

# Waterman Wellness

Extending the Healing Ministry of Christ

"They treated me like family, and I felt like they really cared how I was doing. They answered every question I had and came up with a treatment program for me." —Landa Yester



Sarah Deluliis' knee replacement allowed her to enjoy a vacation in Ireland **pg 3**



Freedom to do what she loves: How therapy cured stress incontinence **pg 7**

Treatment close to home helped Landa Yester, at left, keep working while kicking cancer.

## Watch Waterman Wellness

Learn about health and wellness news from local experts.

### Lake Sumter Television

Comcast Ch. 13

Bright House Spectrum Ch. 498

CenturyLink Prism Ch. 83

Mon.: 8:30 a.m. and 4:30 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](http://WatermanWellness.com)





## Be your best with proper rest

Rest is incredibly powerful. It refreshes, rejuvenates, regenerates and rebuilds the mind, body and soul. Rest empowers you to function at your best. Optimally, rest includes a good night's sleep as well as time to relax and rejuvenate daily, weekly and annually.

The true benefits of rest are misunderstood and often unappreciated. The stress and pressures of life can accumulate over time and can create a generalized "dis-ease" with life. Proper rest is a powerful antidote for this common problem.

### Rest increases efficiency

Because our society revolves around its own concepts of "success," many people have become pressed by work and their personal desires to achieve that success. The day is filled with many important and seemingly urgent responsibilities, so rest is easily dropped to the bottom of the list. Yet many do not realize how much more effectively and efficiently their minds, bodies and souls would function, and how much more likely they would be to reach their goals of "success," if they gave themselves the right kind of rest—at the right time.

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.



#### NEXT STEPS

Learn more healthy tips and take the self-assessment at  
**ConryCREATIONHealth.com.**



**FLORIDA HOSPITAL  
WATERMAN**

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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## What is sepsis?

Sepsis is a complication caused by the body's overwhelming and life-threatening response to an infection, which can lead to tissue damage, organ failure and death.

### What are the symptoms?

- ▶ **S**hivering, fever, or very cold
- ▶ **E**xtrême pain or discomfort
- ▶ **P**ale or discolored skin
- ▶ **S**leepy, difficult to wake up, confused
- ▶ **I** feel like I might die
- ▶ **S**hort of breath



### What do I do if I experience symptoms?

Get immediate medical attention if you have any signs or symptoms of an infection or sepsis. This is a medical emergency.



**FLORIDA HOSPITAL  
WATERMAN**  
Foundation

## Building a HealthiER Lake County

### Changing Seasons Series

#### Preparing for the Future Tuesday, Oct. 24

*Palliative care and being prepared for a visit to the emergency department*

*End of life—transfer of assets*

*Grief and loss*

**Florida Hospital Waterman  
Mattison Conference Rooms**  
(located directly across from the café)

**5 to 7 p.m.**

**Free seminar series  
includes light dinner.**

Seating is limited and reservations are required.

Call the Foundation at **352-253-3270** or email

**FHW.Foundation@ahss.org.**

# 'I couldn't be happier'

**Sarah** DeJuliis, of Eustis, had been living with arthritis pain in her knees for years. She chose to have her left knee replaced almost six years ago, but her right knee remained a source of frequent pain.

"I used to walk 2 miles every day, and my right knee started bothering me more and more," explains DeJuliis. "I went to see Dr. Guru to find out what I could do to improve the pain, and he gave me a series of Supartz shots to lubricate it."

The shots worked well for a while, but soon it became apparent that in order to be pain-free for the long term, DeJuliis would need a full knee replacement of her right knee.

**Considering knee replacement? Attend a free seminar by Florida Hospital Waterman to learn what to expect before, during and after surgery.**



Samir Guru, DO

"Arthritis is when the cartilage in the knee wears out and your two bones are then rubbing together, causing severe pain," says Orthopedic Surgeon Samir Guru, DO. "Knee replacement is a procedure where we resurface the knee on the top and the bottom of the joint so that they don't have that bone-on-bone pain anymore."

DeJuliis was pleasantly surprised at some of the advancements since she had her left knee replaced six years ago.

"I had the surgery on a Tuesday and came home on a Friday," DeJuliis says. "My stay in the hospital was just lovely. I was in some discomfort one evening and a nurse's aide sat with me and sang hymns to me. It was beautiful."

"It was different from my knee replacement six years ago. I began physical therapy immediately while still in the hospital and

then continued with the therapy at home and at Florida Hospital Waterman Rehabilitation Institute."

## Advancements make recovery easier

"Knee replacement surgery has traditionally been a very painful procedure, but we've had a lot of advances in medicine with nerve blocks and medications other than narcotics to help with the pain," Dr. Guru says. "Most patients are doing very well by about six weeks and are able to do most things without pain."

Another advancement is better patient education. Florida Hospital Waterman offers free seminars for those considering knee replacement, where they can learn what to expect before, during and after surgery.

"They do a phenomenal job of explaining the process and procedure," says Dr. Guru. "I think it's a great way for someone who is contemplating surgery to get an idea of what's going to happen."

## Life as usual

Today, DeJuliis is walking again every morning and recently took her family on vacation to Ireland.

"I've been to Ireland before, but I wanted to take my family. I took my rehab very seriously because I wanted to accelerate my recovery and make sure that I was ready for my trip," DeJuliis says. "I really feel like I recovered from this knee surgery much faster than my previous surgery. I couldn't be happier with the entire process and results."



**GET HELP MOVING FREELY**

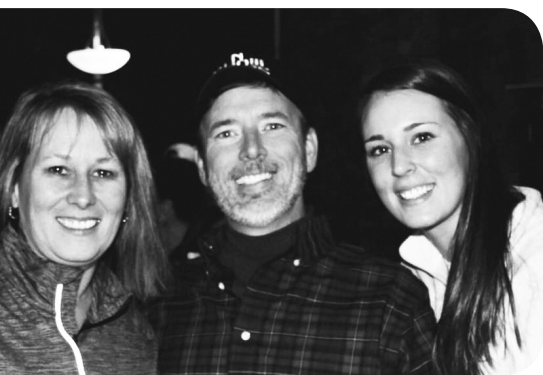
Find a physician or register for a free educational seminar to learn about advancements in joint replacement at [FHWatermanOrtho.com](http://FHWatermanOrtho.com).



# Trust what your body is telling you

**The** importance of doing regular breast self-exams is something Landa Yester, from Umatilla, Florida, is adamant about, and for good reason.

“During one of my regular self-exams, I noticed that my left breast was a little bit more firm than my right breast,” explains Yester. “I have a mammogram every year, but I knew something wasn’t right. So I made an appointment with my OB-GYN.”



Yester’s gynecologist sent her for a mammogram and then an MRI. The MRI showed stage III breast cancer.

“I knew something was wrong, but to get the diagnosis of breast cancer is a very scary situation,” Yester says. “You don’t know what to do or where to go or what to expect.”

Yester’s physician referred

how I was doing,” Yester says. “They answered every question I had and came up with a treatment program for me.”

Dr. Al-Hazzouri explained that Yester would go through chemotherapy first.

“He sat down and told me everything I could expect from the chemotherapy treatment schedule,” says Yester. “He was very thorough, and I trusted his advice.”

Yester completed her chemotherapy in 18 weeks, which was followed by a lumpectomy.

“The chemotherapy worked, and the results came back with no sign of breast cancer, but I did have precancerous cells in my right breast,” says Yester. “That’s when I decided to go ahead and have a double mastectomy, followed by six weeks of radiation.”

Yester’s radiation therapy was completed using the new TrueBeam™ Radiotherapy System at Florida Hospital Waterman Cancer Institute. With dose delivery rates that are 40 to 140 percent higher than earlier generations of radiation technology, this new technology provides greater patient comfort by shortening treatment sessions and more precise treatments to tumors.

“In radiation oncology, every step we can do to make the treatment more accurate will reduce the radiation to the surrounding tissues and ultimately reduce side effects to the patient,” explains Dr. Jain.

“Dr. Jain and his staff were awesome,” says Yester. “They really went into detail and even took me back to see the radiation machine and explain how it would work and what symptoms I might experience during the treatment process,” says Yester. “I just had to lay there for about a minute for each treatment, and it was very quick and painless.”

“I never stopped working during my treatments, and it was very nice to be able to come somewhere local for all of my cancer care. I can’t imagine driving several hours to another city and not feeling well or having the energy to travel. I can’t say enough good things about the Florida Hospital Waterman Cancer Institute.”



Ahmed Al-Hazzouri, MD

her to the Florida Hospital Waterman Cancer Institute, where she met with Medical Oncologist Ahmed Al-Hazzouri, MD, and Radiation Oncologist Anudh Jain, MD.

“They treated me like family, and I felt like they really cared





## Back to normal life

Yester finished her treatment program in May and says she counts her blessings every day.

"I'm pretty much back to normal in my daily life now, and I am very thankful," says Yester. "I am in the process of going through the breast reconstruction part, but all in all, I'm back to regular life and work."

"I never stopped working during my treatments, and it was very nice to be able to come somewhere local for all of my cancer care. I can't imagine driving several hours to another city and not feeling well or having the energy to travel. I can't say enough good things about the Florida Hospital Waterman Cancer Institute."

Yester is now a huge advocate for breast self-exams.

"Even if you get your yearly mammogram and it says you are fine, if you feel like something is different about your body, don't hesitate to call and ask questions and request an MRI," says Yester.

"If they hadn't done an MRI they wouldn't have caught my cancer as quickly."

mammograms

**THE AMERICAN CANCER  
SOCIETY RECOMMENDS  
YEARLY MAMMOGRAMS  
STARTING AT AGE**

**40**

and continuing for as long as a woman is in good health. Online scheduling is available for mammograms. Call **352-253-3700** or visit **FHWatermanPink.com** to schedule your appointment today. Also, throughout the month of October, Florida Hospital Waterman Cancer Institute will offer \$99 digital screening mammograms for self-pay patients.

## Join the flock



Be part of the cause and help us Pink Out the community! Florida Hospital Waterman has partnered with BraVo to increase breast health awareness, encourage women to get regular mammograms and provide financial support to women who cannot afford an annual mammogram.

Show your support by purchasing a pink flamingo at Artisans on Fifth in Mount Dora, at the Florida Hospital Waterman gift shop or at one of many other locations throughout the community. For just \$10, you'll get one flamingo for your yard and another will be placed among the growing flocks across our community. Learn about other ways you can get involved and donate funds to the cause at **FHWatermanPink.com**.

## Pinking Ceremony

**Thursday, Sept. 28, 4:30 p.m.**

**Location: Atrium of the hospital**

Join Florida Hospital Waterman as we kick off Breast Cancer Awareness Month with a community celebration featuring health education and resources and a number of pinked-out community partners with free goodies. Learn more at **FHWatermanPink.com**.

## Pink Out 5K

Join us on **Thursday, Oct. 19, at 4:30 p.m.** for the fourth annual **Pink Out 5K at Wootton Park in Tavares**. Proceeds help promote breast cancer awareness, diagnosis and treatment, including mammograms for women in need. Register at **FHWatermanPink.com**.

## Ladies Legacy Luncheon

Please join us on **Friday, Oct. 27, at Lake Reception** for an event that celebrates women and their unique experiences! This year, Wendy B. Libby, PhD, President of Stetson University, will be speaking about "Daring to Be Significant!"

Exhibitor booths will be open starting at 10 a.m., and the luncheon program will begin at 11:30 a.m.

Proceeds support Florida Hospital Waterman cancer care services. Don't forget to wear pink to show your support!

Register at **FHWatermanPink.com**.

## HEART CARE

# No more limitations

**When** Susan Lowell, 46, of Eustis, trained for a 10K race in March 2016, the last thing she expected was to finish with a visit to the local emergency department.

"We were stretching out on the lawn after cooling down, and all of a sudden my heart just started to race," says Lowell. "At first I thought I was having a panic attack."

Lowell received medical attention immediately from the emergency personnel at the race event and was transported to the emergency room at Florida Hospital Waterman, where she was given an EKG (electrocardiogram test). It was Cardiologist Miguel Bryce, MD, who explained her racing heart symptoms

"My procedure was done on April 5, and on April 17 I ran a 10K and the following week I ran a 12K," says Lowell. "I haven't had any incidents since my procedure, and I have run 11 races, including a half-marathon, since April."



Miguel Bryce, MD

and EKG results to Lowell.

"He knew immediately what was going on with my heart," Lowell says. "He explained that it is something I was born with and had all of my life. Running did not cause me to have what happened that day."

"Supraventricular tachycardia (SVT) is an abnormally fast heart rhythm arising from improper electrical activity in the upper part of the heart," explains Dr. Bryce. "Symptoms may include palpitations, feeling faint, sweating, shortness of breath or chest pain."

Dr. Bryce recommended a catheter ablation, a minimally invasive procedure used to remove or terminate a faulty electrical pathway from sections of the heart.

"Catheter ablation is a procedure that treats heart rhythm problems such as SVT. Thin tubes, called catheters, are inserted into a blood vessel, typically



**BORN TO RUN:** Susan Lowell celebrates her ability to keep running after her heart procedure.

in the groin or neck, and fed into the heart," explains Dr. Bryce. "We stimulate the heart to reproduce the tachycardia and in doing so, identify where the extra pathway is and pinpoint the delivery of the radio frequency energy to eliminate that extra pathway."

The procedure usually takes less than two hours, and the patient recovers and goes home the same day.

"You have no more limitations or need to fear a racing heartbeat," says Dr. Bryce. "The procedure is 99 percent successful, and you can be free to resume all physical activity."

"Running is very important to me, and when this happened I was worried I would never be able to race again," says Lowell. "My procedure was done on April 5, and on April 17 I ran a 10K and the following week I ran a 12K. I haven't had any incidents since my procedure, and I have run 11 races, including a half-marathon, since April."



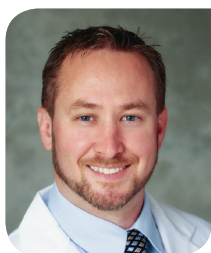
### GIVE YOUR HEART OUR BEST

Find out more about heart care at Florida Hospital Waterman by visiting [FHWatermanHeart.com](http://FHWatermanHeart.com).



# Could physical therapy help you **combat incontinence?**

**“My** symptoms started several years ago, and I thought it was just part of the normal aging process,” says Kristin McFarland, 46, of Leesburg. “I was noticing that I had a really strong urgency to use the restroom, I was having difficulty holding it in, and when I did things like laugh too hard, cough, sneeze or lift heavy things, I would have some leakage.”



Jason Gerboc, DO

McFarland consulted Urologist Jason Gerboc, DO, who diagnosed her with urinary incontinence and prescribed medication and physical therapy in the form of pelvic floor rehabilitation.

“Urinary incontinence is a very common problem facing men and women of all ages,” explains Dr. Gerboc. “There are several types of incontinence, but the more common one faced by women today is stress incontinence, a type of urinary leakage associated with coughing, sneezing or laughing and also with exertion.”

## Treating stress urinary incontinence

Treatment of stress urinary incontinence can include medications and surgery or, as in McFarland’s case, pelvic floor rehabilitation.

“Pelvic floor muscle therapy provided by a physical therapist has been associated with very good results in improving stress urinary incontinence for women,” says Dr. Gerboc.

McFarland completed her pelvic floor rehabilitation at Florida Hospital Waterman Rehabilitation Institute, where she went three times per week for four weeks.

“I thought I knew how to contract and hold it if I had to, and it turns out I really had no idea what I was doing,” McFarland says. “My physical therapist explained to me that through biofeedback I would be able to learn how to retrain the muscles in my pelvic region to better control both the urgency and the leakage symptoms that I was having.”

Through a series of fast and slow contractions and various exercises using bands and exercise balls, McFarland’s physical therapist taught her things that she could continue to do at home and at work every day.

“Using the biofeedback machine was completely painless,” says McFarland. “It was more so I could visualize what my muscles were doing. I could see what I was contracting properly or when I was maybe using abdominal muscles or leg muscles instead of my pelvic muscles to control urgency. It was simply just a way to visualize and measure the progress I was making.”



## Improved quality of life

Today, McFarland credits her pelvic rehabilitation with drastically improving her quality of life.

“I don’t have anxiety about whether I am going to have an accident in public or worry about having a bathroom close by,” she says. “It has given me freedom to do the things that I love to do. My husband and I just took a cruise to Alaska for our 20th anniversary, and I didn’t have to get an aisle seat on the airplane in case I needed to go to the bathroom quickly! My message to other women regardless of your age is to go talk to someone. There are treatments and medication that can change your life.”

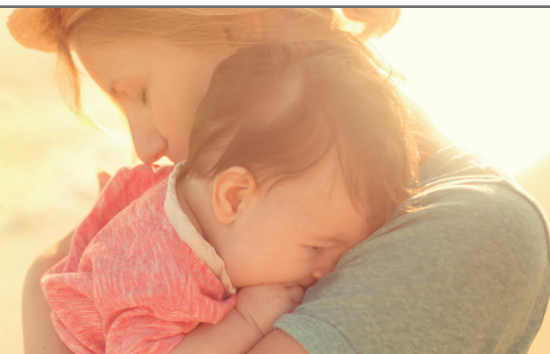


### LIVE A HEALTHIER, HAPPIER LIFE

For more information about our rehab services or to find a urologist, visit [FWatermanWomen.com](http://FWatermanWomen.com).

# Classes & Events

Educational and support programs for  
the residents of Lake County.



## CLASSES

### Diabetes Self-Management Education

Mondays, Sept. 25 through Oct. 23, and Nov. 13 through Dec. 18, 5 to 7 p.m.  
Conry CREATION Health Center-Florida Hospital Waterman

**\$35** (includes all classes and materials). Register at **FHWaterman.com**.

### Don't Let Joint Pain Slow You Down

Waterman Wellness presentation by Samir Guru, DO, Thursday, Nov. 2, at 1 p.m. in Mattison Conference Center. **Free**. Register at **FHWaterman.com** or call **352-253-3635**.

### Prenatal Classes

Thursdays, Sept. 28 through Oct. 26, and Thursdays, Nov. 9 through Dec. 14, 6 to 8 p.m., Mattison Conference Center. **Free**. Register at **FHWaterman.com** or call **352-253-3367**.

### Prevent Diabetes Class

Three sessions, Tuesdays, Oct. 3, 10, 17, 5 to 7 p.m.  
Conry CREATION Health Center-Florida Hospital Waterman  
**\$30** Register online at **FHWaterman.com** or call **352-253-3965** for more information.

### Yum Yum Cooking School

Series of four meetings, Tuesdays, Oct. 24, Nov. 7, Nov. 21 and Dec. 5, 6 to 8 p.m.  
**\$30** per class or **\$90** for all four. Register at **FHWaterman.com**.

## 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  
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.  
Conry CREATION Health Center-Florida Hospital Waterman  
Call **352-253-3965** for more information.

### Gestational Diabetes Support Group

Thursdays, 7:30 to 8:30 a.m.  
Conry CREATION Health Center-Florida Hospital Waterman  
Physician referral required.

Register online at **FHWaterman.com** or call **352-253-3965** for more information.

### Grief and Loss Support Group

Conry CREATION Health Center-Florida Hospital Waterman  
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.

### 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

Thursdays, 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.

Conry CREATION Health Center-Florida Hospital Waterman  
Call **352-253-3389** for more information.



## STAY INFORMED

To register or for more information,  
call **352-253-3635** or visit  
**FHWaterman.com**.