

# WatermanWellness

Winter 2014

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American Heart  
Month **Page 2**



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Lake County  
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Florida Hospital Waterman Inc.  
1000 Waterman Way  
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**





# Are Your Resolutions Weighing You Down?

## Taking that first step to a happier, healthier you is often the hardest part

You started out the New Year with great expectations. You were looking for a healthier, fitter, thinner, happier and more fulfilled you in 2014. Now, several weeks into the year, your resolutions feel more like bags of sand weighing you down than goals or aspirations.

You're not alone. According to a study published in the *Journal of Clinical Psychology*, although nearly half of all Americans make New Year's resolutions, only 8 percent stick with them. And while many people aren't successful, the study found that people who make resolutions are 10 times more likely to achieve success than those who do not. It's all about slow and steady

progress, focus and determination.

Classes at the Conry CREATION Health Center at Florida Hospital Waterman are designed to help you successfully begin and sustain a healthier lifestyle. In a few short weeks, you will begin to see and feel the difference, while learning tools that will help you maintain the new you. Classes include:

**DEPRESSION AND ANXIETY RECOVERY:** Eight-week class, \$135 for materials. Mondays, starting March 3.

Designed by Neil Nedley, MD, this class helps you:

- Identify depression and its causes
- Discover lifestyle applications for recovery
- Understand how nutrition affects your brain and mood
- Manage stress without distress

**SUPER NOGGIN:** 10-week class, \$100 for materials. Tuesdays, starting March 4.

Designed to help you improve memory and mental function while helping prevent Alzheimer's disease. Each week, new brain health information is shared with daily

assignments to activate and stimulate the body and the brain. The course includes a yearlong approach for daily brain health.

**FITNESS FOR LIFE:** 10-week class, \$50 for materials. Thursdays, starting March 6.

This class combines physical activity and key nutritional components to living strong and fit. Benefits include improved heart health and flexibility, diabetes management, weight loss and an improved immune system.

**DIABETES SELF-MANAGEMENT:** Six-week class, \$50 for materials. Tuesdays, starting March 4.

Introductory course for those who have diabetes or have a loved one living with the disease. Sessions include:

- A diabetes overview
- Living with diabetes
- Healthy nutrition, parts I and II
- Essentials of physical activity
- Medication
- Monitoring
- Managing acute problems

● By Candace Huber, RN, BSN, MPH

### JOIN A CLASS TODAY!

Learn more about creating your own path to becoming whole. Visit **ConryCREATIONHealth.com** for a complete listing of CREATION Health classes at Florida Hospital Waterman.



## Creating Your Own Path

CREATION Health is creating a healthier Lake County focused on whole-person lifestyle transformation. CREATION Health helps people live life to the fullest by focusing on the eight universal principles of whole-person health God originally gave at Creation—Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook and Nutrition. Perhaps you didn't know that:

- 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, and 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, Japan, 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 less.

Call **352-253-3685** for more information on CREATION Health.

### RECIPE

## Red Lentil Soup

Red lentils are faster-cooking than other varieties of the legume. Light but satisfying, this soup is the perfect meal for February—American Heart Month!

### Ingredients

- 1 cup red lentils • 4 cups water
- 1 vegetable bouillon cube • 1-2 tbsp. olive oil • 1 carrot, diced • 1 parsnip, diced • 2-3 cloves garlic, minced • ½ cup onion, chopped
- 1 14-ounce can petite diced tomatoes
- ½-1 tsp. Mrs. Dash Southwest Chipotle seasoning blend • ½-1 tsp. salt • 1 tbsp. lemon juice • ¼ cup fresh cilantro, chopped

### Preparation

- Rinse the lentils in cold water. • Drain and place in a pot with 4 cups water and the bouillon cube.
- Bring to a boil and cook for about ½ hour or until tender.

In olive oil, sauté carrot, parsnip, garlic, and onion until tender. • Add diced tomatoes and Mrs. Dash seasoning. • Add vegetables, seasonings, and salt to the soup and cook a little longer. Remove pot from the stove. Add lemon juice and chopped cilantro.

**Prep time:** 20 minutes

**Yield:** 3-4 servings



PHOTO BY THINKSTOCK



# Strike Out Knee Pain

New procedure  
provides a more  
natural solution  
to knee pain

Retired military veteran Lyle Reid, of Grand Island, received his second knee replacement at Florida Hospital Waterman in August. He credits the procedure for his newly fine-tuned bowling skills and his continued ability to help care for his wife.

"When I began having trouble taking care of my wife, and my bowling buddies began razzing me about my scores, it was time to get an appointment scheduled," Lyle says. "I had already had one knee replaced, and I knew it was time for the other one."

Lyle turned to orthopedic surgeon Vrej Manoogian, DO, who performed his first knee replacement surgery three years ago. At that time, Lyle was experiencing continuous pain and having difficulty with his favorite pastimes.

"I was unable to do all the things I enjoyed," Lyle says. "I couldn't get outside and do my yard work, and it was beginning to become unbearable to make it through my weekly bowling matches. I knew it was time to do my homework and find a solution."

Several of Lyle's bowling friends and many of his neighbors in Lakeside Village

recommended Dr. Manoogian. After an examination, Dr. Manoogian determined Lyle needed a partial replacement for his left knee.

## A Personal Experience

"I can't speak highly enough of my experience," Lyle says. "All of the staff at the office were friendly and personable, not to mention Dr. Manoogian was likable, professional and helped to completely rid me of my knee pain."

When Lyle began to experience the same pain and stiffness in his right knee, and with his wife's health problems increasing, he knew he had to get the problem solved quickly. He once again turned to Dr. Manoogian, who informed Lyle that he was a perfect candidate for his latest procedure, a BioPro Total Knee Original (TKO).

## Expert Care, Close to Home

Dr. Manoogian, the co-designer of this advanced procedure, exclusively offers the procedure to patients at Florida Hospital Waterman. The TKO is a sophisticated approach to a total knee replacement that retains all of the knee ligaments and sacrifices a minimal amount of bone. The BioPro

implant complements this technique with its revolutionary thin design, which allows the knee to be restored to a more natural acting and responsive state.

"This new system provides me with the opportunity to better meet the patient's expectations and provides them with the best possible outcome," Dr. Manoogian says. "By offering this new treatment, my patients can get back to their usual, daily life activities more quickly and more easily engage in the complex motions associated with an active lifestyle."

According to the American Academy of Orthopaedic Surgeons (AAOS), more than 600,000 knee replacements are performed each year in the United States, and this number will only continue to increase with the aging population. The AAOS shows a 90 percent patient satisfaction rating from patients who received a total knee replacement.

"Pain? What pain?" Lyle says. "Three months after my surgery, I have regained the strength back in my knee, and my wife and I are back to hitting the lanes."

● By Kim Milne



Lyle Reid, of Grand Island, no longer has pain thanks to the knee replacement surgery he received at Florida Hospital Waterman.

## EXPLORE YOUR OPTIONS FOR KNEE PAIN

Suffering from knee pain? Want to learn more about your options? Join Dr. Manoogian for a free educational seminar at 1 p.m. Thursday, March 13, at Leesburg Community Center. To register or for more information, call **352-253-3635** or visit **FHWatermanOrtho.com**.





After a heart attack, David Chapman, of Grand Island, is back to doing what he loves, thanks to the quick, expert care he received at Florida Hospital Waterman.

Partnership  
between Florida  
Hospital Waterman  
and EMS helps  
improve heart  
attack treatment  
times

# THE BIG



At 62 years old, David Chapman, of Grand Island, was stopped in his tracks when he began to experience chest pain severe enough to call 911. Lake Emergency Medical Services (EMS) was at his home within minutes, and confirmed that he was indeed having a heart attack. “When I arrived at the emergency room at Florida Hospital Waterman, they were ready for me,” David says. “I knew it was important to get help for a heart attack as quickly as possible, but I was blown away at how fast everyone jumped into action.”

### Reducing Heart Damage

“Thanks to new advances in technology and collaboration between Florida Hospital Waterman and Lake EMS, we can now initiate diagnosis and preliminary treatment of heart attacks before a patient even arrives at the hospital,” says Siva Bhashyam, MD, an interventional cardiologist at Florida Hospital Waterman. “This saves critical time once the patient arrives at the hospital, and can help reduce damage caused to the heart muscle.”

According to both the American Heart Association and the American College of Cardiology, patients who reach the cardiac catheterization lab within 90 minutes of having a heart attack experience significantly lower mortality rates.



### Heart Disease Has Us Seeing RED!

Heart disease is the second leading cause of death in Lake County. This February, in recognition of American Heart Month, Florida Hospital Waterman is hosting a number of events and educational seminars to help promote improved heart health in our community. Join us on Thursday, Feb. 13, from 8 a.m. to 1 p.m., for “Heart Your Heart.” Free screenings, including cholesterol and total lipid profiles, will be available. Registration and fasting are required. Call **352-253-3635** to register or for more information. Visit **FHWatermanHeart.com** for a complete listing of events and programs.

“Once a patient arrives at the hospital, and is diagnosed, our goal is to get him or her to the catheterization (cath) lab for angioplasty or stent placement to help restore blood flow to the heart as quickly as possible,” Dr. Bhashyam says. “Every hospital tracks the time it takes to get patients to the cath lab for treatment. We refer to it as the door-to-balloon time, and we continually look for ways to reduce that time.”

### How the Process Works

“When we receive a chest pain call via 911, the patient is triaged and an ambulance is dispatched with priority criteria and lights and sirens,” says John Simpson, chief operating officer with Lake EMS. “An advanced life support work-up is completed with a 12-lead electrocardiogram (EKG), and if the paramedic believes that the patient is having a heart attack, we have the ability to transmit the EKG directly to the hospital from the field.” Transmitting the EKG directly from the ambulance to the emergency room not only allows the EMS and hospital teams to start working together to assess the patient, it also allows the hospital and cardiac cath lab to start preparing for the patient’s arrival. “The key is recognizing the signs and symptoms and notifying the emergency room,” Simpson says.

“The partnership between Florida Hospital Waterman and Lake EMS to implement the field EKG program is resulting in improved door-to-balloon times and better patient outcomes,” says Pamela Jones, senior clinical data analyst for cardiology. “Now, 98 percent of our heart attack patients receive treatment within 90 minutes, the best in Lake County.”

By recognizing the signs of a heart attack, and seeking care as quickly as possible, David is back to doing the things he loves, like fishing and yard work. “My father had a heart attack at 62, and my grandfather died of a heart attack at 67,” he says. “Because of my family history, I knew I was at an increased risk, so I learned the signs and knew what to do. Thankfully the teams at Lake EMS and Florida Hospital Waterman were also prepared.”

● *By Leslie Sarmiento*

**“Now, 98 percent of our heart attack patients receive treatment within 90 minutes, the best in Lake County.”**

Pamela Jones, Senior Clinical Data Analyst for Cardiology



PHOTO BY THINKSTOCK

### WHAT’S YOUR RISK?

Are you or someone you love at risk for heart disease? Take Florida Hospital Waterman’s free online risk assessments at **FHWatermanHeart.com**. Learn more about the warning signs of heart disease and find a complete list of physicians and resources available in Lake County.



CATCH



## Colorectal Cancer: Myth vs. Fact

**Myth:** Colorectal cancer is a man's disease.

**Truth:** Colorectal cancer is just as common among women as men.

**Myth:** Colorectal cancer cannot be prevented.

**Truth:** In many cases, colorectal cancer can be prevented. Colorectal cancer almost always starts with a small growth called a polyp. If the polyp is found early, doctors can remove it and stop colorectal cancer before it starts. Tests like colonoscopies can help find polyps.

Other ways to help lower your chances of getting colorectal cancer include:

- Getting to and staying at a healthy weight throughout life; staying lean without being underweight.
- Being physically active—limiting the time you spend sitting, lying down or watching TV.
- Eating at least 2½ cups of vegetables and fruits each day.
- Choosing whole grains over refined grain products.
- Limiting the amount of red meat and processed meat you eat.
- If you drink alcohol, limiting the amount to one drink per day for women and two per day for men.
- Not using tobacco in any form.

**Myth:** African Americans are not at risk for colorectal cancer.

**Truth:** African-American men and women are diagnosed with and die from colorectal cancer at higher rates than men and women of any other U.S. racial or ethnic group. The reason for this is not yet understood.

**Myth:** It's better not to get tested for colorectal cancer because it's deadly anyway.

**Truth:** Colorectal cancer is often highly treatable. If it's found and treated early (while it's small and before it has spread), the five-year survival rate is about 90 percent. But because many people are not getting tested, only about four out of 10 are diagnosed at this early stage, when treatment is most likely to be successful.

# One Screening Could Save Your Life

Colorectal cancer, one of the leading causes of cancer in the U.S., is also the most treatable, when detected early

Colorectal cancer, cancer of the rectum or colon, is the second-leading cause of cancer-related deaths in the United States. But it is also one of the most treatable, when it's detected early. "This is one of the few cancers where the test we have can prevent the disease," says Harsh Duphare, MD, gastroenterologist. "Simply put, colonoscopies save lives."

According to the American Society of Colon and Rectal Surgeons, colorectal cancer can be cured in up to 90 percent of people when it's discovered in its early stages. It is estimated that approximately 40,000 lives a year could be saved through widespread adoption of colorectal cancer screenings and early treatment in men and women.

March is National Colorectal Cancer Awareness Month. The American Cancer Society recommends colonoscopy screenings every 10 years for people 50 and older, and more frequently for people with a family history of colon disease or at an increased risk for developing colon cancer.

"Many people put off getting colonoscopies because of the stigma associated with the screening," Dr. Duphare

says. "But in reality, the procedure is relatively simple, painless and fast. During the screening, the surgeon looks for and removes polyps in the colon that, over time, can develop into cancer. Removal of the polyps reduces the risk of developing cancer by nearly 80 percent."

● By Amy McCrory



Harsh Duphare, MD

### MAKE TIME TODAY!

Colonoscopies are typically performed as an outpatient procedure and are covered by most insurance. For more information about colonoscopies, visit [TheCenterforDigestiveCare.com](http://TheCenterforDigestiveCare.com).







Thanksgiving, Christmas, New Year's ... with the holidays complete, now is the perfect time to do something for you. No more worrying about things like where to go shopping, whom to invite for dinner, how much food to buy or how to find the perfect gift. Now it's time to focus on you in the new year.

According to the Centers for Disease Control and Prevention, more than one-third of U.S. adults (37.5 percent and almost 17 percent of children between ages 2 and 9 years old are obese.

"Florida is number 10 on the list of most obese states, with 25.2 percent of residents self-reporting obesity," says Anielka Rodriguez, MD, family medicine. "It doesn't have to be drastic, but people need to start making some changes."

### What's Best for You?

The American Heart Association recommends at least 150 minutes per week of moderate exercise, or 75 minutes per week of vigorous activity. "An easy way to remember is 30 minutes per day, five times a week," Dr. Rodriguez says. "But people shouldn't freak out. No one expects you to go from zero to 'I've changed my address to the local gym.' " Dr. Rodriguez suggests you divide the time into several 10- to 15-minute segments per day, or if you already have an exercise-oriented lifestyle, you can bulk it into 25 minutes or more of vigorous aerobic activity at least three times a week. "Using the extra free time some of us experience after the holidays is a perfect time to start," she says.

### Jump-start Your Engine

The benefits of engaging in an exercise routine are enormous, not only from a physical and medical standpoint but also spiritually. "It can improve your quality of life," Dr. Rodriguez says. "You will feel refreshed, have more energy, will be able to concentrate better and will sleep better. Consider it the jump-start for your engine."

Russell Pate, PhD, a professor in the Department of Exercise at the University of South Carolina, agrees. "Our bodies were designed to be physically active, and they don't do well with long-term exposure to sedentary living," he says. "Getting active helps combat depression, anxiety and more."

● By Amy McCrory



Anielka Rodriguez, MD

### GET HELP TO START YOUR EXERCISE ROUTINE

Dr. Rodriguez is now accepting new patients. To schedule an appointment, call **352-589-4111**. Looking for a physician close to you? Visit **LakeCountyDocs.com** for a complete listing of Florida Hospital Medical Group primary care physicians accepting new patients.

### Exercises That May Not Feel Like Exercise

Don't like running or going to the gym? Try one of these other activities. The average person looking to get fit should complete between six and seven aerobic miles a week.

Activity (Minutes to equal one mile)	Easy	Medium	Vigorous
Bicycling	18	14	10
Canoeing	20	15	12
Swimming	24	16	12
Table tennis	60	30	20
Gardening	60	40	30
Golfing (walking)	30	25	20



# 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 **FHWat.org**.



## Educational Seminars

### Prostate Cancer: Causes, Symptoms and Treatment

Robert Purdon, MD, radiation oncologist  
Monday, Feb. 10, 10 to 11 a.m.  
The Villages Center for Health  
Call **352-253-3635** to register or for more information.

### Heart Your Heart: Florida Hospital Waterman Health Expo

Screenings, education and tips on healthy living.  
Thursday, Feb. 13, 8 to 11 a.m.  
Hospital Atrium and Conry CREATION Health Center  
Call **352-253-3635** to register or for more information.

### Colorectal Cancer: Causes, Symptoms and Treatment

Ahmed Al-Hazzouri, MD, medical oncologist  
Thursday, Feb. 20, 1 to 2 p.m.  
Call **352-253-3635** to register or for more information.

### Cardiac Devices: Cardiac Rhythm Management

Miguel Bryce, MD, cardiologist  
Wednesday, Feb. 26, 1 to 2 p.m.  
Call **352-253-3635** to register or for more information.

### Bone and Ligament Sparing Total Knee Replacement

Vrej Manoogian, DO, orthopedic surgeon  
Thursday, March 13, 1 to 2 p.m.  
Leesburg Community Center at Venetian Gardens  
Call **352-253-3635** to register or for more information.

### Living with Knee Pain? You May Not Have To

Samir Guru, DO, orthopedic surgeon  
Thursday, March 20, 1 to 2 p.m.  
Call **352-253-3635** to register or for information.

## LIFESTYLE TRANSFORMATION

**CLASSES** are available through the Conry CREATION Health Center at Florida Hospital Waterman. See page 2 for a listing of classes or visit **ConryCREATIONHealth.com**.

### Minimally Invasive Hernia Repair

Dan Tram, MD, general surgeon  
Wednesday, April 2, 1 p.m.  
Call **352-253-3635** to register or for more information.

### Open Up and Say AHH

Signs and symptoms of oral, head and neck cancers with Michael Freedman, DO. Free screenings available.  
Wednesday, April 30, 1 p.m.  
Call **352-253-3635** to register or for more information.

## Foundation Event

### 5th Annual Celebration of Life Gala

Featuring Comedian Tom Papa.  
Sunday, April 6  
Westin Lake Mary  
Call the Foundation at **352-253-3270** for tickets or more information.

## Support Groups and Classes

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

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

### Breast Cancer Educational Support Group

Third Thursday of every 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 Educational Support Group

First Thursday of every 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.

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

Second Monday of 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.

### Mended Hearts Support Group for Heart Patients

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

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

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

### Oral, Head and Neck Cancer Support Group

Second Tuesday of every 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.

### 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.



PHOTO BY THINKSTOCK

## 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 **FHWat.org** and click "Donate."



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