

Waterman Wellness

Extending the Healing Ministry of Christ



Have fun this summer, but make sure you protect your skin from the sun's rays. **page 3**



A knee replacement might be just what you need to get relief. **page 4**

Get your life back
Once again able to walk her dog every day, Patty Lealy is enjoying life.

Watch Waterman Wellness

Lake Sumter Television

Brighthouse Ch. 498,
Comcast Ch. 13 and FL Cable 4
Mon.: 8:30 a.m. and 4:30 p.m.
Tues./Thurs.: 8:30 a.m. and 5 p.m.
Wed.: 10 a.m. and 4 p.m.
Fri.: 4:30 p.m. and 8 p.m.
Sat.: 8:30 a.m. and 8:30 p.m.



WatermanWellness.com

Good for one, good for all

A healthy family takes a group effort

School's out! As your family takes a well-deserved breather, look at everyone's emotional, physical and spiritual health. **Kids learn lifelong behavior patterns and health habits from their parents.** Is it time to change your family wellness road map? Make this the year you get the whole gang going in a good direction.

Get fruity. When temperatures heat up, eating light and staying hydrated is the way to go. Pear and cranberry spinach salad with pecans, anyone?

Get a move on. Starting a healthy family tradition can be as easy as taking an after-dinner walk. It's great for conversation and cardio.

Get yourself in check. Are you up-to-date on your checkups and prevention screenings? Now is the time to schedule your mammogram, colonoscopy, skin check, heart health screening—whatever you've been putting off during the hectic school year.



GET HELP TO KEEP YOUR FAMILY ON THE PATH TO WELLNESS.

Visit ConryCREATIONHealth.com for a complete listing of CREATION Health classes at Florida Hospital Waterman.



CREATION Health

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, including choice, rest, environment, activity, trust, interpersonal relations, outlook and nutrition.



WATERMAN WELLNESS is published as a community service for the friends and patrons of Florida Hospital Waterman, 1000 Waterman Way, Tavares, FL 32778-5266. To unsubscribe, call 352-253-3388.

Information in WATERMAN WELLNESS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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Visit
WatermanWellness.com
for more recipes.



Pear and cranberry spinach salad with pecans

Makes 4 servings

Ingredients

- 1 cup or 8 ounces Anjou pears (fresh)
- 1 teaspoon lemon juice (fresh)
- ½ cup pecan pieces
- ¾ cup baby spinach
- ½ cup spring mix
- ¼ cup Gorgonzola cheese (crumbled)
- ½ cup cranberries (dried)
- ¼ cup red onions (julienne sliced)
- ½ cup balsamic vinaigrette dressing

Directions

- ▶ Slice pears and toss in lemon juice. Set aside.
 - ▶ Mix together spinach and spring mix.
- Plate 1 to 2 handfuls of lettuce mixture with 1 tablespoon of Gorgonzola cheese, 1 tablespoon cranberries and a few of the red onions. Add 1 tablespoon of pecans and a few pieces of sliced pears.

Balsamic vinaigrette dressing

Ingredients

- 2 teaspoons whole-grain Dijon mustard
 - 1¾ tablespoons balsamic vinegar
 - ¼ teaspoon salt (kosher)
 - < ½ teaspoon black pepper
 - ½ teaspoon garlic cloves (peeled, fresh, minced)
 - 6½ tablespoons olive oil/canola oil (25/75 blend)
- ▶ Thoroughly whisk all ingredients in a small bowl.

Nutrition information

500 calories, 8g protein, 8g fiber

Protect the skin you're in

The sun is fun, but don't ignore the risks

Richard Conger spends all day, every day, in the sun. After a long career as a contractor, working long hours outdoors, he and his wife semi-retired to 3.5 acres in Eustis, where he spends each day in his yard or around the property's lake (complete with resident alligator!). "It's beautiful. I'm out there all the time," Conger says.

But in 2014, he noticed a small patch of skin on his ear that looked and felt a little different. Concerned, he scheduled an appointment with his dermatologist, who diagnosed basal cell skin cancer.

"Basal cell cancers arise from damage that occurred over years to the skin," says



Ahmed Al-hazzouri, MD

Ahmed Al-hazzouri, MD, oncologist, Florida Hospital Waterman. "Exposure to UV light is a big risk factor for Caucasian people, especially here in Florida with our beautiful sunshine.

Limiting that exposure with sunscreen and protective clothing can prevent basal cell cancers from developing."

Treatment on target

Dr. Al-hazzouri recommended a treatment plan: daily, targeted radiation therapy. "Radiation therapy is well-tolerated and highly effective in eradicating basal cell cancers," Dr. Al-hazzouri says. "Side effects vary from one person to another, but usually are limited to superficial irritation of the skin, mild fatigue and occasionally mild nausea. Overall it is a very safe and effective and very well-tolerated treatment."

For Conger, the process was painless. "It



Now armed with the proper sun protection, Richard Conger can safely enjoy spending time in his yard.

was only a few minutes a day, and I had no side effects," he says. "The crew was pleasant, and I was glad to be able to do it so close to home." In fact, Conger continued to work throughout the treatment, now using his construction expertise part-time at Lowe's, advising others in the field.

Make it a habit

After his diagnosis, Conger made changes to his daily habits to ensure he is always protected from the sun. "I went out and bought several wide-brimmed hats," he says. "And I always have sunscreen with me—in my car, at work, everywhere." His experience serves as a warning to his daughter, a law student currently clerking in New York with a prominent judge, and son, a deputy sheriff. "They're very aware of the dangers," he says. "I'm especially concerned about my son, who is former Army, shaves his head, and is outside a lot. I'm all over him about sunscreen."

Along with daily vigilance to protect himself against the sun, Conger visits his dermatologist twice a year to check for recurrence of the cancer on his ear or elsewhere on his body. "Like all cancers, even after a specific intervention has been done, close observation is recommended," Dr. Al-hazzouri says. "Patients who have basal cell cancer in one area are at increased risk of developing basal cell cancers in other areas, and therefore they need skin exams from a dermatologist every 6 to 12 months."



STAY SAFE THIS SUMMER.

Check your skin regularly and report any abnormalities to your physician. To learn more about risk factors associated with skin cancer and to sign up for upcoming skin cancer screenings, visit FHWatermanCancer.com.

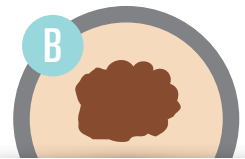
SKIN CANCER

ABCs



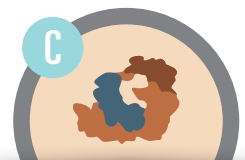
ASYMMETRY

Half of the mole or spot is unlike the other half.



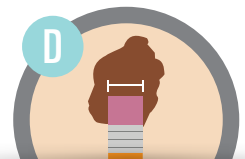
BORDER

It has an irregular or undefined border.



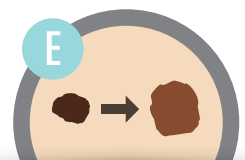
COLOR

The color changes from one area to another.



DIAMETER

The mole or spot is larger than a pencil eraser. (Can be smaller.)



EVOLVING

It looks different from others on your body or is changing.

Source: American Academy of Dermatology

A New Dawn



Orthopedic surgery, physical therapy and weight loss have Dawn Roberts back on her feet these days.



KNEE PAIN SLOWING YOU DOWN?

Learn more about the advanced treatments and services available at Florida Hospital Waterman by signing up for an upcoming lecture at FHWatermanOrtho.com.

A partial knee replacement helps one patient be whole again

Dawn Roberts, 55, of Belleview, had tried everything to manage the debilitating arthritis pain and weakness in her right knee. “Shots, medications—you name it, I’d had it,” she says. Nothing helped. After attending a seminar given at Florida Hospital Waterman by orthopedic surgeon Jon Radnothy, DO, she hoped surgery would finally bring relief.

Family matters

“It was very hard to get up and down or get around very well,” Roberts says. “The pain was truly excruciating.” An x-ray showed that her knee was “rubbing bone on bone,” says Dr. Radnothy. He recommended MAKOplasty, a resurfacing of her left knee (sometimes referred to as partial knee replacement). Dr. Radnothy notes that patients whose joint pain is interfering with their life, or those who fear their unstable joint will cause them to fall, are candidates for a knee resurfacing procedure—or even total knee replacement—depending on the severity of their arthritis.



Robots in the OR

MAKOplasty is a robotic arm-assisted partial knee resurfacing that enables the surgeon to precisely place an implant through a small incision. This system is designed to preserve more of the natural bone and surrounding tissue and facilitate optimal implant positioning to result in a more rapid recovery and a more natural-feeling knee.



Jon Radnothy, DO

Though she seemed young to need knee surgery, Dawn's history included contributing factors. Her father had undergone two knee replacements in his lifetime. "We all are forced to take the good with the bad as far as what we inherit from our biological parents,"

Dr. Radnothy says. "If one's parents have arthritis problems, then it is likely their offspring will one day suffer the same arthritis issues."

Lighter steps

Contributing to the wear and tear on her knee, Roberts, who spent 25 years on her feet lifting and caring for heavy dogs as the manager of an animal hospital, was overweight. Dr. Radnothy prescribes weight loss for many of his patients who need to lighten the load on their painful joints. "It stands to reason that the more weight we haul around on our bodies, the more our joints, like the knees and hips, will wear down," Dr. Radnothy

says. Surpassing Dr. Radnothy's expectations as well as her own, Roberts began working diligently to drop the extra pounds in order to make her recovery successful and more comfortable. To date, she has lost nearly 75 pounds. "It has made all the difference in my recovery, and in my life," Roberts says.

The payoff

But slimming down was only part of Roberts' journey. Her dedication to physical therapy before and after surgery helped her reach her goals. "It was tough, but it was good. The nurses and therapists at Florida Hospital Waterman were really after me to do my knee therapy," Roberts laughs. "I didn't want to! I wanted to lay there, but they wouldn't let me. I saw older people getting up and doing their therapy, so I felt like I had to get up and do it!"

The tough love paid off. Now Roberts and her husband enjoy spending time around Lake Lillian. "Before my surgery, I couldn't even walk to the mailbox!" Roberts says. "If we went to a restaurant, he would have to pull me up out of the chair. Now we walk every day."

Get your **life** back



Abnormal uterine bleeding is common, but it can be treated

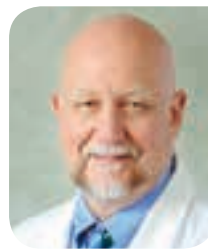
Patty Lealy knows what a hero looks like. When her sister was diagnosed with a tumor in her fallopian tube, her doctor wanted to perform a full hysterectomy. Providing a second opinion, Steven Pillow, MD, gynecologist, saw a chance to preserve her sister's fertility and advised a different course of action. "She has a family because of Dr. Pillow, and we're so grateful," Lealy says.

Lealy's association with Dr. Pillow did not end there. Dr. Pillow went on to deliver her own daughter at Florida Hospital Waterman and, years later, treated Lealy when she experienced abnormal bleeding. "I was in terrible pain and had absolutely no energy," Lealy says. "I didn't want to leave the house."

Don't wait—get treatment

"Abnormal bleeding is a common problem, but more than 80 percent of women who experience it choose not to seek help, thinking that it's just a normal part of getting older," Dr. Pillow says. "But it can take a toll on a woman's family, social and work life. There's no reason to put off treatment."

Dr. Pillow notes that treatments for uterine fibroids and abnormal bleeding continue to advance, providing alternatives to hysterectomy where medically possible. "Endometrial ablation is an easy, safe and effective technique that corrects abnormal uterine bleeding in 90 percent of the



Steven Pillow, MD

female patients treated," Dr. Pillow says. "The procedure can be completed in less than 10 minutes, recovery is short and symptoms of cramping typically disappear in a few days."

Dr. Pillow determined that Lealy's issues were caused by uterine fibroids, masses that can appear during a woman's childbearing years. While not cancerous, fibroids can grow to the point where they severely limit a woman's quality of life, causing heavy bleeding, pelvic pressure and pain, bladder problems, backache, and leg discomfort.

Minimally invasive surgery

Lealy's fibroids required more serious treatment to bring relief: a hysterectomy. "Total abdominal hysterectomy is used for fibroids that do not respond to embolization," Dr. Pillow says. "When a hysterectomy is necessary, performing it laparoscopically can make recovery faster." While facing a hysterectomy can be an emotional, even frightening prospect, Lealy has no regrets.

"The surgery changed my life," Lealy says, noting that her recovery from the procedure was easier than anticipated. "I had no issues because of the pain relief provided in the hospital and the post-op medications Dr. Pillow prescribed."

These days, Lealy is out walking with her dog every day and enjoys spending time with her family. "The fibroids were giving me problems for years," Lealy says, "but now I am doing great, and I owe it all to Dr. Pillow."



DON'T IGNORE COMMON SYMPTOMS.

Get help from local specialists. The Florida Hospital Waterman Center for Women and Children offers expert, individualized care to women of all ages. Visit FHWatermanWomens.com to find a local OB-GYN near you.

Cancel those kidney stones

Drinking more water and cutting the salt can go a long way

Kidney stones are small, hard deposits that form inside the kidneys. A common problem affecting men, women and even children, kidney stones are made up of mineral and acid salts, often developing when urine becomes concentrated, allowing minerals to crystallize. Many kidney stones pass spontaneously without causing serious damage, but, in some cases, passing kidney stones can be quite painful—some patients have even likened it to the pain of childbirth! Symptoms can include cloudy or foul-smelling urine, increased and painful urination, and severe back pain.



Jason Gerboc, DO

Dial down the protein

Though kidney stone cases are more prevalent in warm regions like Florida due to the increased risk for dehydration, diet and family history

are influential, as well.

“There are a number of factors that lead to kidney stones,” says Jason Gerboc, DO, urologist. “In some patients, it’s uncontrollable, just because of genetics.” A diet high in salt and meat could mean increased risk for kidney stones, Dr. Gerboc adds. “All meats—red meats, pork, chicken, turkey, even eggs—any animal protein could contribute to kidney stone development and should be consumed in moderation.”

Hydrate! Hydrate! Hydrate!

Medications to break up the stones and relieve pain can help make passing a kidney stone more tolerable, but in cases where a kidney stone has moved into the urinary tract or cannot be passed, minor surgery might be necessary. Drinking plenty of water; consuming more citrus, such as lemons and oranges; and reducing salt and meat intake reduce the chances of developing kidney stones, but if you do begin to notice severe symptoms, it’s best to call your doctor.



SKIP THE STONES!

Talk to your physician to find out other ways to reduce your risk of this painful condition. Visit FHWaterman.com for more information on urological issues and for a list of physicians providing care in your area.

What are the symptoms of kidney stones?

- ▶ Cloudy or foul-smelling urine.
- ▶ Fever, chills, nausea or vomiting.
- ▶ Pain that comes in waves and fluctuates in intensity.
- ▶ Back pain that spreads to the lower abdomen and groin.
- ▶ Pink, red or brown urine.

How can I prevent kidney stones?

- ▶ Cut back on sodium and animal-based protein (meat).
 - ▶ Don’t get dehydrated.
 - ▶ Eat fruits high in natural citrate (lemons).
 - ▶ Limit sugar intake.
- See a urologist if you have a family history of kidney stones.

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 **352-253-3270** or visit **FHWatermanDonate.org**.



Classes & Events

Educational and support programs for the residents of Lake County.

EDUCATIONAL SEMINARS

Call **352-253-3635** to register.

Men's Health

June 23, 9 a.m.

Golden Triangle YMCA

Minimally Invasive Surgery

July 8, 1 p.m.

Mattison Conference Center
Dan Tran, MD, general surgery

Peripheral Vascular Disease

July 2, 1 p.m.

Mattison Conference Center
Moises Fraiefeld, MD, cardiology

CLASSES

Childbirth Classes

June 4 to July 2

\$60 per couple. For information and registration, call

352-253-3367 or email
Cheryl.Finotti@ahss.org.

Paddleboard Pilates

June 11, 6:30 p.m.

Golden Triangle YMCA
For more information and to register, call **352-253-3635**.

Safe Sitter Babysitting Class

June 17 and 18

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

Yum-Yum Club CREATION Health Cooking School

Thursdays, June 4, 18,

July 2, 16

\$30 per class. For more information and to register, call **352-253-3685**.

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.