

Waterman Wellness

Extending the Healing Ministry of Christ



Focused cancer treatment helped Robert East get back in the game. **pg 3**



Douglas Mitchell is globe-trotting again, thanks to timely cardiac care. **pg 4**

'Life now is great!'
Stephen Richardson is breathing easier and keeping up with the activities he loves.

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

A new beginning

Start a healthier lifestyle—take a class

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 **352-253-3685**.

Prenatal Classes

Thursdays, 6 to 8 p.m., FREE

Learn about car seat safety, labor and delivery, newborn care, breast-feeding, and friends and family CPR. To register or for more information, visit FHWaterman.com or call **352-253-3367**.

Super Noggin

Thursdays, Feb. 2 to March 30, 10 a.m. to noon, \$50 for 8 classes

Can you remember where you put your keys? This 8-session brain fitness program is designed to share the research strategies to maintain and improve memory and cognitive function in adults. Changes in memory occur with normal aging. Learn what is normal, what is not, and how to stay sharp! Workbook includes brain health assignments for 52 weeks!

Diabetes Self-Management Course

Mondays, Feb. 6 to March 6, 5 to 7 p.m., \$35

This 5-session course will teach you about exercise, meals and sick days and how to control your blood sugar, lower your A1C and manage your medications.

Step Into Fitness

• **Tuesdays, Feb. 14 to April 4, 10 a.m. to noon, \$45 for 8 classes**
• **Thursdays, Feb. 16 to April 6, 5:30 to 7 p.m., \$45 for 8 classes**

This 8-session course combines the science of activity and strength-building with nutrition so that you experience regained energy and reach your health goals. Includes initial measurements, instruction and practical daily application. Text and workbook included.



Yum Yum Club Cooking School

Tuesdays, Feb. 7 and 21, 6 to 8 p.m., \$25 for each class

Join in these fun classes and prepare meals with flavor and flair. You will be instructed in food prep by our executive chef and registered dietitians and enjoy samples of all recipes prepared. Cost includes food, notebook and all materials.

“Eating healthy is important to maintaining overall wellness. We developed the Yum Yum Club to show the community they have the ability to cook healthy, tasty meals.”

—Candace Huber, RN, BSN, MPH,
Community Health Transformation
Specialist for the CREATION Health Center



Creating your own path

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 that God originally gave at Creation, including Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, 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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Targeted therapy strikes out cancer

“I didn’t have any symptoms, and I had no idea I had prostate cancer,” says Robert East, of Pittsburgh. “Prostate cancer runs in my family. My father had it, and so I was getting regular blood testing for prostate-specific antigens.”

It was during one of these routine blood tests that East’s urologist discovered he had a Gleason score of 8. “The Gleason score is a measure of how aggressive the prostate cancer is,” says Radiation Oncologist Anudh Jain, MD. “We use this score to assist us with developing a treatment plan for the patient.”

Dr. Jain recommended high-dose rate (HDR) brachytherapy, a special type of radiation seed implant used for prostate cancer.



Anudh Jain, MD

“HDR has the advantage of being a temporary implant,” Dr. Jain says. “The procedure involves inserting catheters into the prostate so that we can specifically place the temporary seeds to give off radiation to the prostate gland only. We do the procedure in the morning, and patients typically go home the same day with the temporary seeds removed.”

Treatment options

Depending on the stage and grade of prostate cancer, some patients require only HDR brachytherapy and can be successfully treated with just two treatments. Some patients receive it in combination with external radiation. During HDR treatment, a high dose of radiation is directly targeted at the prostate gland.



WHAT’S YOUR PSA LEVEL?

Men who are over 40 or have a family history of prostate cancer should get an annual PSA test.

If you need a urologist, you can find one at FHWaterman.com.

According to Dr. Jain, “In addition to providing a better outcome in terms of controlling the cancer, patients are less likely to have the complications or urinary side effects so common in previous methods of seed implants.”

Quick, reliable care

“Dr. Jain explained everything to me, so I was very comfortable going into the procedure,” says East. “It was a piece of cake. All I had to do was lie on my back for eight hours, and then I walked out of the hospital the same day! I had the procedure on Thursday, and I played softball on Saturday.”

Prostate cancer is the most common cancer in men, and the chance of having prostate cancer goes up with age.

“I started getting PSA testing at about age 45,” says East. “I definitely recommend that you start getting tested early. Your doctor can do it with your annual physical.”

“Here at Florida Hospital Waterman, we work directly with patients and other specialists to come up with the best care,” says Dr. Jain. “We have advanced technology, and we offer patients a wide host of options. We have state-of-the-art cancer treatment right here, close to home.”



Two days after his treatment for prostate cancer, Robert East was back on the softball field.

Cancer care from A to Z

At Florida Hospital Waterman, we have the leading-edge technologies and medical expertise to help our patients through every stage of the cancer process, from diagnosis to treatment, all in a friendly, patient-centered environment. The Florida Hospital Waterman Cancer Institute is a cancer program dedicated to providing our patients with the most advanced treatment and care available in Central Florida.

Accredited as a comprehensive community cancer program by the American College of Surgeons’ Commission on Cancer, we offer both radiation oncology and medical oncology. Our team of board-certified surgeons has the only fellowship-trained surgical oncologist in Lake County, so you know that you or your loved one is receiving simply the best in medical and surgical care.



EXPECT THE BEST

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

Keeping his heart **healthy** for adventure

Douglas Mitchell, of Zellwood, taught math and social studies for 38 years. He is also an avid world traveler, having visited 40 countries.

“My wife and I explored the Inca and Aztec ruins and even climbed Machu Picchu back in June,” says Mitchell. “I also walk several miles every day for exercise.”

No warning

“I did not have any symptoms or even feel bad until one Friday in mid-August when

I was making breakfast,” Mitchell says. “I suddenly felt dizzy and nauseous and began sweating.”

Mitchell and his wife of almost 50 years immediately recognized his symptoms as those of a heart attack. They called 911, and Mitchell was taken by ambulance to the emergency department at Florida Hospital Waterman. Upon arrival at the emergency department, the physicians and medical team were ready to act quickly. Gary Allen, MD, informed Mitchell that

he had three blocked arteries.

“Dr. Allen explained my diagnosis and how triple bypass would be performed,” says Mitchell. “Of course, I was nervous because it was open-heart surgery, but I remembered my friend had the same surgery several years ago and had spoken highly of Dr. Allen, who performed it.”

First-class heart care

Mitchell’s triple bypass surgery was performed by Dr. Allen and his team at the Florida Hospital Waterman Heart Center in Tavares. He received home care post-surgery and was then prescribed cardiac rehabilitation. “Cardiac rehab is an American Heart



Gary Allen, MD, FACS





HOW HEALTHY IS YOUR HEART?

Take our online quizzes to find out, and sign up for a free upcoming seminar about heart health. Visit FHWatermanHeart.com.

Association physical therapy recovery plan for post-surgery,” says Dr. Allen. “Patients work with physical therapists in a monitored environment with specifically tailored fitness goals to increase their abilities safely. A typical outpatient cardiac rehab prescription will take four to six weeks to complete.”

“A large part of my recovery was rebuilding my upper body strength,” Mitchell says. “I can’t say enough good things about the staff who helped me get up and out and back to my normal routines again.”

Back to the adventures!

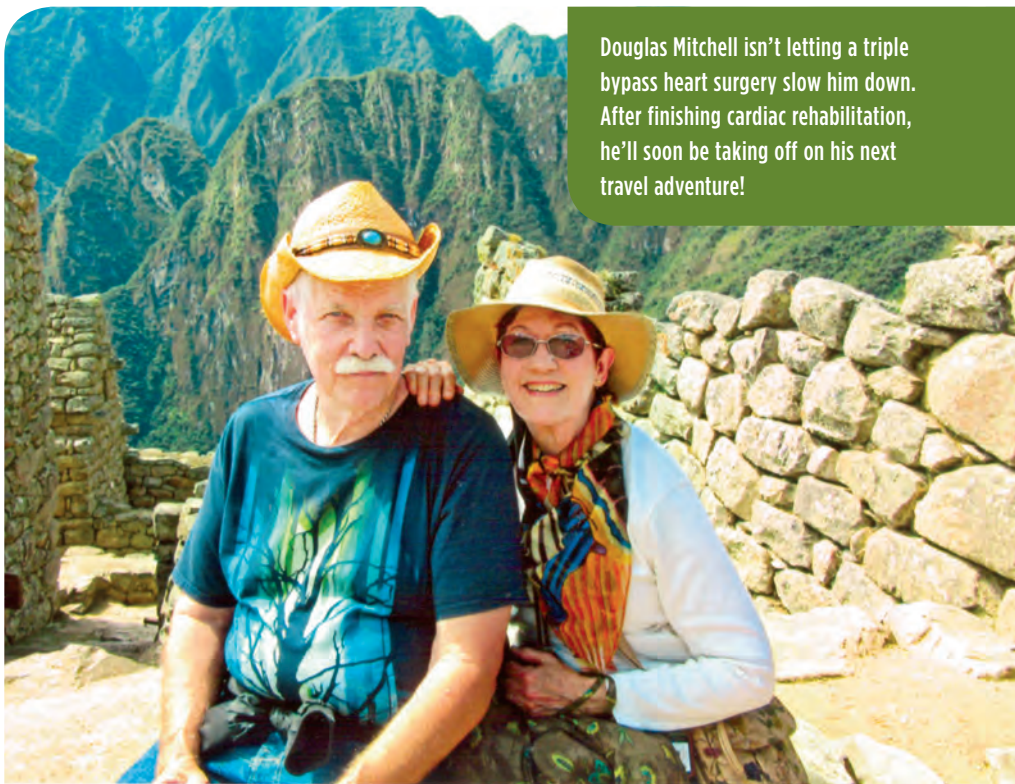
Thanks to the excellent care Mitchell received from the cardiac team, the home-care team after surgery and then the cardiac rehab team, he is now back to walking several miles each day in his neighborhood.



“My wife and I will be celebrating our 50th wedding anniversary in May,” he says. “We are going to Hawaii for a month!”

“I tell all of my friends to be aware of heart attack symptoms. It’s a matter of life and death, so don’t try to let the symptoms pass. Anytime you feel like something is wrong, don’t wait.”

“I can’t say enough good things about the staff who helped me get up and out and back to my normal routines again.”



Douglas Mitchell isn’t letting a triple bypass heart surgery slow him down. After finishing cardiac rehabilitation, he’ll soon be taking off on his next travel adventure!

Cardiac rehabilitation

Florida Hospital Waterman’s cardiac rehabilitation program is a medically supervised program to help you recover:

- ▶ After a heart attack or from other forms of heart disease
- ▶ After surgery to treat heart disease

Cardiac rehabilitation is divided into phases that involve various levels of monitored exercise, nutrition counseling, emotional support and education about lifestyle changes to reduce your risks of heart-health problems.

Visit FHWatermanHeart.com.

Exercising the brain

Parkinson's disease is a condition that affects a person's mobility. Health experts and neurologists have long touted the benefits of combining exercise with proper medication for Parkinson's patients.

Over the past 20 years, the National Institutes of Health has studied specific exercises and their benefits for these patients. This heavily researched exercise program is called LSVT BIG, for Lee Silverman Voice Treatment emphasizing big movements.

"There are four classic signs of Parkinson's disease: slowness of movement, involuntary shaking, stiffness, and impaired posture or balance," says Physical Therapist Janessa Mangulabnan. "Research shows that exercise can slow the progression of the disease."

Retraining the brain

LSVT BIG is designed to help Parkinson's patients through the use of big, repetitive motions. It helps retrain the brain to make the expansive movements many patients have lost due to tremors, stiffness and muscle atrophy.

Mangulabnan is one of two physical therapists at Florida Hospital Waterman's Rehabilitation Center who are certified with LSVT BIG. "This therapy regimen is a one-hour treatment for four days per week for four weeks," she says. "We provide one-on-one treatment during this time, and then the patient must continue with the exercises at home. It is a lifelong commitment."

There are seven specific exercises that are included in the LSVT BIG treatment program. "It incorporates balance, coordination, strengthening and range-of-motion exercises and also focuses on teaching patients how to walk properly, minimizing the shuffling gait and freezing of motion," says Mangulabnan.

It's not too late to start

According to Florida Hospital Waterman Neurologist Sampathkumar Shanmugham, MD, it doesn't matter whether you were just recently diagnosed or you are in the middle or later stages of Parkinson's; you will see improvement by incorporating this program into your daily life.



Sampathkumar
Shanmugham, MD,
Neurology

"Our goal is to teach everyone who has Parkinson's all these exercises to improve their mobility," he says. "I tell my patients to do exercises every day. They need to focus on aerobic exercise, muscle development through light weightlifting and balance exercises."



Want to know more about Parkinson's rehab? Visit FloridaHospital.com/Waterman/Rehabilitation.



Using the repetitive motions of the LSVT BIG exercise program can help make a change for anyone with Parkinson's disease.

Loving life with every breath

Unable to sleep through the night, play a round of golf or even walk his dog around the neighborhood, Stephen Richardson, of Groveland, finally sought treatment for his breathing struggles after being able to manage symptoms for years.

"It really hampered my ability to travel for my job," he says. "I love to golf and swim, and I had to give all of that up."

As a territory sales manager for a bus manufacturer, Richardson was required to travel extensively each week. He would arrive 1½ hours early for flights because he found himself unable to move quickly through airports.

At his wife's insistence, Richardson turned to pulmonary disease and sleep medicine specialist Ahmad Jalloul, MD.

Putting a name to the problem

The first step in diagnosing Richardson was a pulmonary function test. "This test is administered by the patient blowing into a machine that measures the full rate of their lung function and lung capacity," Dr. Jalloul



Ahmad Jalloul, MD

says. "It provides for an accurate diagnosis based on lung obstruction, restriction or a combination of the two."

"We did pulmonary function testing in his office," says Richardson. "I'm one of those guys that wants to dig a little deeper, and Dr. Jalloul spent a lot of time with me explaining my test results, diagnosis and treatment plan."

Richardson was diagnosed with chronic obstructive pulmonary disease, or COPD. "This is a disease process in which the bronchial tubes are narrowed, and the patient has difficulty expelling air and getting

the oxygen that they need," Dr. Jalloul says. "It is an irreversible chronic disease, which develops slowly over the years and is mostly caused by smoking."

As a coal mine captain and fleet supervisor for more than 10 years, Richardson was exposed to asbestos daily. "Unfortunately, I smoked for a lot of years as well," he says.

Making changes for the better

Once his diagnosis of COPD was established, Richardson quit smoking and began therapy that included inhaler medications and pulmonary rehab.

"Pulmonary rehab is basically an exercise program that's done in a controlled setting in which the patient's heart and oxygen level will be monitored," Dr. Jalloul says. "Rehab does not improve lung function, but it does improve the ability of the patient to perform daily activities better."

Dr. Jalloul also prescribed a continuous



GET HELP FOR YOUR CHRONIC BREATHING PROBLEMS

Constant sleep disruption and difficulty breathing should never be ignored. Visit floridahospital.com/waterman/thoracic-pulmonary.



Thanks to COPD treatment and rehab, Stephen Richardson can walk his dog and enjoy other activities without struggling to breathe.

positive airway pressure machine, or CPAP, to treat Richardson's inability to sleep through the night.

"It changed everything when I was able to get a CPAP," Richardson says. "I feel refreshed when I wake up, and I don't snore anymore, so my wife is able to get better sleep as well. I wear the little mask every night, and I won't go on a business trip without it."

"Life now is great!" he says. "I can walk my dog and live normally rather than impaired. We adopted our granddaughter when she was 1, and now she is 8. I can do things with her that I wasn't able to do three or four years ago prior to treatment."

Lung health and healing

Roughly 1 in 10 Americans has some kind of lung disorder. These disorders range from asthma to emphysema. No matter what your lung condition, the pulmonary team at Florida Hospital Waterman has the skill and technology to provide you with the most advanced, sophisticated care anywhere. And in keeping with our hospital's emphasis on holistic health—mind, body and spirit—we also educate our patients about ways to prevent further or



recurring pulmonary illness.

Talk to your doctor or visit FHWaterman.com to find a physician.



FOURTH ANNUAL Women's **Hot Topic Breakfast**

Amazing women
have amazing
hearts. Give yours
some extra love this
February.

Enjoy a heart-healthy
breakfast and an open
discussion of women's health
topics, from heart disease to
hormones, nutrition, stress
and more.

- Friday, Feb. 3, 8:30 a.m.
- Tavares Pavilion on the Lake

Featuring:

Gary Allen, MD, FACS,
Cardiothoracic Surgeon;
Candace Huber, RN,
Community Health Specialist;
Peter Marzek, MD, FACS,
Plastic Surgeon

The event is free,
but registration is required.
Space is limited. Visit



FHWatermanHeart.com
or call **352-253-3635**
to register.

Be sure to
WEAR RED
for **National Wear
Red Day!**



TAKE THE FIRST STEP

Resolve right now to make an
appointment with a primary care
provider. Call **352-253-3333**.



Make resolutions **work for you**

A new year, a fresh start. The first of January may have found you ready to make some changes for your health. But if you are afraid that New Year's resolutions are only for dreamers, take a fresh approach.

Try these tips to help make this year's resolutions stick for good.

Get focused. It's better to make one or two changes at a time. Don't try to overhaul your whole lifestyle at once. Come up with simple, clear steps to take. For example:

- Eat one more serving of fruit each day or go meatless one day per week.
- Quit smoking—and don't give up. Are you afraid you might break down and smoke a cigarette? Or even buy a pack? It's OK. Decide right now that you will get back on track if that happens.
- Move more. If it's been a while since you were physically active, start slowly. Try exercising 15 minutes a day, three days a week. Then gradually do more. Getting

active just feels good. Remind yourself that this goal will also help reduce stress.

Plan—then act. So you've decided to make a change. Next, think about how you'll meet your goal and get prepared. You might:

- Pick out a few tasty recipes that use whole grains, veggies or beans. Make a shopping list of any ingredients you need.
- Get over-the-counter stop-smoking aids, such as patches or gum. Or ask your health care provider about prescriptions that can help. Plan to throw out your ashtrays and cigarettes on your quit day.
- Find a fitness buddy. Ask a friend or family member to commit to exercising with you.

Go—and keep going. Here's your final step. Put your plans into action. Don't wait for next New Year's Day to start. If you get off course, don't give up. Just remember why you decided to make the change, and start again.

Sources: Academy of Nutrition and Dietetics; American Cancer Society; American Psychological Association; Mental Health America