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
CREATION HEALTH

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.

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.

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
- 1¼ tablespoons balsamic vinegar
- ¼ teaspoon salt (kosher)
- ¼ 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
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, 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 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.

Ahmed Al-hazzouri, MD

Skin Cancer ABCs

A

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

B

Border
It has an irregular or undefined border.

C

Color
The color changes from one area to another.

D

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

E

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

Source: American Academy of Dermatology
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.
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.”

**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.
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 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.”
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.

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.
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 Fraifeld, MD, cardiology

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 GROUPS

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.

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.

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.