey Brabham, MD,
Radiation Oncologist

On Oct. 11, within one week of his diagnosis, Hartley began his three-month regimen of radiation therapy. Dr. Brabham and the team at Florida Hospital Waterman's Cancer Institute treated Hartley's cancer with intensity-modulated radiation therapy and image-guided radiotherapy. This combination of radiation therapy uses digital imaging to plan and deliver tightly focused radiation beams, which only target the precise pinpointed area, allowing minimal harm to the surrounding tissue.

"Everyone was so kind from the moment I walked in, from the ladies in the reception area to all of the nurses that helped me through my treatment," Hartley says. "I prayed to God, 'This is your body, take me



Hartley Graves, with care team members Katherine Jarmusz (left) and Lindsay Armstrong, claimed his victory over cancer by ringing the survivor's bell at Florida Hospital Waterman Cancer Institute.

home to be in your presence or heal me and let me stay here and claim victory over this.' "

A Second Chance

On Dec. 11, exactly three months later, Hartley claimed his victory, like many before him, when he was able to ring the bell located in the Florida Hospital Waterman Cancer Institute's lobby. Hartley did not end his celebration there. He wanted to thank everyone who provided him with the exceptional and compassionate care he received during his treatment by performing and dedicating a song to his caregivers.

"I still look back with a smile in my eyes, even when thinking about the grueling parts of my treatment," Hartley says. "God gave me a second chance with a new physical body, and a chance to build a new life all in God's glory." • By Kim Milne

YOUR FIRST CHOICE FOR CANCER TREATMENT

The Florida Hospital Waterman Cancer Institute is home to some of the most advanced cancer treatment in Lake County. For a complete list of treatments and services, visit **FHWaterman.com**.





Healthier Together

Childhood obesity has reached epidemic proportions

Statistics say that about one-third of all U.S. children are overweight by today's standards. Startling, but true. But, why is that? For one, kids are less active now than they used to be. They spend more time in front of the TV, on the computer or on other electronic devices. Also, parents have less time to plan and make healthy meals, let alone ensure their children are getting enough exercise.

"Overweight kids are at risk for serious, long-term health problems, both physical and psychological," says Veronica Chastain, MD, family medicine. "Overweight children might develop heart disease, diabetes, asthma or sleep problems.



Veronica Chastain, MD,
Family Medicine Physician

Being overweight can also lead to sadness or depression, because kids may tease them about their weight."

How Can You Help Your Child?

According to Dr. Chastain, there are some easy steps to help initiate the process. "First, get active," she says. "Your child needs an hour of activity every day. Get fit as a family. If you are active, your child will be, too. Try walking, biking or roller-skating. Play games with your child, like kickball, soccer,

tag or jumping rope. Choose something that your child likes."

"Second, limiting your child's 'screen time,' which translates to TV, video games, texting and surfing the Internet, can be a big step in the right direction," Dr. Chastain says. "And, third, eat healthy meals. Serve fruits, vegetables, whole grains and lean meats. Planning and eating your meals together is good for the entire family,"

Dr. Chastain recommends not putting your child on a diet, unless your doctor says it's OK. Kids need to eat enough so they can grow. Instead, give them less fruit juice and soft drinks. Encourage them to drink lots of water—it's a healthy habit that should last a lifetime. And try to cut back on sweets, fried food and fast food. • *By Amy McCrory*

ON YOUR MARK, GET FIT, GO TO THE DOCTOR!

Dr. Chastain is now accepting new patients. To schedule an appointment, call **352-742-1760**. Looking for a physician close to you? Visit **LakeCountyDocs.com** for a complete list of Florida Hospital Medical Group primary care physicians who are accepting new patients.



Classes and Events

Florida Hospital Waterman offers a number of free educational and support programs to the residents of Lake County. For a complete list, visit **FHWaterman.com**.



Educational Seminars

Call **352-253-3635** to register or for more information.

Open Up and Say AHHHH ... Signs and Symptoms of Oral Cancer

Michael Freedman, DO, otolaryngology
Wednesday, April 30, 1 to 2 p.m.

Living with Knee Pain? You May Not Have To

- Donald Perry, MD, orthopedic surgeon
Tuesday, May 20, 1 to 2 p.m.
Fairfield Inn & Suites Clermont
- Jon Radnothy, DO, orthopedic surgeon
Friday, July 11, 1 to 2 p.m.
The Villages Center for Health

Skin Cancer

Maen Hussein, MD, medical oncologist
Wednesday, June 11, 1 to 2 p.m.

Wound Care and Hyperbaric Treatment

Dennis Harkness, PA
Friday, June 20, 1 to 2 p.m.
The Villages Center for Health

Support Groups and Classes

Amputee Support Group "W.A.L.K" (Waterman Amputee & Limb Loss Konnections)

For amputees and people with limb loss.
Fourth Monday of each month, 6 to 7 p.m.
Florida Hospital Waterman Mattison Conference Room B
Call Tracey Estok at **352-253-3892** to register or for more information.

Overeaters Anonymous

Every Thursday, 5:30 p.m.
Florida Hospital Waterman,
Mattison Conference Room E
Call **352-223-9769** to register or for more information.



Breast Cancer Support Group

Third Thursday of each month,
1 to 2:30 p.m.
Florida Hospital Cancer Institute Waterman Conference Room
Call Latanya Ruiz, MSW, at **352-253-3605** to register or for more information.

Childbirth Classes

Held on an ongoing basis.
Call **352-253-3367** or email **Cheryl.Finotti@ahss.org** to register or for more information.

General Cancer Support Group

First Thursday of each month, 1:30 to 3 p.m.
Florida Hospital Waterman Cancer Institute Conference Room
Call Latanya Ruiz, MSW, at **352-253-3605** to register for more information.

Insulin Dependent Support Group

Last Monday of each month, 6:30 to 7:30 p.m.
Florida Hospital Waterman
Mattison Conference Center
Call Ruth Harnden at **352-735-4907** or Linda Bork at **352-315-0309** to register or for more information.

Man to Man: Prostate Cancer Support Group

Third Thursday of every month, 3 to 4:45 p.m.
Call Latanya Ruiz, MSW, at **352-253-3605** to register or for more information.

Oral Head and Neck Cancer Support Group

Second Tuesday of each month, 3 to 4 p.m.
Florida Hospital Waterman Cancer Institute Conference Room
Call Latanya Ruiz, MSW, at **352-253-3605** to register or for more information.

Look Good...Feel Better: American Cancer Society Program

Second Monday every other month,
1:30 to 3:30 p.m.
Florida Hospital Waterman Cancer Institute Conference Room
Contact Latanya Ruiz, MSW, at **352-253-3605** to register or for more information.

Multiple Sclerosis Support Group; P.U.N. (Pity Us Not)

First Friday of each month, 10 a.m.
Florida Hospital Waterman
Mattison Conference Room F
Call David Johnson at **352-638-0663** or email **pityusnot@hotmail.com** to register or for more information.

Mended Hearts Support Group for heart patients

Second Tuesday of each month, 2:30 to 3:30 p.m.
Call **352-253-3396** for more information.



GENEROSITY HEALS

Through the generosity of donors, the Florida Hospital Waterman Foundation provides resources for support services, programs and technology that help enhance the health and wellness of the Lake County community through Florida Hospital Waterman.

To learn more about how you can help support the Foundation through charitable giving, call **352-253-3070** or visit **FHWaterman.com** and click "Giving Back."



**FLORIDA HOSPITAL
WATERMAN**

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