

Waterman Wellness

Extending the Healing Ministry of Christ



What's the big deal
about diabetes? **pg 3**



'Each day is a gift.'
How Sharon Simmons
survived sepsis. **pg 6**

Innovative treatment helped
Janice Ambrose beat the odds
against lung 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



We all need a friend to lean on

In regard to your interpersonal relationships, what does “social connection” or “social connectedness” mean? In the broadest sense, it means interacting with other people, such as friends or relatives.

These connections will not be the same in every respect for any two people, although ideally these connections should generate a similar sense of openness, generosity and goodwill. Although they take work, good relationships are one of the greatest blessings you can have.

Is there anyone who really cares for you, or feels close to you, or loves you or wants to help you? Is there someone you can confide in? If so, then according to some studies, you may have three to five times lower risk of premature death and disease from all causes than do people who don't have these kinds of relationships.

GOT FRIENDS? Check out our support groups—see the back page.

Holiday quinoa salad

Makes 4 servings.

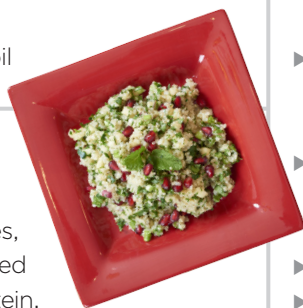
Ingredients

- ¾ cup quinoa
- ¾ teaspoon kosher or sea salt, divided
- ½ medium Fuji apple, cored and finely chopped
- ½ cup fresh pomegranate seeds
- ⅓ cup finely chopped cilantro
- ¼ cup finely chopped fresh mint
- ¼ cup finely chopped flat-leaf parsley
- ⅓ cup finely chopped scallions, green and white parts
- ¼ cup blood orange juice or orange juice plus 1 teaspoon lemon juice
- Freshly ground pepper
- 2 teaspoons extra-virgin olive oil

Nutrition information

Serving size: ¼ of recipe.
Amount per serving: 179 calories,
4g total fat (less than 1g saturated
fat), 32g carbohydrates, 5g protein,
3g dietary fiber, 366mg sodium.

Source: American Institute for Cancer Research



Directions

- ▶ Rinse quinoa in strainer; drain well; and place in heavy, medium saucepan.
- ▶ Cook over medium-high heat, stirring constantly with wooden spatula until grains stick to bottom of pot and then start to move freely and smell toasty, about 5 minutes.
- ▶ When grains of quinoa start to pop, move pot from heat and pour in 1¾ cups water, standing back as it will splatter. Immediately return pot to heat and reduce heat to medium.
- ▶ Add ¼ teaspoon salt, cover, and simmer for 15 minutes or until quinoa is almost tender.
- ▶ Off heat, let grain sit covered for 10 minutes.
- ▶ Using fork, fluff quinoa and transfer it to mixing bowl. There will be about 2¾ cups cooked quinoa.
- ▶ Let quinoa sit until it is room temperature. Add apple, pomegranate seeds, cilantro, mint, parsley and scallions to grain, and, using a fork, mix to combine.
- ▶ In small bowl, whisk orange juice or two citrus juices with remaining ½ teaspoon salt until it dissolves. Add 4 to 5 grinds pepper; then whisk in oil.
- ▶ Pour dressing over salad, and toss with fork to distribute evenly.
- ▶ Serve within 2 hours. The quinoa and dressing parts of this salad can be made up to 8 hours ahead and then covered and refrigerated separately and combined shortly before serving.



FLORIDA HOSPITAL
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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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Nobody wants diabetes

What is it and how can you keep from getting it?



Diabetes is a group of diseases that affects how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.

If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the causes may differ. Too much glucose can lead to serious health problems.

Two types

Chronic diabetes conditions include type 1 diabetes and type 2 diabetes. Type 1 diabetes can develop at any age, but it typically appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40.

"A lot of people who have diabetes don't realize they have it," says internal medicine specialist Steven Tang, MD. "It is important to get screened by your primary care physician if you're at risk, even if you don't have any symptoms. The screening is a simple blood test, and early detection can prevent many unwanted complications that come with diabetes."



Steven Tang, MD

Troubles from head to foot

Some of the signs and symptoms of diabetes are:

- Increased thirst ● Frequent urination ● Extreme hunger ● Unexplained weight loss ● Fatigue
- Irritability ● Blurred vision ● Slow-healing sores
- Frequent infections, such as in the gums, skin infections or vaginal infections

Diabetes is one of the biggest risk factors for heart disease and stroke, as well as neuropathy. Neuropathy is damage to nerve endings and

mostly occurs in the feet of someone with a diabetes diagnosis.

Stop the damage

"We are starting a clinical trial soon at Florida Hospital Waterman where we will be using a machine that creates electromagnetic waves to relieve pain in patients experiencing neuropathy from diabetes," says Dr. Tang. "It basically makes the cells undergo certain changes to release chemicals that mediate pain relief."

There are approximately 30 million people with diabetes and 86 million with prediabetes in the United States right now. Prevention and early detection are key to preventing complications and improving a person's quality of life.

"Florida Hospital Waterman helps a lot with educating diabetic patients about diet, exercise and understanding how to control their blood glucose via these methods in addition to medications," says Dr. Tang. "Once a patient incorporates this education with their medication, they really start to see remarkable results."



Diabetes Support Group

Beginning Jan. 3, 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.

Diabetes Self-Management Class

Mondays, Jan. 8 through Feb. 5, 5 to 7 p.m.

Conry CREATION Health Center—Florida Hospital Waterman
\$40 (includes five sessions and materials). Register at **FHWaterman.com**.



YOU CAN AVOID DIABETES

and its complications. To find out how, visit **FHWaterman.com**.

We treat cancer

Janice Ambrose, of Mount Dora, was living in Pennsylvania two years ago when she developed a persistent cough that was causing her to constantly feel tired and run-down. Her husband and daughter urged her not to ignore her symptoms, so she finally sought the help of her primary care physician.

"I had bronchitis in January 2016, and it just never felt like it fully went away," says Ambrose. "I kept coughing, and it felt like I had a lump in my chest that I couldn't cough up. When I went back to my doctor for follow-up, he did a chest x-ray and it came back negative. I had no risk factors for lung cancer and I have a history of bronchitis and allergies, so we thought I had adult-onset asthma."

However, the asthma medications and inhalers prescribed to Ambrose failed to improve her condition. Her physician then ordered a CT scan to further explore her symptoms.

A suspicious spot

"The CT scan came back showing a suspicious area in the lower left lobe of my lung," says Ambrose. "I was referred to a pulmonologist, and we decided to try a round of antibiotics in case it was an abscess from former infections."

Once again, Ambrose's condition failed to improve and her cough worsened.

"I was tired and using my inhaler a lot more than I had planned on," says Ambrose. "We had sold our house in Pennsylvania and were now in the process of moving to Florida to be closer to our daughter. I went back to the pulmonologist before we moved, and he completed a pulmonary function test and bronchoscopy. I failed the test and two days later developed pneumonia.

"It was then that I received the results from my tests. I had non-small cell sarcoma," says Ambrose. "It was stage III A lung cancer. I had a large, 6-centimeter



SCREENINGS SAVE LIVES.

When cancer is found early, your chances of surviving it are better.

To find a local physician, visit FHWaterman.com.

2 KEY TESTS

Pulmonary function tests (PFTs) are a group of tests that measure how well a patient's lungs work. This includes how well they are able to breathe and how effectively their lungs are able to bring oxygen to the rest of their body.

A computerized tomography (CT) scan combines a series of x-ray images taken from different angles and uses computer processing to create cross-sectional images of the bones, blood vessels and soft tissues inside the body. CT scan images provide more detailed information than plain x-rays.

with more than medicine

mass surrounding my bronchial tube and pressing on my heart.”

New home, new doctor, new battle

With a home being built in Florida and their moving date quickly arriving, Ambrose and her husband sought a referral to a Florida oncologist. Their daughter did some research and recommended medical oncologist Ahmed Al-Hazzouri, MD (“Dr. Al”), at the Florida Hospital Waterman Cancer Institute in Tavares.



Ahmed Al-Hazzouri, MD

“A week after we moved to Florida, I had my first consultation with Dr. Al,” says Ambrose. “He explained that the mass had grown so extensively that I was not a candidate for surgery but would need chemotherapy and radiation instead. He said that I had a 14 to 16 percent chance of beating the cancer, and I remember taking my finger and pointing at the paperwork and saying I would be in the 14 to 16 percent. Then I burst into tears.”

Dr. Al-Hazzouri prescribed an aggressive treatment plan consisting of four cycles of chemotherapy and radiation twice per day for a month.

“One of the most positive things that really worked for me during these treatment days was naming my tumor. I named it George,” says Ambrose. “I was talking on the phone with my dad one day, and we were both having a little crying jag. We have this one particular person that we both really dislike immensely. I told my dad that I just couldn’t think of beating cancer but I definitely could think of beating George’s butt! So my tumor became George.”

Ambrose completed her chemotherapy and radiation treatments this past March, at which

time the mass had shrunk to a third of its original size.

A ray of hope

“At that time, Dr. Al said he had some great news for me,” says Ambrose. “A new medication had just been approved for treatment of lung cancer, and he had been involved in the research of it. I could come in every two weeks for an infusion of this medication and have a good chance of completely wiping the cancer out. I would be his fourth patient to be put on this medication.”

“We’re fortunate here at Florida Hospital Waterman Cancer Institute to have more than 50 clinical trials available that are national trials,” says Dr. Al-Hazzouri. “So a patient that lives here locally can come in and get a clinical trial for many different cancers—and it is the same trial they would receive at other cancer institutes around the country. We are blessed to have that capability.”

Today, Ambrose’s scans are totally clear and she is officially in remission and finished with all treatments. She is back to playing golf regularly and enjoying her new home in Florida.

Best care—body, mind and soul

“As a nurse, I have worked in many hospitals,” says Ambrose. “Every day that I came to the Florida Hospital Waterman Cancer Institute, I could feel the care and love from everyone helping me with my treatments. The care navigators really help you figure out the different places that you need to be and help you find the resources that are out there to help.”

“You know, cancer does not just get treated with medicine,” Ambrose says. “It has to be treated with the mind and the soul—and I felt I had so much love and support.”

You are invited!

Men’s Team Huddle

Thursday, Jan. 25, 2018

1:30 to 3 p.m.

Cancer Center

Conference Room

This once-a-month meeting provides men the opportunity to meet and network with other male cancer survivors.

Your team captains, Don Yancey and Jim Giancola, are looking forward to meeting you and providing all the information about what the Men’s Team Huddle is all about. Lunch will be served. Please call Latanya Ruiz, Oncology Social Worker, at **352-253-3605** or Eileen Bascombe, Cancer Care Navigator, at **352-253-3036** to sign up.



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.

Immune therapy: Enlisting your own bodyguards

“Immune therapy has been around for a long time and is basically anything that uses the immune system to kill cancer,” says medical oncologist Ahmed Al-Hazzouri, MD. “These

therapies help the immune system recognize that there is a foreign entity—called cancer—that they should be attacking. Immune therapy is basically the wave of the future.”



Sharon Simmons celebrates life after sepsis.

Symptoms of **SEPSIS**

- S** Shivering, fever, or very cold
- E** Extreme pain or general discomfort (“worst ever”)
- P** Pale or discolored skin
- S** Sleepy, difficult to rouse, confused
- I** “I feel like I might die”
- S** Short of breath



Watch for a combination of these symptoms. If you suspect sepsis, see a doctor urgently, CALL 911 or go to the hospital and say, “I am concerned about sepsis.”

A story of **survival**

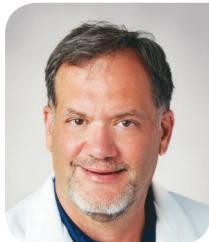
Sharon Simmons, of Tangerine, doesn’t remember the day she was rushed to the emergency department at Florida Hospital Waterman, but her family will never forget it.

“Two days prior to my hospitalization, I had developed a fever and severe pain in both of my legs,” says Simmons. “I began throwing up and talking gibberish to my boyfriend. What I thought was the flu or a stomach virus was obviously something much worse.”

In danger of death

By the time Simmons arrived at the emergency department, her legs were changing colors to varying degrees of red, black and blue. The medical staff immediately knew her condition was life-threatening.

“The physicians put me in a medically induced coma and immediately took me to surgery,” says Simmons. “The physicians told my boyfriend to call my children because I had a 5 percent chance of living. My body had become septic and was shutting down.”



Louis Guzzi, MD

“Sepsis is the body’s overactive and toxic response to an infection,” says Simmons’ physician and Director of Critical Care Medicine Louis Guzzi, MD.

“Any bacterial or viral condition, such as bronchitis, urinary tract infection or tonsillitis, is considered a form of sepsis. Early treatment of these conditions is important so that the infection does not progress to a life-threatening state.”

Rocky recovery

When Simmons woke up in the intensive care unit, she couldn’t move her legs or arms and had what appeared to be burns on her hands and covering her lower legs.

“I was in the hospital a total of seven weeks, and most of that time was spent doing physical therapy and healing my wounds,” says Simmons. “The discoloring of my legs that the physicians noticed was

actually the infection spreading through my bloodstream. I was left with nerve damage in my legs and feet from the lack of oxygen to my extremities during the infection.

“At one point I was facing possible amputation of several limbs,” Simmons continues, “but thankfully it never came to that point.”

Letting others know

Today, Simmons is passionate about sharing her story and educating others on the importance of recognizing early signs of sepsis. Until her diagnosis, she had never heard of the condition.

“I shouldn’t be here today,” says Simmons. “I was given a 5 percent chance of living, and yet by the grace of God I am alive. I view life each day as a gift.”



CALL 911 RIGHT AWAY

if you suspect sepsis in yourself or someone you know.

Now **free from pain**

Natalie Windsor, of Cassia, had been living with tremendous pain in both of her knees for many years. Her job as a barn manager for a local children's camp, as well as the daily activities required to maintain her own 70-acre farm, were becoming more and more difficult.

Windsor finally chose to have her right knee replaced in March and her left knee replaced three weeks later.

"The pain was a result of an injury many years ago," says Windsor. "I had developed arthritis, and my cartilage had degenerated so much that I basically had bone rubbing on bone. My right knee was at the point where I didn't want to get up and walk even a few feet if I didn't have to."



Vrej Manoogian, DO

"There are many forms of arthritis, but they each cause degradation of joint function, which manifests as pain, swelling and stiffness," says orthopedic surgeon

Vrej Manoogian, DO. "Knee replacement is a procedure where we resurface the knee so that a patient doesn't have that bone-on-bone pain anymore. There are two surgical options for knee replacement. Partial knee replacement is a replacement on one side of the joint, and total knee replacement is replacement of all three compartments of the joint."

Taking steps to a better life

Windsor opted for total knee replacement for both knees at Florida Hospital Waterman and immediately began physical therapy after her surgeries.

"I had my right knee surgery on a Monday and came home that Thursday. Three weeks later, to the day, I had my left knee surgery," says Windsor.



ARE YOU AS ACTIVE AS YOU'D LIKE TO BE?

Call **352-559-9343** or visit **FHWatermanOrtho.com** to find out if knee replacement might work for you.

"I can't say enough good things about Dr. Manoogian and the kindness and compassion I received during my hospital stay," she says. "I think the nurses on the sixth floor pretty much walk on water! I am pretty self-sufficient, but if I needed anything, they were right there and very caring."

"I can't say enough good things about Dr. Manoogian and the kindness and compassion I received during my hospital stay." —Natalie Windsor

Back to enjoying every day

Windsor completed her physical therapy at home and was back to her daily farming duties within a few months.

"I have no doubt that my thought process and positive attitude had a lot to do with my quick recoveries," says

"The ultimate expectation is for the patient to be able to return to their normal functions with a tremendous improvement from their previous condition," says Dr. Manoogian. "I believe a huge part of this success depends upon adequate recovery time and rehabilitation therapy after surgery."

Windsor. "It was very important that I be able to get up and around by June, when the camp where I work would be in full season. I had my first surgery in March, and it was a Godsend to be fully recovered by June. I now can enjoy every day and play a more active role helping out around the camp."



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**FLORIDA HOSPITAL
WATERMAN FOUNDATION**

Ninth Annual Celebration of Life Gala

**Saturday, Feb. 3, 2018
7 p.m.
Westin Lake Mary**

Changing Seasons Series 2018

**Tuesday, March 6, 2018
Noon to 2 p.m.
Florida Hospital Waterman
Mattison Conference Room
Lunch provided. Reservations
required: Call 352-253-3270.**

Classes & Events

Educational and
support programs
for the residents
of Lake County.

WATERMAN WELLNESS ORTHOPEDIC PRESENTATIONS

**Knee Replacement:
Fact vs. Fiction**
Donald Perry, MD
Thursday, Dec. 7, 1 to 2 p.m.
Fran Carlton Recreation
Center—Apopka
Thursday, Jan. 18, 2018, 1 to 2 p.m.
Florida Hospital Waterman
Mattison Conference Room

**Joint Replacement 2017:
Updates in Robotic Joint
Replacement, Muscle-Sparing
Joint Replacement and
Custom Implants**
Jon Radnothy, DO
Friday, Dec. 8, 3 to 4 p.m.
Leesburg Community Center

CLASSES

Diabetes Self-Management
Mondays, Jan. 8 through Feb. 5,
5 to 7 p.m.
Conry CREATION Health Center—
Florida Hospital Waterman
\$40 (includes five sessions
and materials). Register at
FHWaterman.com.

Fitness for Life

Wednesdays, 10 a.m. to noon,
Jan. 24 through March 28
Thursdays, 5 to 7 p.m., Jan. 25
through March 29
Conry CREATION Health Center—
Florida Hospital Waterman

Prenatal Classes

Thursdays, Jan. 11 through
Feb. 8, 6 to 8 p.m.
Mattison Conference Center
Register at **FHWaterman.com** or
call **352-253-3367**. Free.

SUPPORT GROUPS

Amputee Support Group
“W.A.L.K.” (Waterman Amputee
& Limb Loss Connections)
Fourth Monday of each month,
6 to 7 p.m.
Mattison Conference Room B
Call Tracey Estok at
352-253-3892.

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.

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.

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.

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.

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.

Diabetes 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**.

Grief and Loss Support Group

Conry CREATION Health Center—
Florida Hospital Waterman
Call **352-253-3389**.

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**.

Men's Team Huddle Support Group

Fourth Thursday of each month,
1:30 to 3 p.m.
Cancer Institute Conference Room
Call Latanya Ruiz, MSW, at
352-253-3605 or Eileen
Bascombe at **352-253-3036**.

Overeaters Anonymous

Thursdays, 5:30 p.m.
Mattison Conference Room E
Call **352-223-9769**.

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**.