

Waterman Wellness

Extending the Healing Ministry of Christ



Robert Poirier is walking easy, thanks to knee replacement and home care therapy. **pg 4**



Hospital district helps neighbors in need. **pg 6**

'The staff made me feel at ease.'
Betty Taylor recovered quickly from a serious leg injury with hyperbaric oxygen treatments.

Watch Waterman Wellness

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

Lake Sumter Television

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



WatermanWellness.com

Make the connection

Changing how you think may change how you feel

Doctors have suspected for centuries that there is a powerful tie between mind and body, and modern medical studies prove them right. Researchers now know that unhealthy levels of stress, depression and anxiety can wreak havoc with your hormones, immune system, heart health and blood pressure.

Back pain, chest pain, headaches, extreme fatigue, a stiff neck or a racing heart are just a few of the physical symptoms that can appear when your emotional health is unbalanced, according to the American Academy of Family Physicians.

Tending to your emotional health can improve your quality of life. It also may help your body fight infections, recover from an illness and prevent chronic disease.

What helps the mind-body balance grow strong? These top the list:

- ▶ **Getting a move on.** Exercise changes how the body responds to stress. It improves mood too.
- ▶ **Finding healthy ways to relax.** Some people use music, art, prayer, woodworking, reading or even 10-minute walks to lower stress in their lives.
- ▶ **Expressing yourself.** Negative feelings and fears that are bottled up may flow out as aches, pains and problems. A trusted friend,

partner or religious adviser may be able to help you focus on positives and work through challenges.

The Conry CREATION Health Center at Florida Hospital Waterman offers classes designed to help you successfully begin and sustain a



healthier lifestyle. To register and for more information, visit **ConryCREATIONHealth.com** or call **352-253-3965**.

Upcoming classes include:

Optimize Your Brain Tuesdays, July 12 through Aug. 16, 7 to 9 p.m., \$55 Being healthy is more than being physically fit and eating nutritiously. This course will teach you to maximize your intellectual and emotional well-being by helping you to manage and improve your interpersonal relationships, improve creativity and motivation, and find your sense of purpose.

Fitness For Life Thursdays, June 2 through Aug. 4, 5 to 7 p.m., \$50 This 10-session course will help you combine the basics for fitness and strength-building with nutritional balance for reaching your heart health and weight-loss goals.

Diabetes Self-Management Class Mondays, 5 to 7 p.m., \$35. Held on an ongoing basis. Call for upcoming dates. Learn how to control your blood sugar, lower your A1C, and manage medications, exercise, meals and sick days.



The potassium in portobellos helps regulate blood pressure!

Stuffed portobellos

Makes 2 servings.

Ingredients

- 2 teaspoons olive-canola oil, 90/10 blend
- 1½ garlic cloves, peeled and minced
- ⅔ shallot, peeled and minced
- 3¼ ounces fresh baby spinach
- 1¾ tablespoons cooked brown rice
- 2⅔ tablespoons feta cheese, crumbled
- 1 teaspoon pine nuts
- 1 teaspoon fresh lemon juice
- ⅓ teaspoon salt-free seasoning blend
- 2 fresh portobello mushrooms

Directions

- ▶ Preheat oven to 400 degrees. Lightly coat a baking sheet with nonstick cooking spray.
- ▶ Lightly brush mushrooms with ½ teaspoon of oil blend and place rounded side down on the baking sheet.
- ▶ In a large skillet over medium-high heat, add the remaining oil blend. Sauté garlic and shallots for 1 to 2 minutes, or until softened. Add spinach and sauté until bright green and wilted. Add cooked rice and stir to combine.
- ▶ Remove from heat and stir in feta and pine nuts. Season with lemon juice, salt-free seasoning blend and pepper and stuff into mushroom caps.
- ▶ Bake for 10 to 12 minutes, or until cheese melts and mushrooms are heated through.

Nutrition information

Serving size: 1 mushroom. Amount per serving: 197 calories, 16g carbohydrates, 11g fat, 14g protein, 303mg sodium.



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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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Like a **member of the family**

Betty Daniels, of Grand Island, had not been feeling herself lately. Regular activities like picking up around her house left her more tired than usual. When her daughter noticed that she had lost quite a bit of weight without trying, Daniels knew something was wrong.

“I wasn’t really that worried about it, but my daughter was,” Daniels says. “She insisted I go to the doctor.”

Daniels, a former military wife, didn’t have a regular primary care physician. “In the military, you go see the doctor one day, and the next time you go, you see someone else,” she says. “They treat you for whatever’s wrong that day—they don’t get to know you.”

Since retiring to Florida with her husband, Daniels would go to the emergency room when she felt ill. Her daughter thought more personal attention was needed for her mother’s overall health and took her to see Anielka Rodriguez, MD, a family practice physician in Eustis.

Dr. Rodriguez conducted a complete physical, including blood work and a review of Daniels’ family history.

“Annual physicals are so important,” Dr. Rodriguez says. “It allows us to take the time to see how a patient is really doing and, over time, determine how any chronic issues are being managed.”

A good doctor-patient relationship

During the exam, Dr. Rodriguez discovered that, like her father, Daniels had been living with undiagnosed diabetes. Symptoms can include unexplained weight loss, increased urination, feeling very thirsty and very hungry—despite normal eating and drinking—extreme fatigue, blurry vision, and cuts or bruises that are slow to heal.

“If you’re someone with family history of diabetes, it’s very important to make



Anielka Rodriguez, MD

your doctor aware of any changes in your overall health,” Dr. Rodriguez says.

Daniels was surprised and concerned. “I was scared about the diabetes,” she says, remembering watching her father struggle with his advanced disease. “My dad had it, and he had to take insulin shots and undergo a lot of other treatments. I didn’t want to have to do any of that.”

Dr. Rodriguez taught Daniels how to monitor her blood sugar, outlined a diet and exercise plan, and connected

her with the specialists who would help keep her diabetes in check. The two have developed a close doctor-patient relationship.

“She cares about everything that’s going on with me,” Daniels says. “It makes me feel like she’s part of my family. She’s not a stranger. It’s good to know your doctor.”



GET PERSONAL ATTENTION

If you need a primary care physician, you can find one at FHWaterman.com.

‘I am healthy. Do I really need to go to the doctor?’

Sometimes it takes more than just an apple a day to keep you healthy and well. According to the National Institutes of Health, all adults should regularly visit their primary care doctor—even if you consider yourself healthy. Regular visits allow physicians to screen for disease, assess your risk of future medical problems, update your vaccinations and establish a baseline of good health to aid treatment plans should you become ill. Depending on your age, family history and lifestyle, your primary care physician will recommend how frequently you should schedule regular checkups.



Stronger after surgery

Knee replacement and home care therapy put Robert Poirier's pain in the past

As a young man in the Air Force in 1966, Robert Poirier, of Leesburg, was playing a pickup game of football and badly injured his right knee. Opportunities for surgical restoration back then were minimal.

"My doctors at the time did not want to perform surgery," Poirier says. "They advised against it, saying I may not even be able to walk afterward."

In any case, Poirier adds, he wasn't in a lot of pain. "My knee would click when I bent it and would sometimes 'go out' on me while walking," he says.

With few options, Poirier says he just managed the pain, which at the time wasn't too severe. "Over time, my knee grew increasingly painful, as did my uninjured knee, which had borne most of my weight for more than 50 years," he says.

In constant pain and concerned he would soon be unable to grocery shop or drive, he consulted Samir Guru, DO, an orthopedic surgeon at Florida Hospital Waterman. Dr. Guru

explained that Poirier had developed something called post-traumatic arthritis.

"When someone injures their knee, whether it's a fracture or even just a simple injury, it can predispose that person to developing arthritis over time," Dr. Guru says. "When that arthritis does develop, they have more and more pain, and they need a procedure performed to alleviate that pain."

In fact, x-rays showed that there was no cartilage left in either of Poirier's knees. Dr. Guru recommended total knee replacement for both knees. Poirier, who at that point was walking with a cane because of pain and weakness, agreed.

No longer worried

Though he knew that joint replacement had advanced greatly since 1966, he couldn't help worrying about the recovery.

"I was concerned about having major surgery and about the amount of pain I might be in," he says. "I worried they would use a



Florida Hospital Waterman's Orthopedic Home Care

Florida Hospital Waterman Home Care Services offers advanced home care service for orthopedic patients needing assistance after surgery or with an injury.

Statistics show home care services for orthopedic surgery patients help promote a faster, more effective recovery. The goal of the program is to help patients get back to their active life as quickly and safely as possible.

The specially trained team includes licensed physical therapists who work with patients to help them regain their functionality and independence through a multidisciplinary, postoperative care and rehabilitation plan.

Learn more about the Orthopedic Home Care program at FWatermanHomeCare.com.



NEED HELP TO GET MOVING AGAIN?

To register for upcoming orthopedic seminars and to find an orthopedic physician, visit FWatermanOrtho.com.



Samir Guru, DO

bunch of pins like they used to, and that it would be very painful."

Dr. Guru assured him that he would only slightly shave the bones to make room for the prosthetic knee and that the pain medication he would receive in the hospital would keep him comfortable during recovery. Indeed, after the surgery to replace his right knee, Poirier reported that, on a scale of 1 to 5, he never experienced pain higher than a 3.

A new lifestyle

Still, the surgery was only half the battle. Dr. Guru explained that without serious dedication to physical therapy to rehabilitate his knee afterward, his recovery wouldn't be successful. Poirier took advantage of Florida Hospital Waterman's Orthopedic Home Care program, which allowed him to have his physical therapy treatments in his own home.

"Having the therapist come to me helped me tremendously," he says. "It forced me to do the exercises to get my knees back in shape."

Dr. Guru was impressed at how quickly his healing was progressing. "I really pushed myself to move as quickly as I could because I was determined to get rid of my cane," Poirier says.

Two weeks after the operation, he felt comfortable standing and walking. After six weeks, he was more than ready for the second knee replacement.

"Because home health care had been doing therapy on both knees while I recovered from the first surgery, my left knee was really strong when I went in for the second one," he says. "That made the recovery from the second total knee replacement even easier."

Since the surgeries, Poirier is feeling great. "I can do a lot more. Before, I was very sedentary because I just couldn't move like I needed to," he says. "Going to the grocery store was a traumatic experience! Since the surgeries, I've lost 30 pounds, and I'm no longer worried about my knees giving out when I least expect it."

Neighbors in need



At age 63, Twyine Littlejohn, of Leesburg, found herself in a situation she never thought possible. After 14 years with the same company, she was laid off. Now, two years shy of being eligible for Medicare, she had no income and no health insurance.

“I never thought I would find myself without health care coverage, because I did everything right,” Littlejohn says. “But to find myself without a job or insurance, I really didn’t know where I was going to turn to for help.”

Thanks to support provided through the North Lake Hospital District, Littlejohn was able to turn to local community clinics for her health care.

Through funds collected as part of North Lake County residents’ property taxes, the North Lake Hospital District helps to offset some of the care our hospital and community clinics provide to uninsured, poor patients. Today, more than 35 percent of Lake County residents live below 200 percent of the federal poverty level, and nearly 22 percent are uninsured.

“There are so many people in our community who have experienced the same thing,” Littlejohn says. “Thank you for supporting our community clinics and the North Lake County Hospital District.”

Why your support matters

For more than 60 years, the North Lake County Hospital District has helped ensure all residents of Lake County have access to quality health care close to home.

The district reimburses hospitals and medical clinics for care they provide to qualified uninsured indigent residents. These services include emergency care, hospitalization, mental health services and primary care. On Nov. 8, North Lake County voters will have the choice to renew the North Lake County Hospital District and its support of the poor and uninsured in our community.

Learn more about how the North Lake Hospital District helps keep Lake County healthy. Visit FHWaterman.com to read more stories like Littlejohn’s—and learn what you can do to help ensure our community renews this important health resource.

Betty Taylor and the chamber of health

Hyperbaric wound care for faster healing

When Betty Taylor sat down to rest on a porch swing in Georgia after helping her daughter move into a new home, it was anything but the relaxing moment she expected. One side of the swing suddenly broke, causing it to slice open the back of her right leg, cutting through tendons all the way down to the bone.

"My little grandson was with me when it happened," Taylor says. "He tells everyone now that it looked just like I had been bitten by a shark!"

Emergency physicians in Georgia addressed the wound, stapling it until she could see her own doctor when she returned to her home in Leesburg. When her local physician examined the wound, he didn't hesitate to choose the most appropriate treatment.

"When he saw it, he immediately said, 'Wow. You're going to hyperbaric,'" she says.

Oxygen promotes faster healing

In hyperbaric oxygen therapy, the patient reclines in an enclosed area and receives 100 percent oxygen, which improves and speeds up the natural healing process.

To her great relief, Taylor was able to

receive hyperbaric wound care near her home at Florida Hospital Waterman's state-of-the-art Wound and Hyperbaric Center. Equipped with three hyperbaric oxygen chambers, it is the only center in Lake County located on a hospital campus.

"I was worried, at first, because I had never heard of or seen a hyperbaric chamber, but it was very comfortable," she says. "The staff made me feel at ease."

Inside the chamber for an hour during each treatment, she was able to move if she needed to, talk to the nurse and watch a big-screen TV.

Now, several months after her last treatment, Taylor continues to heal. Her mobility has returned, she is able to drive, and she continues to build strength in her injured leg. "The whole thing has been quite an experience, but I'm very grateful," Taylor says. "Every doctor I have seen has confirmed that if I had not had this therapy, I probably would have lost my leg."

How we can help

Hyperbaric treatments are primarily used for patients who have traumatic injuries,



Dennis Harkness, PA-C

diabetic ulcers, necrosis caused by radiation, compromised skin grafts, venous insufficiency and certain infections.

"Hyperbaric oxygen therapy increases the amount of oxygen we can deliver at the tissue level," explains Dennis Harkness, PA-C, a certified wound care specialist at Florida Hospital Waterman. "In our normal life, we are breathing about 20 percent oxygen. In the chamber, we can increase the oxygen to 100 percent and pressurize it. Oxygen helps promote healing. It provides the 'nutrition' the body needs to recover."

A comprehensive outpatient center, the Wound and Hyperbaric Center is designed to work closely with the existing services of a patient's personal physician.



APPOINTMENTS MADE EASIER

Referrals are not needed to be treated at the Wound and Hyperbaric Center. To learn more, visit FWWaterman.com or call 352-253-3100.

Educational Seminars

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

Robotic Joint Replacement

June 3, 1 p.m.

Florida Hospital Villages
Center for Health
Jon Radnothy, DO

Classes & Events

Educational and support programs for the residents of Lake County.



CLASSES

Diabetes

Self-Management Class

Mondays, May 23 to June 20
(held on an ongoing basis),
5 to 7 p.m.

\$35 for five weeks

Call **352-253-3965** for
information and registration.

CREATION

Healthy Cooking for One

Tuesday, May 24, 6 to 8 p.m.

Seminar and cooking
demonstration. Call **352-
253-3965** for information
and registration.

Childbirth Classes

Thursdays, June 2 to 30,

\$60 per couple

Call **352-253-3367** for
information and registration.

CREATION

Healthy Cooking with Kids

Tuesday, June 14, 6 to 8 p.m.

\$20 per adult, \$10 per child

Call **352-253-3965** for
information and registration.



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 Caregiver Support Network

Second and fourth Thursday of
each month, 10 a.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 **352-253-3965**
for more information.

Grief and Loss Support Group

Help throughout the year
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 at **352-343-8110** for
more information.

Oral, Head and Neck Cancer Support Group

Held quarterly
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.