Improving the Health and Well-Being of Lake County

A complete listing of support groups, seminars and education events Page 8

Certified scuba diver is back to doing what he loves thanks to the care and treatment he received through Florida Hospital Waterman and Home Care Services Page 3

Childhood obesity has reached epidemic proportions. Learn how you and your family can be healthier together Page 7

Stomach pain—when it’s more than just a bellyache Page 4

Yum! Yum! Club is back Page 2
Back by popular demand, these classes will help make cooking healthfully for the family easier.

Preparing meals for your family on a daily basis can become a daunting task. Meals that are both healthy and tasty can be difficult to come by. Add easy to prepare, and it’s easy to become discouraged. But there is hope. And there are some great lessons to be learned that can help you create tasty, healthy meals without too much fuss or long preparation time.

Back by popular demand, the Conry CREATION Health Center at Florida Hospital Waterman is hosting the Yum! Yum! Club this summer. The Yum! Yum! Club is a series of cooking demonstrations and educational courses designed to help you learn how to prepare great meals on the go. Each class builds your confidence in the kitchen. Recipes are demonstrated by a professional chef along with hands-on student participation. Nutritional information is shared by a registered dietitian.

“Each student comes away from a fun evening informed and inspired to prepare nutritious and tasty meals,” says Candace Huber, director of Mission Development and the CREATION Health Center.

Classes will be held the last Tuesday of each month in May, June, July and August. Participants can register for the series or individual classes. It’s a great way to pick up some new food preparation or cooking skills during the summer months without a huge commitment.

All About Wellness
CREATION Health is creating a healthier Lake County. It’s all about wellness, and wellness is more than health, or the absence of disease. Wellness is being mentally fit, physically robust, spiritually vital and socially comfortable.

Did you know?
- A daily diet rich in fruits and vegetables provides the fiber and nutrients for a healthy weight and protects against cardiovascular disease.
- Less salt in your diet means lower blood pressure. Keeping blood pressure down may also protect brain cells and decrease the risk of age-related memory loss and even dementia.
- Interpersonal relationships are crucial for happiness and health. The people of Okinawa, who on average live longer than any other nation of people in the world, say one reason they enjoy long and healthy lives is summed up in the word ikigai, which translates to “finding your reason to live.”
- Middle-aged women and men who gain between 11 and 22 pounds after age 20 are up to three times more likely to develop heart disease, high blood pressure, type 2 diabetes and gallstones than those who gained five pounds or fewer.

Yum! Yum!
JOIN THE YUM! YUM! CLUB
Hosted in the Demonstration Kitchen of the Conry CREATION Health Center at Florida Hospital Waterman
Tuesdays, May 27, June 24, July 29 and Aug. 26
6 to 8 p.m.
$30 per class
For more information about the CREATION Health Yum! Yum! Club, visit ConryCREATIONHealth.com or call 352-253-3685.

Waldorf Salad or Coleslaw
This simple, no-cook meal includes walnuts for the multiple health benefits of omega-3 fatty acids.

**Ingredients:**
- 1 cup cabbage (shredded)
- 1/2 cup carrot (shredded)
- 1/2 cup walnuts (chopped)
- 1/2 cup apple (diced)
- 1/2 cup celery (chopped)
- 2 tbsp. mayonnaise
- 1 tbsp. honey
- 1/2 tsp. poppy seeds
- 1/2 tsp. milk
- 1 tbsp. apple cider vinegar
- 1/2 cup dates or raisins (chopped)

**Preparation:**
Combine cabbage, carrot, walnuts, apple and celery in medium mixing bowl; set aside. In a small mixing bowl, whisk together mayo, honey, poppy seeds and milk. Pour dressing over cabbage mixture; stir until all ingredients are well coated with dressing. Serve immediately or refrigerate until ready to serve.

Serves: 4-6
Certified scuba diver, avid astrophotographer and licensed alligator sportsman Reed Newlin, of The Plantations at Leesburg, doesn’t like to let life slow him down. After 20 years of discomfort and a near inability to move his arm, Reed decided there was no way to avoid the fact that he needed to take action. To help relieve his pain, Reed called orthopedic surgeon Samir Guru, DO.

After a physical examination, X-rays and an MRI, it was determined that Reed would need a partial shoulder replacement. “Dr. Guru said it was the worst shoulder he’d ever examined—only about 15 percent functional,” he says. “After two days at Florida Hospital Waterman, I was able to return home after surgery. Although it was the nicest hospital I have ever been in, I couldn’t wait to get back to the comfort of my home for recovery.”

Starting Recovery at Home Is Key

Advances in technology and surgery are making required hospital stays shorter and shorter. To help Reed recover from his surgery and get him back on the fast track, Dr. Guru prescribed a regimen of home care rehabilitation. “A well-planned rehabilitation program is critical to the successful recovery of a patient after surgery,” Dr. Guru says. “Orthopedic home care services help promote a faster, more effective recovery. The services allow the patient to begin their recovery in a comfortable environment and safely transition into an outpatient therapy program.”

Reed was referred to Florida Hospital Waterman Home Care Services for rehabilitation and additional home services. His care began with a visit by a registered nurse, who performed a home risk assessment to ensure his surroundings were safe. “With each new orthopedic home care patient, the initial home visit is essential,” says Susan Moore, RN, director of Florida Hospital Waterman Home Care Services. “Patient safety is our top priority. Patients must be in a safe, comfortable environment if they are going to realize the full benefits of home care and recover fully from surgery.”

According to Reed, that initial visit was a great relief. “I felt at ease knowing that someone had inspected my home to make sure it was safe. You know, to help avoid all of those things that happen to us old people,” he says jokingly.

Caring Team, Expert Care

Reed’s rehabilitation plan consisted of two weeks of physical therapy by specially trained orthopedic therapists and nurses. “Everyone who came to my home was great, and they made the experience pleasant,” he says. “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.”

After home care rehabilitation, Reed was able to complete his therapy in an outpatient facility. “I am so thankful I was able to start my rehabilitation at home. I wasn’t able to drive after my surgery—and riding with my wife can sometimes be scarier than surgery,” he says. “All joking aside, I know I benefited from being able to start my therapy immediately after my surgery, in the comfort of my home.”

By Lissette Fernstrom

Complete Home Care Services

Florida Hospital Waterman Home Care Services provides comprehensive, compassionate care designed to effectively meet the patient’s physical and psychological needs.

Home care may help patients:

• Who have been recently discharged from the hospital but have not yet fully recovered
• With chronic conditions that require monitoring
• With limited mobility who need therapy services
• Who require a pain management plan

Home care services are provided by professional registered nurses; certified wound care nurses; an “IV team” of nurses whose skills include certified chemotherapy administration; licensed practical nurses; speech therapists; physical therapists; occupational therapists; medical social workers; home health aides; and private duty services team members.
When It’s

Side pain leads father-to-be to emergency appendectomy, cancer diagnosis.
More Than a Bellyache

The news of his second baby wasn’t what made John Roop, of Eustis, fall out of his chair while enjoying a family dinner with his wife and 5-year-old son. No, it was a pain in his side so intense that it sent him first to the floor and then via ambulance to the emergency department at Florida Hospital Waterman.

For John, life was great—he enjoyed a game of ball with his son, Bennett, golf with his work buddies, and his wife was expecting their second child. The only problem was that John hadn’t made his health a priority since becoming a father. The Roops had no idea what would send them to the hospital, long before the baby’s arrival.

From Appendectomy to Cancer Treatment

Unbeknownst to John, two days before being rushed to the hospital, his appendix had burst. Seble Gabre-Madhin, MD, FACS (Dr. Sebby), Harvard-trained, board-certified general surgeon of the Center for Advanced Surgery, was the on-call surgeon who removed John’s appendix. During the appendectomy, Dr. Sebby also discovered appendiceal (appendix) cancer, an extremely rare cancer that affects only about 600 to 1,000 Americans annually.

“Yes, I was shocked to learn of my rare cancer,” John says. “But what I really never would have expected was how wonderful Dr. Sebby, the hospital and all the nurses and staff were—even the food was good,” John says. “I can’t say enough great things about Dr. Sebby! She’s very friendly and personable. She’s my angel.”

The advanced stage of the appendiceal cancer required a colectomy, a surgical resection of the large intestine (colon).

“The presence of appendix cancer, coupled with the fact that John hadn’t had a routine colonoscopy, made me take extra precautions,” Dr. Sebby says. “I wanted to ensure we had a full picture of his health.”

Following John’s colectomy, he underwent a series of chemotherapy treatments to ensure the cancer wouldn’t return. “During John’s post-operative care, I discovered a man who was as grateful for his health as those who ensured he still had it,” she says. “Though our meeting was by emergency, I believe the effects are long-lasting.”

Leading by Example

Beyond the reconstruction of his intestines, John is now rebuilding a healthier life with a foundation of routine screenings and testing. “Not only didn’t I think I’d ever have cancer, I never thought I’d become the poster child for treating yourself better by getting your colonoscopy,” he says.

John’s precancerous polyps would have been found earlier if he had maintained age-appropriate health screenings and testing, like having a colonoscopy by age 50.

“Today, I feel like I have a second chance at life—just in time for my second son, Everett, who is now 9 months old and eager to follow in his older brother’s footsteps,” John says. “And thanks to Dr. Sebby, I can chase both my boys and lead a better example—every step of the way.”

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By Amy McCrory

REGULAR SCREENINGS CAN HELP AVOID SURGERY

Annual screenings and age-appropriate testing are two of the best things you can do to avoid emergency care. Visit FHWaterman.com or call 352-253-3635 for a list of Florida Hospital Waterman physicians.
Hartley Graves, of Eustis, could not wait to ring the bell, signifying the end of his three-month radiation treatment. He began his journey to this symbolic end with what he thought was just a sore throat. After three visits to his primary care physician, Hartley only seemed to worsen. Then he began to cough up blood. After losing his mother to lymphoma, Hartley knew it was important to seek additional medical attention, and was referred to an ear, nose and throat (ENT) specialist.

“It all happened so fast, and probably for a good reason,” Hartley says. “My ENT said a biopsy revealed a suspicious nodule.” Hartley was referred to radiation oncologist Jeffrey Brabham, MD. Once under the care of Dr. Brabham and the Florida Hospital Waterman Cancer Institute staff, Hartley knew he was where he needed to be.

“There were so many things that spoke to me, telling me I was in the right place,” Hartley says. “There was a hummingbird puzzle in the lobby for patients and family—my mother’s favorite bird. Not to mention Nurse Tony, who has the same name as my mother.”

From Diagnosis to Treatment Within One Week
Dr. Brabham examined Hartley the same day he received the referral by means of an endoscope and a PET scan. Both procedures are used to diagnose cancer and determine the stage of development. Hartley’s examination revealed a squamous cell carcinoma on his left tonsil. The National Cancer Institute reports that most head and neck cancers begin with squamous cells that line the moist surfaces inside the head and neck, such as the mouth, nose and throat.

“It is imperative for the patient to receive a timely examination and diagnosis,” Dr. Brabham says. “When throat cancer is detected in its early stages it can often be treated with radiation therapy rather than a surgical intervention.”

On Oct. 11, within one week of his diagnosis, Hartley began his three-month regimen of radiation therapy. Dr. Brabham and the team at Florida Hospital Waterman’s Cancer Institute treated Hartley’s cancer with intensity-modulated radiation therapy and image-guided radiotherapy. This combination of radiation therapy uses digital imaging to plan and deliver tightly focused radiation beams, which only target the precise pinpointed area, allowing minimal harm to the surrounding tissue.

“Everyone was so kind from the moment I walked in, from the ladies in the reception area to all of the nurses that helped me through my treatment,” Hartley says. “I prayed to God, ‘This is your body, take me home to be in your presence or heal me and let me stay here and claim victory over this.’”

A Second Chance
On Dec. 11, exactly three months later, Hartley claimed his victory over cancer by ringing the survivor’s bell at Florida Hospital Waterman Cancer Institute.

Hartley Graves, with care team members Katherine Jarmusz (left) and Lindsay Armstrong, claimed his victory over cancer by ringing the survivor’s bell at Florida Hospital Waterman Cancer Institute.

“I still look back with a smile in my eyes, even when thinking about the grueling parts of my treatment,” Hartley says. “God gave me a second chance with a new physical body, and a chance to build a new life all in God’s glory.” • By Kim Milne

YOUR FIRST CHOICE FOR CANCER TREATMENT
The Florida Hospital Waterman Cancer Institute is home to some of the most advanced cancer treatment in Lake County. For a complete list of treatments and services, visit FHWaterman.com.
Childhood obesity has reached epidemic proportions

Statistics say that about one-third of all U.S. children are overweight by today’s standards. Startling, but true. But, why is that? For one, kids are less active now than they used to be. They spend more time in front of the TV, on the computer or on other electronic devices. Also, parents have less time to plan and make healthy meals, let alone ensure their children are getting enough exercise.

“Overweight kids are at risk for serious, long-term health problems, both physical and psychological,” says Veronica Chastain, MD, family medicine. “Overweight children might develop heart disease, diabetes, asthma or sleep problems. Being overweight can also lead to sadness or depression, because kids may tease them about their weight.”

How Can You Help Your Child?

According to Dr. Chastain, there are some easy steps to help initiate the process. “First, get active,” she says. “Your child needs an hour of activity every day. Get fit as a family. If you are active, your child will be, too. Try walking, biking or roller-skating. Play games with your child, like kickball, soccer, tag or jumping rope. Choose something that your child likes.”

“Second, limiting your child’s ‘screen time,’ which translates to TV, video games, texting and surfing the Internet, can be a big step in the right direction,” Dr. Chastain says. “And, third, eat healthy meals. Serve fruits, vegetables, whole grains and lean meats. Planning and eating your meals together is good for the entire family.”

Dr. Chastain recommends not putting your child on a diet, unless your doctor says it’s OK. Kids need to eat enough so they can grow. Instead, give them less fruit juice and soft drinks. Encourage them to drink lots of water—it’s a healthy habit that should last a lifetime. And try to cut back on sweets, fried food and fast food. ● By Amy McCrory

ON YOUR MARK, GET FIT, GO TO THE DOCTOR!

Dr. Chastain is now accepting new patients. To schedule an appointment, call 352-742-1760. Looking for a physician close to you? Visit LakeCountyDocs.com for a complete list of Florida Hospital Medical Group primary care physicians who are accepting new patients.
Classes and Events

Florida Hospital Waterman offers a number of free educational and support programs to the residents of Lake County. For a complete list, visit FHWaterman.com.

Educational Seminars
Call 352-253-3635 to register or for more information.

Open Up and Say AHHHH... Signs and Symptoms of Oral Cancer
Michael Freedman, DO, otolaryngology
Wednesday, April 30, 1 to 2 p.m.

Living with Knee Pain? You May Not Have To
• Donald Perry, MD, orthopedic surgeon
  Tuesday, May 20, 1 to 2 p.m.
  Fairfield Inn & Suites Clermont
• Jon Radnothy, DO, orthopedic surgeon
  Friday, July 11, 1 to 2 p.m.
  The Villages Center for Health

Skin Cancer
Maen Hussein, MD, medical oncologist
Wednesday, June 11, 1 to 2 p.m.

Wound Care and Hyperbaric Treatment
Dennis Harkness, PA
Friday, June 20, 1 to 2 p.m.
The Villages Center for Health

Support Groups and Classes

Amputee Support Group “W.A.L.K” (Waterman Amputee & Limb Loss Kossnections)
For amputees and people with limb loss.
Fourth Monday of each month, 6 to 7 p.m.
Florida Hospital Waterman Mattison Conference Room B
Call Tracey Estok at 352-253-3892 to register or for more information.

Overeaters Anonymous
Every Thursday, 5:30 p.m.
Florida Hospital Waterman, Mattison Conference Room E
Call 352-223-9769 to register or for more information.

Breast Cancer Support Group
Third Thursday of each month, 1 to 2:30 p.m.
Florida Hospital Cancer Institute Waterman Conference Room
Call Latanya Ruiz, MSW, at 352-253-3605 to register or for more information.

Childbirth Classes
Held on an ongoing basis.
Call 352-253-3367 or email Cheryl.Finotti@ahss.org to register or for more information.

General Cancer Support Group
First Thursday of each month, 1:30 to 3 p.m.
Florida Hospital Waterman Cancer Institute Conference Room
Call Latanya Ruiz, MSW, at 352-253-3605 to register for more information.

Oral Head and Neck Cancer Support Group
Second Tuesday or each month, 1 to 2 p.m.
Florida Hospital Waterman Cancer Institute Conference Room
Call Latanya Ruiz, MSW, at 352-253-3605 to register or for more information.

Insulin Dependent Support Group
Last Monday of each month, 6:30 to 7:30 p.m.
Florida Hospital Waterman Mattison Conference Center
Call Ruth Harnden at 352-735-4907 or Linda Bork at 352-315-0309 to register or for more information.

Look Good...Feel Better: American Cancer Society Program
Second Monday every other month, 1:30 to 3:30 p.m.
Florida Hospital Waterman Cancer Institute Conference Room
Contact Latanya Ruiz, MSW, at 352-253-3605 to register for more information.

Multiple Sclerosis Support Group; P.U.N. (Pity Us Not)
First Friday of each month, 10 a.m.
Florida Hospital Waterman Mattison Conference Room F
Call David Johnson at 352-638-0663 or email pityusnot@hotmail.com to register or for more information.

Mended Hearts Support Group for heart patients
Second Tuesday of each month, 2:30 to 3:30 p.m.
Call 352-253-3396 for more information.

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Generosity Heals
Through the generosity of donors, the Florida Hospital Waterman Foundation provides resources for support services, programs and technology that help enhance the health and wellness of the Lake County community through Florida Hospital Waterman.

To learn more about how you can help support the Foundation through charitable giving, call 352-253-3070 or visit FHWaterman.com and click “Giving Back.”

FLORIDA HOSPITAL WATERMAN