

Waterman Wellness

Extending the Healing Ministry of Christ



Rehab helped this young athlete get back in the game. **pg 3**



Speak up! Find relief from pelvic pain. **pg 6**

On the road again
Angela Hamblin is back on track thanks to Florida Hospital Waterman.

Watch Waterman Wellness

Lake Sumter Television
Brighthouse Ch. 498,
Comcast Ch. 13 and FL Cable 4
Mon.: 8:30 a.m. and 4:30 p.m.
Tues./Thurs.: 8:30 a.m. and 5 p.m.
Wed.: 10 a.m. and 4 p.m.
Fri.: 4:30 p.m. and 8 p.m.
Sat.: 8:30 a.m. and 8:30 p.m



WatermanWellness.com

Opt for better health

Maintaining a healthy immune system is crucial for living a healthy life at any age.

Eat a diet rich with fruits, vegetables and whole grains.

Generally, the recommended amount of vegetables is 2½ to 3 cups a day, and fruits are 1½ to 2 cups a day. Boost your immune system—and keep it simple by coloring your plate with dark greens, leafy vegetables and brightly colored fruits.

Go for a walk.

Keep your immune system in power drive by setting a daily goal of 30 minutes of moderate exercise. Grab a friend,

and catch up on the day's happenings with a walk around the neighborhood. During moderate exercise, immune cells circulate through the body more quickly and are better able to kill bacteria and viruses, helping to lower rates of colds and flus.

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**.

Upcoming classes include:

Super Noggin

Tuesdays, Oct. 6 to Dec. 8, 10 a.m. to noon, \$50

A brain fitness program designed to maintain and improve cognitive functions in adults, including those with normal aging memory.

Yum Yum Club Cooking Class

Wednesdays, Oct. 14, Oct. 28 and Nov. 11, 6 to 8 p.m., \$35 per class

A hands-on, practical and fun way to boost your immune system, stay healthy and eat delicious foods.

Fitness For Life

Thursdays, Oct. 1 to Dec. 3, 5 to 7 p.m., \$50

This 10-session course will combine the basics for regular exercise, beginning with walking, and healthy nutrition.

Diabetes Self-Management Class

Mondays, Oct. 5 to Nov. 2, 5 to 7 p.m., \$35

Learn how to control your blood sugar and manage sick days, medications, exercise and meals.



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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CMM31637



Pumpkin soup

Makes 4 servings.

Ingredients

- ¾ cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup fat-free milk
- ⅛ teaspoon black pepper
- 1 green onion top, chopped

Directions

▶ In a large saucepan, heat ¼ cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out.

▶ Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

▶ Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

Pumpkin contains anti-cancer carotenoids like beta-carotene, which converts to vitamin A.

Nutrition information

Serving size: 1 cup. Amount per serving:
77 calories, 1g total fat, 3g protein, 4g dietary fiber, 14g carbohydrates, 57mg sodium.



Don't let a sports injury become a game changer

Proper treatment and dedication can help get you back in action

After being stuck on the sidelines for more than eight months, Cooper Reeve, a seventh-grader at Eustis Middle School, has reached the end of a long road to recovery. Reeve, who plays baseball, tried football to keep himself active during the off-season.

"I went in for a tackle and my body just went the other way," Reeve says, describing his accident. Reeve underwent several tests and evaluations before receiving the news that he had an anterior cruciate ligament (ACL) tear. The ACL is one of four main ligaments—tough, fibrous tissue—that

connect the thigh and lower leg bones. They help stabilize your knee.

"A torn ACL is one of the most common injuries to the knee, especially for athletes participating in high-demand sports," says David Brcka, MD, orthopedic surgeon. "The ACL can be injured from a number of things, including changing directions too rapidly, landing incorrectly while jumping or having a collision with a person or object."

Treatment for an ACL tear can be either surgical or nonsurgical depending on the patient's individual needs. In Reeve's case, it was recommended he undergo surgery

to rebuild the torn ligament.

"For younger patients who live an active lifestyle and want to stay involved with sports, surgical intervention is likely the best option. Older, less active adults can typically return to a more leisurely lifestyle without surgery," Dr. Brcka says. "Regardless of the type of treatment, physical therapy plays a vital role in the patient's ability to safely return to normal activity."



David Brcka, MD

Reeve underwent eight months of physical therapy at Florida Hospital Waterman Rehabilitation Institute to get him back on the ball field. The exercise regimen focused on progressively rebuilding the strength and stability of his injured knee.

"The plan of care is developed using standard protocols outlined by the physician and typically requires patients to receive at least six months of therapy," says Mariel Delos Santos, physical therapist, Florida Hospital Waterman Rehabilitation Institute. "Patients begin the program with light exercises and over the course of their treatment progress to more challenging exercises involving weights and high-level movement."

Exercises such as single-leg stands, pedaling an exercise bike with resistance, single and double leg presses, and long jumps were all used to get Reeve back in shape and ready for the catcher's box.

While not all sports injuries are preventable, actions such as scheduling a preseason sports physical with your physician can help protect your child from injury.



DOES YOUR CHILD NEED A PHYSICAL?

Visit FHWaterman.com for a complete list of local physicians and for more information about the services available at Florida Hospital Waterman Rehabilitation Institute.

Warning signs of an ACL tear

- ▶ A popping sound during the accident
- ▶ Pain, swelling and tenderness within 24 hours of the accident
- ▶ A loss of range of motion
- ▶ Unstable leg movements

Overcoming an unexpected **bump in the road**



Expert care and an
extensive support
system helped
Angela win the race
against breast cancer

Three years ago, Angela Hamblin, of Eustis, found her passion for running and began living a healthier lifestyle. In March, Hamblin went for her routine mammogram. This time around, doctors found something unexpected. By April, Hamblin was diagnosed with stage I invasive ductal carcinoma, the most common form of breast cancer.

Thanks to early detection, Hamblin's story is a positive one. Based on her extensive family history of breast cancer and her age, Borys A. Mascarenhas, MD, FACS, Lake County's only fellowship-trained surgical oncologist, performed a double mastectomy with reconstruction.

"A bilateral mastectomy is a medical term for a double mastectomy, or removal of both breasts," Dr. Mascarenhas says. "Individuals with a parent or sibling that was diagnosed with breast cancer before the age of 40 can be at twice the risk of developing cancer compared to an individual with no family history."

According to Dr. Mascarenhas, breast cancers found in the earliest stages are typically treated in a more conservative manner, including breast conservation surgery, which preserves most of the breast. However, some patients who display certain factors, such as two or more areas of cancer in the same



Angela Hamblin with Borys A. Mascarenhas, MD, FACS

breast, or high-risk indicators, such as the presence of the BRCA mutation, can help reduce their risk of cancer spreading or reoccurring by opting for a double mastectomy.

Hamblin was back working as a nurse 12 days after her surgery. She was back to full activity in three weeks, including training for her next 5K and potentially a marathon. "My stamina isn't what it used to be, but it is definitely coming back around," she says.

Another key to Hamblin's success was working with her cancer care navigator, Georgeann Bjornson, RN. "I was surprised by the extensive support system that was available at Florida Hospital Waterman," Hamblin says. "Georgeann was somebody that was knowledgeable and who could point me in the direction for information, but also a great listener and very, very positive. She was a pleasant but neutral base in my diagnosis, allowing me to have someone to talk to about the things I couldn't talk about with my family."

Cancer care navigators are a crucial link



Borys A. Mascarenhas, MD, FACS

between doctors and patients. They assist patients, friends, family and caregivers with navigating the journey of cancer treatment before, during and after diagnosis. "Until you are walking that road, you have no idea of the obstacles," says Bjornson. "We are here for the medical but also the psychosocial aspects of it as well."

Hamblin's dedication to living a healthier lifestyle was instrumental to her recovery. "Lifestyle is one of the things that we really look at with the patient to see how they are going to handle their journey," Bjornson says.

"As women we tend to not take care of ourselves because we're busy taking care of everyone else," Hamblin emphasizes. "I can't stress enough the importance of early detection. I believe it saved my life. Everyone needs to make sure they get their annual screenings, especially women."



GET HEALTHY WHILE HELPING OTHERS

Join us on Sunday, Oct. 18, for the second annual Pink It Up Pink Army 5K walk/run at Ferran Park in Eustis. Proceeds help promote breast cancer awareness, diagnosis and treatment, including mammograms for women in need. Register by visiting FHWatermanCancer.com.

Common misconceptions about breast cancer



Georgeann Bjornson, RN

You caused this. There are many myths about the causes of breast cancer, including tumors being caused by bruises, caffeine, tanning, breastfeeding or not breastfeeding, or eating or not eating certain foods.

Once the cancer is touched, it will spread. The biopsy is an important part of the diagnosis, and cutting the tumor will not cause your cancer to spread.

The media is the authority. Often the media only shares rare incidents or incomplete cases. Only your team of doctors knows your situation.

Cancer is a death sentence. If caught early, it is very treatable. Today's medicine has drastically reduced the chances that you will succumb to cancer.

Florida Hospital Waterman Cancer Institute handles diagnosis, treatment and support with no need for you to leave Lake County. However, cancer care navigators can connect patients to community resources and their hospital networks. For more information, visit FHWatermanCancer.com.

Join the Pink Army!

The Pink Army is a community initiative created to increase awareness about the early detection and prevention of breast cancer. By joining the Pink Army, you can help spread this lifesaving message.

Visit JoinThePinkArmy.com to enlist, schedule your annual mammogram and register for upcoming events.





Silence is not golden

You don't have to live with leakage, pelvic pain and discomfort

It can be tough to talk about certain medical problems, especially when they involve potentially embarrassing symptoms like leaking urine or stool.

Yet if you're a woman experiencing those or some other below-the-belt symptoms, you should discuss your concerns with your doctor. You might have a pelvic floor disorder.

Pelvic floor disorders are common—and they're treatable. But only if you tell your doctor what's going on.

A weak floor

"The pelvic floor is a group of muscles and connective tissue that hold up your pelvic organs which include your cervix, bladder, uterus, vagina and bowel," says Joel Hallam, DO, OB-GYN.

If these muscles and tissues become damaged or weak—from things such as childbirth, advancing age, genetics or chronic constipation—they can't support your pelvic organs like they're supposed to. And that can affect how the organs function.

Three types of pelvic floor disorders include:

Pelvic organ prolapse. The pelvic

organs drop down or press into the vagina, which can cause symptoms such as a bulge in the vagina; feelings of heaviness, fullness or pressure in the pelvis; and sexual difficulties.

Loss of bladder control (urinary incontinence). This may cause urine to leak or other symptoms such as frequent urination during the day and night, an inability to hold urine long enough to reach the bathroom, and problems emptying the bladder.

Loss of bowel control. This may cause liquid or solid stool to leak.

Finding relief

The options for treating a pelvic floor disorder range from lifestyle changes to surgery.

Kegel exercises. A health care professional can teach you exercises that help strengthen your pelvic floor. The exercises involve squeezing and relaxing the muscles you use to hold back urine.

Weight loss. If you're overweight,

losing weight may help.

Medicines.

These may include pills or injections to reduce urine or stool leakage.

Devices. A pessary can be inserted into the vagina

to provide pelvic support and help improve some types of prolapse and urine leakage.

Nerve stimulation. Methods include an implanted device to improve bladder or bowel control.

Pelvic floor rehabilitation.

Therapists at the Florida Hospital Waterman Rehabilitation Institute are specially trained to help women improve the strength and function of the pelvic muscles.

Surgery. This may be the best option when other treatments aren't helping. Ask your doctor what's right for you.



Joel Hallam, DO



GET HELP TO KEEP YOURSELF ON THE PATH TO WELLNESS

Be sure to talk with your doctor about all your treatment choices—and the pros and cons of each one. Visit FHWatermanWomens.com for more information on women's services available at Florida Hospital Waterman and for a list of physicians providing care in your area.

Men: Choose your **treatment option**

Affecting every 1 in 7, prostate cancer is the second most common cancer found in American men. Prostate cancer can be a serious disease, but it can also be one of the most survivable cancers with early detection and proper care. After diagnosis, many men feel overwhelmed with questions about treatment options. Thanks to advances in technology, there are many different treatment options that help minimize the impact of this disease.

“Each individual’s treatment plan will vary depending on their situation,” says Anudh Jain, MD, radiation oncologist, Florida Hospital Waterman Cancer Institute. “When radiation therapy is recommended, patients typically receive treatment via methods external to the body or internal, or a combination of both.”

Advanced treatment options

Brachytherapy is often used for the treatment of prostate cancer. It is a specialized type of radiation that is delivered internally using small radioactive pellets, or seeds. It allows for the highest dose of radiation to be delivered as accurately as possible, minimizing the impact on surrounding normal tissues.

“In many cases, patients have a lower chance of side effects, and because the radiation is more focused, the treatment is more effective against the tumors,” says Dr. Jain. “In regard to external radiation techniques, recent advancements in technology now allow for the focus of the radiation to have comparable precision providing similar patient benefits.”

Another option, external beam radiation therapy, focuses beams of radiation on the prostate gland from a machine outside of the body. Newer technology combines diagnostic imaging capabilities with the radiation machine. An example of this advancement is image-guided radiation therapy.

“We can take images of the prostate immediately before giving the radiation, which allows us to adjust the aim of the beams to narrowly focus on the treatment area,” Dr. Jain says.

Regardless of the treatment option that is best for

you, Florida Hospital Waterman Cancer Institute has state-of-the-art diagnostic services, advanced treatment options and the supportive care you need to help you through your journey to survivorship. Our comprehensive cancer program offers radiation oncology, medical oncology and surgical oncology. Our support services, such as assistance from cancer care navigators and a licensed oncology social worker, help guide you through your entire treatment and recovery process—from before diagnosis, through treatment and to survivorship.



Anudh Jain, MD



SIGN UP TODAY

Want to learn more about our cutting-edge cancer treatments? Register for an upcoming seminar—and learn more about the services and treatments available at the Florida Hospital Waterman Cancer Institute! How? Simply visit our website, FHWatermanCancer.com.



Classes & Events

Educational and support programs for the residents of Lake County.

EDUCATIONAL SEMINARS

Call **352-253-3635** to register.

Advancement in Radiation Oncology

Oct. 8, 1 p.m.
Mattison Conference Center
Anudh Jain, MD

Options for Treating Breast Cancer

Oct. 27, 1 p.m.
Mattison Conference Center
Borys A. Mascarenhas, MD

The Diabetic Foot

Nov. 4, 1 p.m.
Mattison Conference Center
Joanne Balkaran, DPM

MAKOplasty: Treatment for Knee Pain

Nov. 11, 1 p.m.
Mattison Conference Center
David Brcka, MD

CLASSES

Childbirth Classes

Oct. 29 to Dec. 3
\$60 per couple. For information and registration, call **352-253-3367** or email Cheryl.Finotti@ahss.org.

Smoking Cessation

Tuesdays, Nov. 3 to Dec. 8, 5:30 p.m.
Free. Call **1-877-252-6094** for more information.

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
For amputees and people with limb loss. 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 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
Led by certified diabetes educators. Call **352-253-3685** for more information.



Grief and Loss Support Group

Each Monday, 10 a.m. to noon
CREATION Health Center
Led by bereavement counselors. 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.

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.



LADIES LEGACY Luncheon

FRIDAY, OCT. 23

Exhibitor booths and demonstrations: 10 a.m.

Luncheon program: 11:30 a.m.

Special guest speaker: Mrs. Mitzi Eustis

Cost: \$30

Florida Hospital Waterman Foundation
1500 Waterman Way | Tavares, Florida
352-253-3270

FHW.Foundation@ahss.org
www.FHWatermanDonate.org

Proceeds support Florida Hospital Waterman
Emergency Department.



FLORIDA HOSPITAL
WATERMAN
Foundation

Multiple Sclerosis Support Group: P.U.N. (Pity Us Not)

First Friday of each month, 10 a.m.
Mattison Conference Room F
Call Lita Higgenbottom at **352-343-8110** 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

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.



WAIT, THERE'S MORE
Go to FHWaterman.com
or call 352-253-3635.