



FLORIDA HOSPITAL
WATERMAN

waterman Wellness

Extending the Healing
Ministry of Christ
Spring 2018

**Easy.
Painless.
Lifesaving.**

Why put off this
cancer screening?



Trust: You need to know Someone

In addition to the physical, CREATION Health focuses on the spiritual aspect of well-being. Trust in God, the Creator, can transform us, allowing us to live life to the fullest.

In our day-to-day lives, it's easy to get overwhelmed. Take a moment to reflect on God's greatness. Think about the vastness of the universe, and remember that God cares about even the smallest creature.

As in any relationship, getting to know our Creator requires time

and commitment. Just as you would set aside time to catch up with your friends, devote time at the beginning or end of your day to commune with God. Read from the Bible and spend some quiet moments in prayer.

If you don't already attend a church service, try out a few in your area. Especially when beginning a new, life-transforming program, the fellowship available in a church can be an invaluable source of support and accountability.

Connect With Waterman

Find out how Florida Hospital Waterman is helping improve the health and well-being of Lake County. Don't miss the latest episodes of:

Waterman Wellness TV



Go to **WatermanWellness.com** for the Lake Sumter TV schedule and channels.

BUILDING A HEALTHIER LAKE COUNTY: CHANGING SEASONS SERIES



Call the Foundation at **352-253-3270** or email **FHW.Foundation@ahss.org** for reservations.

Free seminar series includes lunch. Noon to 2 p.m.
Florida Hospital Waterman Mattison Conference Rooms (located directly across from the café). Seating is limited; reservations are required.

Tuesday, May 1

• Pelvic Rehab

Shelly Maes, Rehabilitation Manager, and Enidelcia Lovewell, Therapist, Florida Hospital Waterman Rehab Services

• Estate Planning Checklist and Helpful Hints

Ken Carpenter, Senior Vice President and Senior Trust Officer, United Southern Bank

• The Art of Leaving a Legacy

Gloria Savannah-Austin, CPRC, CPC, Life Cycle Celebrant, Speaker, Writer, Facilitator of Healing, Soulful Transitions

Speakers subject to change.

Tuesday, Aug. 7

• Discharge Planning

Valerie M. Allen, BHS, and Deb Messner, MSW, Discharge Care Managers, Florida Hospital Waterman Care Management

• Guardianship

Michael J. Rogers, Esq., Attorney at Law, Partner, Gaylord & Rogers, LLC

• Physical, Emotional and Spiritual Ways to Reduce and Manage Stress

Candace Huber, RN, BSN, MPH, Director of Mission Development, Florida Hospital Waterman

Tomato-cucumber salad with parsley and mint

Makes 4 servings.

Ingredients

- 4 medium ripe tomatoes, seeded and chopped
- ½ medium cucumber, peeled, seeded and chopped
- ½ cup diced red onion
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh mint, chopped
- 1 tablespoon red wine vinegar
- 2 teaspoons olive oil
- 1 teaspoon Dijon mustard
- Salt and freshly ground black pepper to taste

Directions

- In a large bowl, combine tomatoes, cucumber, red onion, parsley and mint.



- In a small bowl, whisk together vinegar, oil and mustard. Add to tomato mixture and toss to coat.
- Season to taste with salt and black pepper.
- Serve chilled or at room temperature.

Nutrition information

Serving size: ½ cup. Amount per serving: 59 calories, 3g total fat (1g saturated fat), 8g carbohydrates, 2g protein, 2g dietary fiber, 45mg sodium.

Source: American Institute for Cancer Research



Like family

Having a primary care doctor helped Betty Daniels discover and get treated for diabetes

Betty Daniels, of Grand Island, had not been feeling herself lately. Everyday activities left her more tired than normal. When her daughter noticed that Daniels had lost quite a bit of weight without trying, she 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."

After she and her husband retired to Florida, Daniels went to the emergency room when she felt ill. Her daughter thought Daniels needed more personal

attention for her health and took her to see Anielka Rodriguez, MD, a family medicine physician at Lake Primary Care Associates in Eustis.



Anielka Rodriguez, MD

A surprise diagnosis

Dr. Rodriguez conducted a complete physical, including blood work and a review of Daniels' family history. "Annual physicals are so important," Dr. Rodriguez says. "They allow us to take the time to see how a patient is really doing and determine how any chronic issues are being managed."

During Daniels' exam, Dr. Rodriguez discovered that, like Daniels' father before her, she had undiagnosed diabetes.

"If you have a family history of diabetes, it's very important to make your doctor aware of any changes in your overall health," says Dr. Rodriguez.

Diabetes classes



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

DIABETES SELF-MANAGEMENT CLASS

Taught by nursing and health educators, this five-session course will help you learn everyday strategies focused on nutrition, exercise and diabetes management.

Mondays, April 2 through 30, June 4 through July 2 or July 16 through Aug. 13, 5 to 7 p.m.

• **\$40 for five sessions**

PREVENT DIABETES CLASS

This three-session course will teach you how to prevent diabetes with food choices, exercises and knowing the tips.

Thursday, March 29, 5 to 7 p.m. • **\$30 for three sessions**

DIABETES SUPPORT GROUP

Sessions are led by a certified diabetes educator. There is no fee. Call **352-253-3685** for more information.

Daniels was surprised and concerned. "I was scared about the diabetes," she says. "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."

An expert friend on her side

Dr. Rodriguez taught Daniels how to monitor her blood sugar, outlined a diet and exercise plan, and connected her with specialists to help manage her diabetes. They have developed a close doctor/patient relationship.

"Dr. Rodriguez 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."



A DOCTOR OF YOUR OWN

If you need a primary care physician, visit **FHWaterman.com**.

MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH



SCHEDULE YOUR SCREENING

Ask your primary care physician when a colonoscopy is recommended for you. Visit **FHWatermanCancer.com** to take a colon health risk assessment and view a list of physicians providing care in your area.

A blurred background image of a man in a white button-down shirt holding a silver pot in a kitchen. In the foreground, there are fresh vegetables including a head of broccoli, yellow and red bell peppers, and a cucumber. The word "Good" is written in a large, white, outlined font with a wavy pattern inside the letters, and "for" is written in a similar but smaller font to its right.

Good for

A painless screening can catch cancer when it's treatable



and add years to your life

If you've never had one, the idea of a colonoscopy can seem a little uncomfortable and even embarrassing. In reality, it's a painless, fairly easy procedure and something that could save your life.



Christina Covelli,
MD

For men and women age 50 and older, this screening can find colorectal cancer early, when it's easier to treat. Even better: Getting tested may actually prevent colorectal cancer. What better motivation for having the screening?

But, according to the American Cancer Society, only 60 percent of adults of screening age are up-to-date on their colon cancer screening, and many have never been screened at all. That's a pity, because though cancers of the colon and rectum are the second-leading cause of cancer-related deaths in the U.S., they are also **the most treatable types of cancer** if detected early.

Stop cancer before it starts

"Polyps, which are small clumps of cells, can occur in the colon and become cancerous if not removed," explains gastroenterologist Christina Covelli, MD. "If we screen you and we remove these polyps, we can prevent cancer from ever forming."

Indeed, since polyps and early-stage colon cancer are "silent"—producing no symptoms—screening procedures are the only means of detecting and treating them.

Comfort and safety first

During a screening, patients are relaxed under light sedation. If polyps are found, they can be removed immediately, reducing the risk of developing cancer by nearly 80 percent. The gentle procedure is done with the patient's comfort in mind.

“It's simply not something to be put off,” Dr. Covelli says. “If you have a family history of colorectal cancer or you are 50 or older, it's time to get screened.”

Feeling right at home

Home care rehabilitation promotes rapid recovery

Certified scuba diver, avid astrophotographer and licensed alligator sportsman Reed Newlin, of The Plantations at Leesburg, received a partial shoulder replacement and was able to return home the next day.

To help Newlin recover from his surgery and get him back on the fast track, his surgeon prescribed a regimen of home care rehabilitation.

“A well-planned rehabilitation program is critical to the successful recovery of a patient after surgery,” says Samir Guru, DO. “Orthopedic home care



Samir Guru, DO

services help to promote a faster, more effective recovery, helping the patient get back to their life as quickly and safely as possible.

The services allow the patient to begin their recovery in a comfortable environment and safely transition into an outpatient therapy program.”

Safe and sound

Newlin’s rehabilitation, courtesy of Florida Hospital Waterman Home Care Services, began with a home risk assessment to ensure his safety while not under

the care of a professional.

“I felt very comfortable knowing that someone inspected my home to make sure it was safe,” Newlin says.

“You know, to help avoid all of those things that happen to us old people.”

His own home care team

The rehabilitation plan consisted of two weeks of physical therapy in Newlin’s home.

“Everyone who came to my home was great, and they all had their own personalities,” says Newlin. “The physical therapist was a real character. I knew he was going to do something that would hurt when he started telling bad jokes. I could tell he wanted to make sure I was as comfortable as possible.”

Quick recovery

After two weeks of home care rehabilitation, Newlin was able to receive his therapy in an outpatient facility.

“I am so thankful I was able to start my rehabilitation at home,” he says. “I wasn’t able to drive after my surgery, and riding with my wife is scary enough. All joking aside, I know my recovery truly benefited from being able to start my therapy immediately after my surgery.”



GET THE RIGHT CARE FOR YOU

Ask your doctor if a referral to home care rehabilitation could help you get back to an active life. Visit **FHWaterman.com** to learn more about our home care services.

Parting with pain

An informed decision helped Mike kick the fear of surgery

Fear of a painful recovery, endless physical therapy and the general inconvenience of a knee replacement procedure is enough to make anyone hesitate.

Mike Ahearn, of Leesburg, knew these fears all too well after hearing stories from his family and friends whose experiences were less than desirable. However, after 33 years of wear and tear from serving with the Chicago Fire Department, Ahearn's severe knee pain sent him searching for relief.



Donald Perry, MD

On the path to new knees

Ahearn's journey began after his wife, Dianne, read about an educational seminar featuring orthopedic surgeon

Donald Perry, MD. Ahearn scheduled an appointment and underwent a formal evaluation. Dr. Perry suggested full replacements on both knees.

"A partial knee replacement sounds like a less complicated surgery, but it is technically more difficult," Dr. Perry says. "With a full knee replacement, rather than trying to remove certain areas of the knee in a partial procedure, the entire knee is replaced."

A custom knee joint was constructed before Ahearn underwent the first



I can now do whatever I want to do."
—Mike Ahearn

surgery at Florida Hospital Waterman Joint Replacement Center.

"We use an MRI in order to get the exact measurements needed to create a custom-built implant which identically matches the anatomy of the patient's knee," Dr. Perry says.

Learning what to expect

After a date was scheduled for the surgery, Ahearn and his wife attended a Presurgery Joint Replacement Education Class. This class is designed to inform knee replacement recipients of what to expect before, during and after surgery, as well as instruct the patient about pain management and other important topics.

After a brief stay in the hospital, which included inpatient physical therapy, Ahearn continued his recovery with in-home physical therapy sessions.

"I was up and walking before I left the hospital and with minimal pain, just stiffness," he says.

He also had significantly fewer concerns heading into the second surgery.

"We try to make the experience as painless as possible with a highly



SIGN UP FOR A SEMINAR TODAY

Expert advice could be the first step to a pain-free life. Visit **FHWatermanOrtho.com**.

controlled pain regimen plan that begins prior to the surgery and continues throughout and after the surgery," Dr. Perry says. "A carefully calculated combination of anti-inflammatory and pain medications, a judicious use of narcotics, and muscle-sparing techniques used during surgery come together to achieve a nearly painless experience."

The results are worth it


Ahearn wants others to understand that they shouldn't let the fear of a painful surgery stand in the way of achieving long-term relief.

"Find a doctor that you are comfortable with," he says. "I can now do whatever I want to do. Would I want to go ice skating? Probably not," he adds with a chuckle. "But I can run, I can jog, I can ride a bike. It just takes a little getting used to when you get the new knee."

Support Groups

- Cancer Support
- Breast Cancer
- Cancer Caregiver
- GYN Cancer
- Look Good, Feel Better Program

Call Latanya Ruiz, MSW, at **352-253-3605** for

 more information and schedules. See our

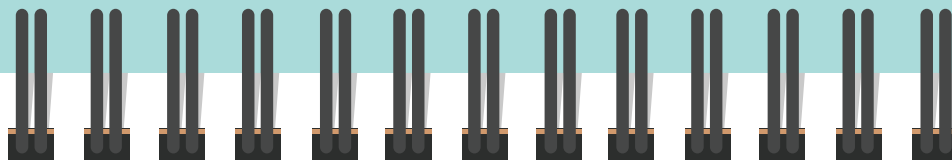
full list of classes and support groups at **FHWaterman.com**.



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COLORECTAL CANCER

Say YES to a test

There might be a thousand things you'd rather do than get screened for colorectal cancer. But if you're age 50 to 75, it's time to say yes to a test. "Studies have shown that undergoing a colonoscopy reduces the risk of colon cancer," says Anudh Jain, MD, board-certified radiation oncologist at Florida Hospital Waterman. "It is recommended that everybody screen regularly between the ages of 50 and 75." Here's why:



Anudh Jain, MD

1 Colorectal cancer is the second leading cancer killer in the U.S.
Getting screened helps you avoid becoming part of that statistic.

2 **Screening can spot cancer early**, when it's easiest to treat. If you wait for symptoms to develop, the disease is likely to be in an advanced state.

3 **Screening may prevent cancer.** That's because most cases of colorectal cancer start as a growth (polyp) inside the colon. Some screening tests allow a doctor to find and remove these growths before they become cancerous.

4 **Colorectal cancer can run in families.** If your test reveals polyps or cancer, your children or other close relatives may be at a higher risk for the disease. Knowing that, they may choose to get screened sooner than age 50, which can reduce their chances of developing the disease.

Sources: American Cancer Society; Centers for Disease Control and Prevention

BY THE NUMBERS

➤ **55 to 84**

The age range in which most men and women are diagnosed with colorectal cancer.

➤ **1 in 21**

The odds that a man in the U.S. will develop colorectal cancer in the course of his lifetime.

➤ **1 in 23**

The odds that a woman in the U.S. will develop colorectal cancer in the course of her lifetime.

➤ **1.1 million +**

The estimated number of people in the U.S. living with colorectal cancer.

Sources: American Cancer Society; National Cancer Institute



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