

Waterman Wellness

Extending the Healing Ministry of Christ



Get compassionate, expert cancer care—at every stage of your journey **pg 4**



Learn to recognize a medical emergency—and get care fast **pg 7**

Hip, hip hooray
Weeks after his hip replacement, Larry Crowdis had returned to his favorite hobbies.

Watch Waterman Wellness

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

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

5 to try

These steps can help you along the path to better health

You may know the saying “You have to crawl before you can walk and walk before you can run.” It may be a good one to remember when you’re trying to take care of your health.

Looking at a long list of health do’s and don’ts can seem daunting. You might not know where to begin, or you may feel like you just can’t do everything you’re supposed to do. If you feel that way, read on.

The five health tips below are basic and relatively easy to follow. They are designed to help you begin taking those first tentative steps toward better health.



1 Have a primary care provider.

A primary care provider is your main doctor, physician assistant or nurse practitioner. He or she can manage your health care and help you stay healthy by conducting regular exams and ordering necessary medical tests.



2 Take time to 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.



3 Pile on the produce.

Almost all of us need to eat more fruits and vegetables. They’re chock-full of vitamins, minerals and fiber, which are essential to good health. You can start by filling half your plate with fruits and veggies.



4 Take a few more steps.

Exercise can help fend off numerous diseases, including heart disease, high blood pressure and type 2 diabetes. It can also help you manage your weight. Walking is a good exercise because it’s low-risk, inexpensive and easy.



5 Gather information.

Do you need to lose weight or quit smoking? Both are difficult but doable. Research ways that might work best for you, and seek the support of friends or family members who have successfully made those changes. Good sources of reliable health information include medical organizations, your primary care provider and, of course, **FHWaterman.com**.

Sources: Centers for Disease Control and Prevention; U.S. Department of Agriculture; U.S. Department of Health and Human Services



STAY INFORMED

For more information, visit 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.

2017 © Coffey Communications, Inc. All rights reserved.

Asparagus is an excellent source of vitamin A and vitamin K.



Roasted asparagus with garlic

Makes 4 servings.

Ingredients

- 1 pound fresh asparagus (medium width)
- 2 teaspoons olive oil
- 2 garlic cloves, minced
- Salt and freshly ground black pepper, to taste
- Lemon wedges, as garnish

Directions

- ▶ Preheat oven to 500 degrees.
- ▶ Rinse asparagus and break off tough ends.
- ▶ In shallow roasting pan, place asparagus and coat with oil. Sprinkle with garlic and salt and pepper, to taste.
- ▶ Roast, uncovered, for 6 to 8 minutes (depending on width of spears), shaking pan occasionally.
- ▶ Serve with lemon wedges.

Nutrition information

Amount per serving: 47 calories, 3g total fat (less than 1g saturated fat), 5g carbohydrates, 4g protein, 1g dietary fiber, 3mg sodium.

Source: American Institute for Cancer Research

MAKO SURGERY

Back on the green

Larry Crowdis, of the Villages, had dealt with discomfort and pain in his hip for years. When it finally began to interfere with his golf game and favorite hobbies, he knew it was time to seek help. “The pain became debilitating to the point where I couldn’t get around comfortably doing daily activities,” explains Crowdis.

To find relief, Crowdis turned to orthopedic surgeon and robotic-assisted surgical specialist Jon Radnothy, DO. “I had been to see Dr. Radnothy a few times, and he had helped me with some knee problems, so I trusted him to help with my hip,” explains Crowdis. “We tried physical therapy and even a cortisone shot, but the pain gradually became permanent.”

The next step for treatment was to consider joint replacement options. Dr. Radnothy recommended total hip replacement for

Crowdis using Mako™ Robotic-Arm-Assisted Total Hip Replacement technology. In this procedure, a robotic arm assists



Jon Radnothy, DO

the surgeon with accurately planning and placing implant components.

“He explained everything clearly and treated me like a friend,” says Crowdis. “We talked about our travels and hobbies and such. I was nervous about having surgery,

but he made me feel confident in his recommendation and experience.”

“During surgery, we are able to guide the robotic arm preparing the hip socket and positioning the implant,”

explains Dr. Radnothy. “Usually, we do this surgery through an anterior approach, and no muscles or tendons are cut.

The Makoplasty robotic hip replacement system not only increases accuracy but typically results in less pain,

greater sparing of normal bone and a faster recovery from surgery.”

High-tech surgery in Lake County

Florida Hospital Waterman is the first and only hospital in Lake County to offer Mako™ robotic-assisted total hip replacement. And the team of orthopedic surgeons at Florida Hospital Waterman has the most experience in Central Florida working with robotic-assisted surgery systems for joint replacement.

“I had my knee replaced at Florida Hospital Waterman nine years ago,” says Crowdis. “This hospital works like a well-oiled machine. It’s just a good place to be.”

After a short period of time, Crowdis was back on the golf course and resuming his favorite hobby of making rugs. “My therapy was mostly massaging, trying to loosen the muscles back up and learn how to put weight on my leg with stability,” says Crowdis. “Six weeks after my surgery, I was up and going on the dance floor! I couldn’t be happier with the results. I no longer have any pain, and I tell all of my golfing buddies to go get new hips!”

Recognized for quality and safety



Florida Hospital Waterman is the first and only hospital in Lake County to achieve The Joint Commission’s Gold Seal of Approval® for Knee and Hip replacement. The certification recognizes Florida Hospital Waterman Joint Replacement Center’s dedication to continuous compliance with The Joint Commission’s state-of-the-art standards for quality and safety.

For more information about orthopedic services at Florida Hospital Waterman or to sign up for an educational seminar, visit FHWatermanOrtho.com.



>>> With you

FLORIDA HOSPITAL every s



MY CARE TEAM: Ann Murphy is thankful for the team that helped her beat cancer. From left to right are Georgeann Bjornson, RN; Eileen Bascombe, RN; Ann Murphy; and Latanya Ruiz, MSW.

Only a year ago, Ann Murphy, of Altoona, discovered a lump during a breast self-exam. Since two of her aunts had previously battled breast cancer, she did not hesitate.

Care navigators are at your side

“I went straight to the Florida Hospital Waterman Cancer Institute, and the first person I met was Eileen Bascombe, RN, who became my Cancer Care Navigator,” says Murphy. “She helped me find a specialist, make an appointment to see him and start my treatment process right away.”

The Cancer Care Navigator Program at Florida Hospital Waterman Cancer Institute is designed to guide patients through their entire treatment and recovery process—from before diagnosis, through treatment and to survivorship. Cancer Care Navigators are specially trained nurses dedicated to caring for each patient as an individual with unique treatment plans and support services. “A cancer diagnosis can be overwhelming,” says Cancer Care Navigator Eileen Bascombe, RN. “That’s why we have a team of care navigators and specialists ready to help every patient.”

Treatment you can trust

Murphy was soon diagnosed with stage II breast cancer and underwent six months of chemotherapy under the guidance of Oncologist Ralph Gousse, MD.

“I knew who I wanted for my oncologist,” says Murphy. “It was just a given. Dr. Gousse was my mother’s doctor when she beat colon cancer 16 years ago, so I knew him personally and trusted him. He recognized me during my first visit and said, ‘Uh-oh.’ He got together with

WATERMAN CANCER INSTITUTE

tep of the way

the other doctors and made a plan to take care of me.”

After her chemotherapy was completed, Murphy had a lumpectomy and then radiation therapy. Murphy’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 machine 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 Radiation Oncologist Anudh Jain, MD.

“I would just lie on the treatment table and the machine would circle around me,” says Murphy. “It doesn’t take long, and everyone was very nice and made sure I was comfortable.”

Help with rehab and recovery

Murphy is now receiving physical therapy through the Florida Hospital Waterman Rehabilitation Center to help reduce scar tissue and skin tightening where her various breast cancer treatments were targeted. “I had a little discomfort from scar tissue, so Dr. Jain referred me to the rehabilitation center across the hall from where I received my cancer care,” says Murphy. “They do exercises with me and massage therapy that has helped to loosen up the tightness in the skin under my arm.”

Throughout her entire treatment process, Murphy was guided by Bascombe and the rest of her team of care navigators,

including Georgeann Bjornson, RN, and Oncology Social Worker Latanya Ruiz, MSW. “They helped a lot with my questions about my insurance, medication side effects and paperwork,” says Murphy. “They told me there were no stupid questions. If they didn’t know the answer, they would always find the answer for me. They made me feel very cared for and helped everything go smoothly.”

There is one aspect of the Cancer Care Navigation Program that Murphy especially appreciates—the monthly Breast Cancer Support Group. “We meet once a month, and all of the care navigators are there,” says Murphy. “It is

very helpful and encouraging.”

Now that Murphy has experienced not only her own battle with cancer but the battles of multiple family members, she is adamant about the importance of regular checkups and paying attention to the warning signs for early detection. “My mother, brother, grandmother, grandfather and two aunts all had cancer,” says Murphy. “I was fortunate to have my daughter help me through my treatments, and I taught her to do self-exams. I don’t like to preach at people, but I do tell them not to smoke, to stay away from unhealthy things and to go get their checkups.”



OFFERING THE BEST
Learn more about the
Florida Hospital Waterman
Cancer Institute at
FHWatermanCancer.com

HEALING TECHNOLOGY:
Anudh Jain, MD, at Florida
Hospital Waterman, utilizes the
new TrueBeam™ Radiotherapy
System to provide the most
advanced cancer treatment
available in Lake County.



STROKE

Know the warning signs

Carotid artery disease is a condition where the main blood vessels to the brain develop a buildup of plaque, or hardening of the arteries. When the buildup becomes very severe, it can cause a stroke. The process is similar to the buildup of plaque, in arteries in the heart that causes heart attacks. Strokes are the third leading cause of death and the leading cause of serious, long-term disability in the United States, according to the National Center for Health Statistics.

“A stroke occurs when part of the brain is damaged by vascular problems,” explains Scott Hannum, DO, Vascular Surgeon at Florida Hospital Waterman. “In fact, most strokes are ‘ischemic strokes,’ where part of the circulation to the brain is cut off, usually due to blockages in the carotid arteries.”

What are my carotid arteries?

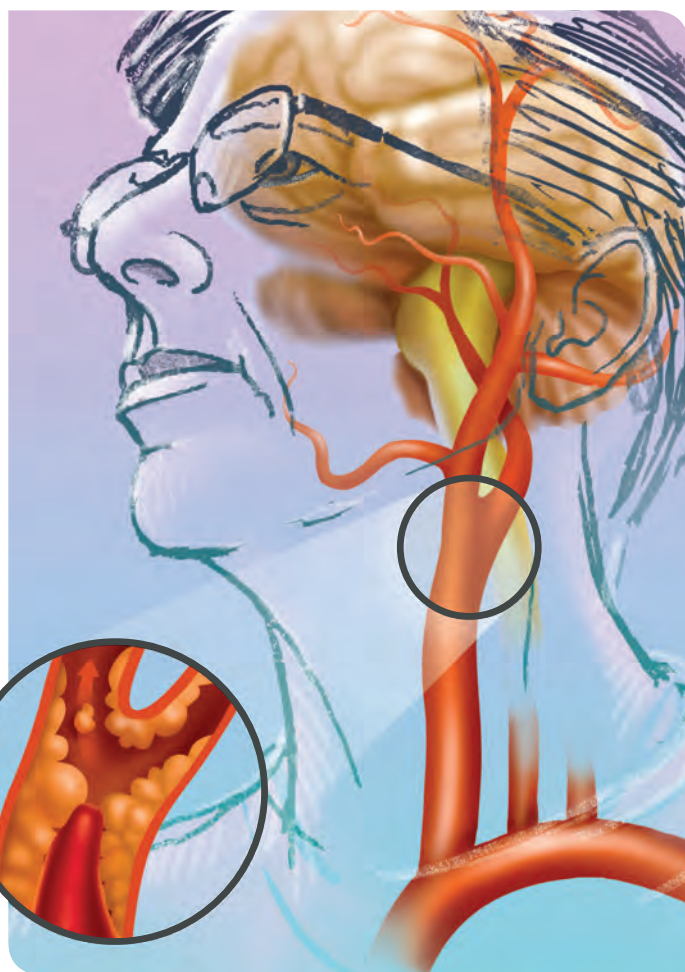
You have two common carotid arteries, one on each side of your neck. They each divide into internal and external carotid arteries. The internal

carotid arteries supply oxygen-rich blood to your brain. The external carotid arteries supply oxygen-rich blood to your face, scalp and neck. Carotid artery disease develops slowly, which is why it’s important to see your doctor regularly for physical exams.

Major factors that contribute to carotid artery disease include smoking, high cholesterol, high blood pressure, and insulin resistance or diabetes.

Can I be screened?

Even if you don’t have any signs or symptoms, your doctor may recommend management of your risk factors to protect you from stroke. You may be given a carotid ultrasound, otherwise known as a carotid duplex test, to determine whether plaque has accumulated in your arteries. This painless, noninvasive test is used to see and measure the rate at which blood flows through your carotid arteries and to look for possible blockages. No radiation, dye or needles are used.



ARE YOU AT RISK?

Florida Hospital Waterman offers a free screening to help determine if you are at risk for vascular disease. Take the quiz online today at FHWatermanHeart.com.

How is it treated?

“Treatment of carotid artery disease usually involves a combination of lifestyle changes, medication and sometimes surgery,” explains Dr. Hannum. “Prevention and early detection of this disease is important to avoid the risk of stroke.”

Because vascular disease develops over time, it is



Scott Hannum, DO

important to lead a healthy lifestyle through awareness, prevention and risk reduction. Eat a diet with plenty of fruits, vegetables, whole grains, lean meat and limited sodium and sugar. Work with

your doctor to monitor and control your blood pressure and cholesterol and maintain a healthy weight by participating in daily physical activity. Quit smoking and drink alcohol only in moderation.



EMERGENCY

Call 911 or go to the emergency department if you need immediate care.

Recognize an **emERgency**

There are a number of medical conditions that are considered emergencies because they can require rapid or advanced treatments (such as surgery) that are only available in a hospital setting.

Sometimes it is difficult to determine if a medical issue requires immediate emergency treatment. It is important to know the signs of serious illness and trust your instincts.

Call 911 and go to the emergency department if you experience any of the following:

- ▶ Persistent chest pain—or pain in the arm or jaw
- ▶ Difficulty breathing
- ▶ Sudden difficulty speaking or trouble understanding speech
- ▶ Loss of consciousness or fainting
- ▶ Altered mental status or confusion
- ▶ Sudden weakness or paralysis, especially on one side of the face or body
- ▶ Severe heart palpitations
- ▶ Falls that cause injury or occur while taking blood thinning medications
- ▶ Sudden vision changes, including blurred or double vision and full or partial vision loss
- ▶ Broken bones or dislocated joints
- ▶ Deep cuts or a large open wound that won't stop bleeding
- ▶ Head or eye injuries
- ▶ High fevers or fevers with rash
- ▶ Vaginal bleeding during pregnancy
- ▶ Serious burns
- ▶ Seizures
- ▶ Suicidal or homicidal feelings
- ▶ Inhaled smoke or poisonous fumes
- ▶ Severe reaction to an insect bite or medication, including hives and difficulty breathing
- ▶ Vomiting blood



Floriano Putigna, DO

Each year, more than 65,000 people visit the emergency room at Florida Hospital Waterman, and we can ensure that you will receive timely, quality care when it matters the most. All of our emergency physicians are board-certified in emergency medicine. “Even though time is always of the essence, our team is intent on connecting with all of our patients so we can fully understand their needs and provide the most effective and appropriate treatment,” says Floriano Putigna, DO, Emergency Medicine. “In addition, we’re proud to be north Lake County’s only accredited chest pain center, meeting the highest national standards of care and expertise in the treatment of heart attacks.”



**FLORIDA HOSPITAL
WATERMAN**

Florida Hospital Waterman, Inc.
1000 Waterman Way
Tavares, FL 32778-5266

Nonprofit Org.
U.S. Postage
PAID
Walla Walla, WA
Permit No. 44



**FLORIDA HOSPITAL
WATERMAN**
Foundation

Caring for Your Parents May 16

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

5 to 7 p.m.

**Free seminar series
includes light dinner**

Understanding Medications

Financial House Preparations

*Living with Dementia:
Tips and Tools for Caregivers*

Seating is limited and
reservations are required.
Call the Foundation at
352-253-3270 or email
FHW.Foundation@ahss.org.

Classes & Events

Educational and support programs for the residents of Lake County.



CLASSES

Diabetes Self-Management Class

April 3 through May 1,
5 to 7 p.m.
Conry CREATION Health
Center–Florida Hospital
Waterman

\$35 (includes all classes and
materials)

Prenatal Class

Thursdays, April 13 through
May 11, 6 to 8 p.m.
Mattison Conference Center
FREE

Tools to Quit Smoking

Friday, April 14, 1 to 3 p.m.

Quit Smoking Now

Wednesdays, April 26 through
May 31, 6 to 7 p.m.

FREE community, worksite
and clinical groups offered.
FREE nicotine replacement
patches, gum and lozenges.*
Covers all forms of tobacco.
*While supplies last and if
medically necessary.

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.
CREATION Health Center
Call **352-253-3685** for more
information.

Grief and Loss Support Group

Held throughout the year
CREATION Health Center
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

Mondays, May 8, July 10,
Sept. 11, 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.

Oral Head and Neck Cancer Support Group

Held quarterly
Cancer Institute Conference
Room
Contact 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.



STAY INFORMED

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