

Waterman Wellness



Did you know? Getting screened for colon cancer could save your life. **page 3**



David Goodman is enjoying life again, thanks to our excellent heart care. **page 4**

Hope for a healthy future
Mystery bronchitis brings unexpected diagnosis for Leslie Abell (far left).

Watch
Waterman Wellness
The latest episode offers tips to help you choose the exercise plan that's best for you!



WatermanWellness.com

CREATION HEALTH



What is CREATION Health?

CREATION Health is helping create 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. It is being able to face accidents, aging and illness with a positive outlook. Most of all, it is trusting that a loving and kind God has a better idea for living and that He is eager to help us experience a full, whole life—as He created us to live it.

The Donald & Audrey Conry CREATION Health Center at Florida Hospital Waterman provides support programs and functions that promote lifestyle transformation through education, as well as intellectual or charitable activities, while deepening the understanding of the spiritual interconnection of whole-person health. The Center provides instruction and support to master the eight most powerful principles (listed in the image above) for improving every part of daily life.



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.



**FLORIDA HOSPITAL
WATERMAN**

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Visit
WatermanWellness.com
for more recipes.



Pasta with artichokes and cannellini beans

Makes six 10-ounce portions

Ingredients

- ½ tablespoon pine nuts
- 1 cup freshly chopped yellow onions
- 2 tablespoons extra-virgin olive oil
- 2 cups canned, quartered artichoke hearts
- 8 ounces canned cannellini beans, drained and rinsed
- 1 pound (1 box) whole-wheat pasta
- ½ cup fresh grape tomatoes
- ½ tablespoon fresh parsley, chopped
- ⅛ teaspoon kosher salt
- 1 teaspoon black pepper
- 1 cup Parmesan cheese, grated
- 2 tablespoons olive oil/canola oil blend (25/75 blend)

Directions

- ▶ Brown pine nuts in a dry sauté until slightly brown; set aside.
- ▶ In a large sauté pan, sweat the onions with olive oil until translucent. Add artichokes and cook for a few minutes. Add beans.
- ▶ In a pot of boiling water, cook pasta until barely al dente. Drain pasta, reserving 1 cup of cooking water. Add pasta to the artichoke mixture, along with the reserved cooking water, and simmer for 2 minutes, until water is reduced and pasta is completely cooked.
- ▶ Add tomatoes, parsley, salt, pepper, pine nuts and Parmesan to sauté pan. Combine well.
- ▶ Finish with drizzle of blended oils and serve.

Nutrition information

Amount per serving: 473 calories, 20g protein, 11g fiber.

This screening can save your life

Take a simple step to avoid colorectal cancer

Sure, if you've never had a colonoscopy, it can seem a little uncomfortable—even embarrassing. In reality, it's a painless, fairly easy procedure and something that could save your life.

For men and women age 50 and older, preventing colorectal cancer should be the biggest reason to get tested. But, according to the American Cancer Society, only 60 percent of adults of screening age are up-to-date on their colon cancer screening, and many have never been screened at all.

That's too bad, because though cancers of the colon and rectum are the third leading cause of cancer-related deaths in the U.S., they are also the most treatable types of cancer if detected early. In fact, 90 percent of them are curable.



Harsh Duphare, MD

"Screenings that have the best chance of finding both polyps and cancer are essential," says Harsh Duphare, MD,



gastroenterologist. "Catching precancerous polyps during a colonoscopy can help us stop cancer in its tracks, and if cancer has developed, the sooner we find it, the better."

Indeed, since polyps and early-stage colon cancer produce no symptoms, screening procedures are the only means of detecting and treating them. During a screening, patients are relaxed under light sedation. If polyps are found, they can be removed immediately, which reduces the patient's risk of developing cancer by nearly 80 percent. The gentle procedure is done with the patient's comfort in mind.

"It's simply not something to be put off," Dr. Duphare says. "If you have a family history of colorectal cancer or are 50 or older, it's time to get screened."



SCHEDULE YOUR SCREENING

Talk to your primary care physician to find out if a colonoscopy is recommended for you. Visit FHWaterman.com for more information on colorectal cancer and for a list of physicians providing care in your area.

One unscripted moment can change everything

"We had several unscripted moments that led to us losing our health care coverage. No one wants to lose their job, but that's exactly what happened to both of us. After working for the same company for 20 years, I actually laid myself off in order to help preserve the company. My husband was also laid off from the construction industry. There are many folks in Lake County just like us who are casualties of the economy.

"Thanks to our local clinic, my husband has been able to receive the care necessary to manage his health issues and prevent them from getting worse. Our clinics make it possible for many of our fellow residents to get back to work by providing them with the care they so desperately need during difficult times.

"Everyone has a story. We are proud to share ours in support of our community clinics."

—Sean and Tammy Rice, Eustis



Sean and Tammy Rice

The Florida Hospital Waterman Community Primary Health Clinic is located in Eustis and is supported by the North Lake County Hospital District. The Community Clinic, and others like it located in Lake County, supports eligible uninsured residents by providing care to help address the physical, emotional and spiritual needs of our community. For more information, call 352-589-2501.



WHEN every second REALLY COUNTS

Florida Hospital Waterman and Lake EMS work together to save lives



WHAT'S YOUR RISK?

Know your heart. Take Florida Hospital Waterman's free online risk assessments at FHWatermanHeart.com. Learn about warning signs and find a complete list of physicians and resources available in Lake County.

Did you know?

Florida Hospital Waterman Foundation was instrumental in the development of the Heart Center. Through the generosity of individuals, community businesses and vendor partners, Florida Hospital Waterman Foundation raised more than \$5 million to support the addition of open-heart services and the upgrade of the catheterization and electrophysiology lab.

It was no longer fun and games when David Goodman, 66, of Eustis, began to have a seizure during game night with his wife and granddaughter.

"I looked away for one second, and then I heard an odd noise," says Bonnie Goodman, David's wife. "I immediately called 911 and started to perform CPR when I realized David was having a seizure."

Within minutes, Lake Emergency Medical Services (EMS) arrived at the Goodmans' home and determined that David was experiencing cardiac arrest. There was no time to lose.

"Patients who suffer from cardiac arrest experience a sudden malfunction of the heart's electrical system, which causes it to stop working properly and makes the heart unable to pump blood," says Prabhakara Kunamneni, MD, an interventional cardiologist at Florida Hospital Waterman. "This is often due to a heart arrhythmia, and unless CPR is initiated

immediately and a defibrillator is used to shock the heart and restore a normal heart rhythm, the chances of sudden death are high."

Protective chilling

On the scene, EMS quickly began the process of inducing hypothermia, using chilled saline fluid through an IV and by placing cold packs under David's arm and neck. Nontraumatic cardiac arrest patients who are in a comatose state and who are quickly and successfully resuscitated can greatly benefit from therapeutic hypothermia, which can improve the chances of a patient's full recovery.

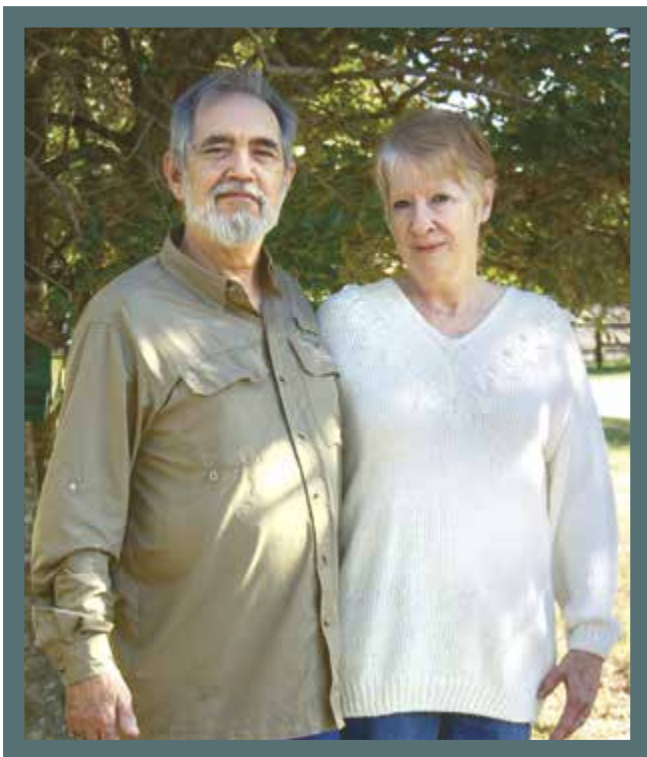
"By inducing the body into a hypothermic state, we are able to slow the body's metabolism and help to protect the vital organs

from damage associated with periods of insufficient blood flow," says Dr. Kunamneni.

Arriving at the Florida Hospital Waterman emergency room, David was then taken to the cardiac catheterization lab.



Prabhakara Kunamneni, MD



David Goodman can relax and enjoy time with his wife, Bonnie, and their granddaughter after his successful heart treatment at Florida Hospital Waterman.

“There were tubes everywhere, but the fact that he was alive was all that mattered,” Bonnie says.

David became the first patient at Florida Hospital Waterman to receive therapeutic hypothermia in the cath lab for the treatment of cardiac arrest.

To reach the appropriate temperature needed for induced hypothermia—below 90 degrees—the cath lab team delivered cooling liquids through catheterization tubes and surrounded the body with cooling devices.

Cool coordination

“The success of this therapy relies on a carefully designed plan, executed by skilled caregivers from start to finish,” Dr. Kunamneni says.

Julie Treadwell, clinical quality officer of Lake EMS, agrees.

“By collaborating with local hospitals, EMS can begin lifesaving treatment in the field that can

be continued seamlessly at the hospital,” Treadwell says. “This is a great example of how Lake EMS works with Florida Hospital Waterman to ensure that our community receives high-quality medical care that begins the moment a person dials 911.”

According to the American Heart Association, about 300,000 out-of-hospital cardiac arrests occur in the United States each year, and most are fatal. David’s cardiac arrest was caused by multivessel coronary artery disease. After a successful coronary angioplasty by Dr. Kunamneni to clear the blocked arteries, David can relax and enjoy the time he spends with his wife and granddaughter.

“This type of innovation is what you want in a hospital,” David says. “Florida Hospital Waterman has an outstanding record, and if you are going to be in a hospital, this is the place to be.”

HEART ATTACK SYMPTOMS

Heart attacks can be sudden and intense. But they usually start slowly with mild pain or discomfort.

FATIGUE

Unusual or unexplained fatigue is a more common heart attack symptom in women than men.

NAUSEA OR VOMITING

Women are twice as likely as men to experience unexplained nausea, vomiting or indigestion during a heart attack.

SHARP PAINS

Back, neck and jaw pain are more common heart attack symptoms for women than for men. Pain or discomfort in one or both arms, a shoulder, or in the stomach (above the belly button) are equally common heart attack symptoms in both men and women.

CHEST DISCOMFORT

Chest discomfort is the most common heart attack symptom in men and women. It may feel like pressure, squeezing, fullness or pain. It usually lasts more than a few minutes. It may go away and then come back.

SHORTNESS OF BREATH

Shortness of breath can come on suddenly and can happen while you’re resting. It can start before chest pain or at the same time, or it may be your only symptom of a heart attack.

SWEATING

Heart attacks can cause cold sweats or sweating that is unexplained or excessive.

LIGHT-HEADEDNESS OR DIZZINESS

A heart attack probably won’t make you pass out right away, but you might suddenly feel dizzy or light-headed.

Greater than cancer



Leslie Abell, left, and Latanya Ruiz, MSW, oncology social worker

“Everyone knew my name, knew who I was and treated me like family.”

—Leslie Abell, lung cancer survivor



YOUR FIRST CHOICE

for cancer treatment.

The Florida Hospital Waterman Cancer Institute is home to some of the most advanced cancer treatments in Lake County.

For a complete list of treatments and services and to sign up for an upcoming educational seminar, visit

FHWatermanCancer.com.

Excellent care saves local woman from a serious condition

Leslie Abell, 58, of Tavares, just couldn't get well. She had been fighting what she thought was bronchitis off and on for months in early 2014, and it kept coming back. Finally, while working a shift at Mount Dora Pizza, she sank into a chair and lost consciousness for a moment.

“I almost went to the walk-in urgent care clinic, even then,” Leslie says.

Facing the unexpected

Leslie chose to go to the Florida Hospital Waterman emergency room, where the doctor on call ordered a CT scan. It showed that she had pneumonia, but there was worse news—Leslie had a tumor in her lung.

“Leslie had small cell lung cancer, limited stage,” says Maen Hussein, MD, Leslie's oncologist. “This type of cancer is not treated with surgery unless it is at a very early stage, but it is very sensitive to chemotherapy and radiation.”

She was admitted

immediately and began treatment right away.

Expert care close to home

Leslie was relieved she did not have to travel outside of Lake County to receive care.

“I was diagnosed on my mother's birthday,” Leslie says. “She lives in the Daytona area and wondered if I should go there to get treatment, but I knew I was in the right place.”

A multidisciplinary team of specialists and professionals was by Leslie's side as she took each step toward survivorship, even helping her navigate the system of paperwork. From the start, Leslie says, she couldn't have wished for better care.

“The staff gave me outstanding attention,” she says. “Everyone knew my name, knew who I was and treated me like family.”

Her journey came full circle when Leslie completed her last treatment the week her granddaughter, Avery, was born.

“This is a bad disease, in general, even at earlier stages,”

Dr. Hussein says. “But we are getting better at treating it, especially with newer agents, some of which include immune therapy.”

A hopeful future

Now cancer-free for seven months, Leslie feels like she dodged a bullet. “I was a smoker,” she says. “I quit right away and never looked back.” She made sure, also, to eat as well as she could—choosing healthy foods and avoiding alcohol—and stay active.

“I'm fortunate to have avoided getting sick during my six rounds of chemo and radiation,” Leslie says. “I lost my hair, but I felt OK the whole time.”

Dr. Hussein credits Leslie's positive attitude and commitment to her treatment plan as the key to beating her disease. “She's a very positive person,” he says. “That helps.”

Indeed, though lung cancer is a challenging diagnosis, strong-willed Leslie considers her fight “just another bump in the road.” She hopes her experience can inspire others facing the same trial.

“Dr. Hussein told me that 1 in 4 patients finish treatment and are cancer-free. I said, ‘That's going to be me; I'm the one.’”



Maen Hussein, MD

Why prenatal care is so important



EXPECTING? SIGN UP TODAY

Begin your experience with our prenatal classes. To learn more and register for an upcoming class, visit FHWatermanWomens.com.

Expert prenatal care is one of the best ways for a mom-to-be and her baby to have a healthy pregnancy. It should start as soon as a woman thinks she is pregnant.

Research shows that women who have early and regular prenatal care are less likely to have babies born too early.

That's important, because premature babies can face a lifetime of complications from their birth, including problems with eyes, ears, breathing, neurological development, learning and behavior.

"Prenatal visits can help a doctor find—and treat—harmful health conditions that can affect a woman and her baby, such as high blood pressure or diabetes," says Patty Lesmerises, RN, manager of the Center for Women and Children at Florida Hospital Waterman.

A doctor can also advise the mom-to-be on ways to stay healthy, such as by exercising; eating well; taking vitamins; and not using tobacco, alcohol or illegal drugs.

During the first prenatal visit, a woman can expect her doctor to:

- ▶ Take a complete medical history.
- ▶ Do a physical exam, including a pelvic exam and a Pap test.
- ▶ Calculate her due date.
- ▶ Check her blood pressure, height and weight.
- ▶ Take her blood and urine for lab work.
- ▶ Answer any of her questions.

Expectant mothers typically see their doctors once a month during the first six months and more often as their due date grows near.



Above: All the rooms at the Center for Women and Children are beautifully furnished and family-friendly. **Right:** Before heading home, new moms and dads enjoy a special celebration dinner prepared just for them.



Delivering joy...

Joy. Amazement. Wonder. Three words that often are among the first used when families talk about the birth of a child. But for moms-to-be and dads-to-be, there are several more words that can be just as important, especially when choosing the perfect place to welcome their new bundle of joy.

Comfort. Safety. Privacy. The new Center for Women and Children at Florida Hospital Waterman is specially designed to make the entire birthing process a more enjoyable experience.

"It's really important that the family bond during their short time with us," says Patty Lesmerises, RN, manager of the Center for Women and Children. "We significantly improved the look and feel of our rooms, and we enhanced services to deliver a unique experience for the entire family."

All rooms in the Center for Women and Children are private and large and feature a refrigerator, free Wi-Fi and a flat-screen TV.

"The experience really begins before the birth," says Lesmerises. "Our new parent and prenatal classes help parents prepare for the birth of their baby, and our lactation and sibling courses are designed to help prepare the family for home life with a new baby."

6th Annual Celebration of Life Gala

Sunday, April 19, 5 p.m.
The Westin Lake Mary

Call the foundation at
352-253-3270
for sponsorship information
and registration.

Classes & Events

Educational and support programs for the residents of Lake County.

EDUCATIONAL SEMINARS

Call 352-253-3635 to register.

Is Your Bladder Controlling You?

April 9, 1 p.m.

Mattison Conference Center
Steven E. Pillow, MD, gynecology
What women put up with, but
don't have to.

Skin Cancer Prevention and Treatment

April 24, 1 p.m.

Mattison Conference Center
Ahmed Al-Hazzouri, MD,
oncology, and Peter Marzek,
MD, plastic surgery

Advancements in Imaging

May 20, 1 p.m.

Mattison Conference Center
Jonathon Simon, MD, radiology

I Have Cancer. Now What?

May 26, 1 p.m.

Mattison Conference Center
Eileen Bascombe, RN,
cancer care navigator

CLASSES

Childbirth Classes

April 16 to May 26

\$60 per couple. For
information and registration,
call 352-253-3367 or email
Cheryl.Finotti@ahss.org.

Safe Sitter Babysitting Class

June 17 and 18

Mattison Conference Center
\$75 per student. For more
information or to register, call
352-253-3391.

SUPPORT GROUPS

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

Fourth Monday of each month,
6 to 7 p.m.

Mattison Conference Room B
For amputees and people with
limb loss. Call Tracey Estok
at 352-253-3892 for more
information.

Breast Cancer Support Group

Third Thursday of each month,
1:30 to 3 p.m.

Cancer Institute
Conference Room
Call Latanya Ruiz, MSW,
at 352-253-3605 for more
information.

Cancer Support Group

First Thursday of each month,
1:30 to 3 p.m.

Cancer Institute
Conference Room
Call Latanya Ruiz, MSW,
at 352-253-3605 for more
information.

Diabetes Self-Management Support Group

First and third Wednesday of
each month, 5 to 6 p.m.

CREATION Health Center
Led by certified diabetes
educators. Call 352-253-3685
for more information.



Grief and Loss Support Group

Each Monday, 10 a.m. to noon
CREATION Health Center

Led by bereavement counselors.
Call 352-253-3389 for more
information.

GYN Cancer Support Group

Second Tuesday of each
month, noon to 1:30 p.m.

Cancer Institute
Conference Room
Call Latanya Ruiz, MSW,
at 352-253-3605 for more
information.

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

Second Monday of every other
month, 1:30 to 3:30 p.m.

Cancer Institute
Conference Room
Call Latanya Ruiz, MSW,
at 352-253-3605 for more
information.

Mended Hearts Support Group for Heart Patients

Second Tuesday of each
month, 12:30 to 1:30 p.m.

CREATION Health Center
Call 352-253-3399 for
more information.

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

First Friday of each month,
10 a.m.

Mattison Conference Room F
Call Lita Higgenbottom at
352-343-8110 for more
information.

Oral, Head and Neck Cancer Support Group

Second Tuesday of each
month, 3 to 4 p.m.

Cancer Institute
Conference Room
Call Latanya Ruiz, MSW, at 352-
253-3605 for more information.

Overeaters Anonymous

Each Thursday, 5:30 p.m.

Mattison Conference Room E
Call 352-223-9769 for more
information.

Parkinson's Disease Support Group

Second Monday of each
month, 1 to 2:30 p.m.

CREATION Health Center
Call 352-253-3389 for more
information.



WAIT, THERE'S MORE

Go to FHWaterman.com
or call 352-253-3635.