

# WatermanWellness

Fall 2014

Try this  
tasty recipe  
for rhubarb  
strawberry  
compote  
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Ways to keep  
your kids healthy  
and hydrated  
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Ovarian cancer  
is often called  
the silent killer.  
Stephanie  
shares her story  
of dedication,  
treatment and  
survivorship  
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Florida Hospital Waterman Inc.  
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## Improving the Health and Well-Being of Lake County

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



# Take a More Active Role in Your Health this Fall

Join the Conry CREATION Health Center at Florida Hospital Waterman this fall for classes designed to help you take control of your health. Classes will help you successfully begin and sustain a healthier lifestyle. In just a few short weeks, you will begin to see and feel the difference while learning tools that will help you maintain the new you.

## SIGN UP TODAY!

Learn more about creating your own path to becoming whole. Visit [ConryCREATIONHealth.com](http://ConryCREATIONHealth.com) for a complete list of CREATION Health classes at Florida Hospital Waterman.



Class offerings at the Conry CREATION Health Center include:

- **Freedom from Worry and Anxiety:** 8-week class; \$135 for materials.

Designed by Neil Nedley, MD, this class will help you:

- Identify depression and its causes
- Discover lifestyle application for recovery
- Understand how nutrition affects your brain and mood
- Manage stress without distress

- **Super Noggin:** 10-week class; \$100 for materials.

Stimulate your brain! This class is designed to help you improve memory and mental function while helping to prevent Alzheimer's disease. Each week, new brain health information is shared with daily assignments to activate and stimulate the

body and the brain. The course includes a yearlong approach for daily brain health. It is fun! It is meaningful, but only if you want to improve your memory and stay mentally sharp!

- **Fitness for Life:** 10-week class; \$50 for materials.

Two classes in one, Fitness for Life combines elements of physical activity and key nutritional components for living strong and fit. Participants move through each session growing steadily more fit, increasing flexibility and improving aerobic capacity. Improved heart health, diabetes management, weight loss and an improved immune system are all potential benefits of this class.

**For information on the dates and times of classes, call 352-253-3685.**

## Did You Know?

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. Here are some tips for doing just that:

- 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, and 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, Japan, 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.

## RECIPE

# Rhubarb Strawberry Compote

### Compote ingredients:

- ½ cup rhubarb
- ½ cup whole frozen strawberries
- 2⅓ tsp. granulated sugar
- 1 tsp. fresh lemon juice
- 1⅓ tsp. cornstarch
- 1⅓ tsp. water

### Crunch topping ingredients:

- 1½ tsp. sesame seeds
- ⅝ tsp. poppy seeds
- 1½ tbsps. slivered almonds
- 1½ tsp. pine nuts
- ⅓ tsp. ground cinnamon
- ⅓ tsp. canola oil
- ⅓ tsp. honey
- 1½ tbsps. sweetened coconut

### Mousse topping ingredients:

- 6 tbsps. yogurt
- 6 tbsps. whipped topping

### Compote directions:

1. In a pot over medium heat, combine rhubarb, frozen strawberries, sugar and lemon juice. Allow mixture to come to a boil and reduce to a simmer. Let cook for 5–8 minutes.
2. Stir together cornstarch and water to make a thickening slurry. Stir the slurry mixture into the fruit and allow to cook for 2–3 minutes. The mixture will get thick.
3. Remove from heat and allow to cool completely.

### Topping directions:

1. Combine sesame seeds, poppy seeds, almonds, pine nuts and cinnamon. Drizzle in oil and toss to coat, then spread on cookie sheet. Toast at 350° F for 4 minutes.
2. Drizzle honey over nuts and stir to combine. Return to oven and continue toasting for 5–7 minutes or until golden. Once cooled, transfer to food processor (if desired).
3. Whip the yogurt in mixer and add the whipped topping for an additional 5 minutes. (You can place in pastry bag for a nice design touch).
4. Place ½-cup of fruit mixture into bottom of a dish, pipe half of the mousse into the center of the serving dish. Garnish with the sweet crunch topping.

**Serves:** 2

**Nutrition information:** 230 calories, 8 g. fat, 4.5 g. protein, 3 g. fiber



## Bringing Health and Wellness to Your Living Room

**Waterman Wellness TV features local health experts, healthy recipes and more**

It's never been easier to learn more about your health and wellness. Each month, the pages of *Waterman Wellness* come to a television set near you. Florida Hospital Waterman TV can be found on Lake Sumter TV on Comcast Channel 13, Brighthouse Channel 199 and Florida Cable Channel 4. Or you can view it online at [watermanwellness.com](http://watermanwellness.com).

# Inconvenient TIMING

Urinary incontinence could signify a more significant issue for men



## Meet Dr. Gerboc

Jason Gerboc, DO, joins Michael Fountain, DO, at Urology Specialists of Lake County on Sept. 2 and specializes in treating urologic issues. With the latest in technology, patients can receive a wide range of diagnostics and minor procedures without leaving the center. Call **352-343-2364** to schedule an appointment.

As men age, it's not uncommon for them to have problems with urinary incontinence, or the accidental leakage of urine. The National Association for Continence estimates as many as 25 million adults in the United States are affected by incontinence, which can be embarrassing and significantly impact quality of life. Although women have a higher chance of experiencing incontinence, the loss of bladder control is relatively common among men. Studies suggest that between 5 and 15 percent of men older than 60 are affected by incontinence. There are different treatment options for incontinence, but for many men, urinary incontinence could signify a more significant concern—prostate cancer.

"As a man ages, it's normal for the prostate gland to enlarge," says urologist Jason Gerboc, DO. "This can lead to symptoms such as a weak urine stream, urgency, incontinence, and frequent urination. But these symptoms could also signal prostate cancer, and so it's important to get screened." The good news is that screening tests are available to help identify patients with prostate cancer. "Every man is at risk for prostate cancer, whether it runs in his family or not," Dr. Gerboc says.

### Screening Saves Lives

Aside from nonmelanoma skin cancer, prostate cancer is the most common cancer among men in the United States. According to the American Cancer Society, men have a 1 in 7

risk of developing prostate cancer in their lifetime, but the risk of dying from the disease is much lower at 1 in 36. That, at least in part, has to do with high rates of early detection. "Two types of screenings are available to detect prostate cancer. The prostate-specific antigen (PSA) test is a simple blood test, while the digital rectal exam involves a doctor feeling the prostate for lumps or hard areas," Dr. Gerboc says.

The American Cancer Society recommends talking to your doctor about prostate cancer screening at age 50 for men at average risk or as early as 40 for men with a family history of prostate cancer. ●

## CONCERNED ABOUT YOUR PROSTATE HEALTH?

Florida Hospital Waterman will host a frank discussion about prostate health for men (and women). Join Dr. Gerboc on Tuesday, Sept. 23, at 1 p.m. at the Mattison Conference Center for the latest on improving your prostate health and what you can do to help prevent prostate cancer. To register, call **352-253-3635** or visit **FHWaterman.com**.



# The Battle to Beat a Silent Killer

Women, know your body,  
be proactive and don't  
wait to talk to your doctor  
about your symptoms



**Stephanie Ramey, with son Jacob and dog Reggie, recently celebrated one year of being free from ovarian cancer.**



After an eight-year journey, Stephanie Ramey of Tavares was finally able to celebrate her one-year anniversary of being free from ovarian cancer. Her journey started in 2007 when she began experiencing an irregular menstruation cycle, which she first attributed to stress from dealing with her father's illness. Ramey knew the importance of regular health exams and decided to make an appointment with her gynecologist, Steven Pillow, MD.

"I knew stress could physically affect your body in many ways," Ramey says. "But I also knew it was important to get regular checkups to stay healthy."

After several tests, Dr. Pillow determined that Ramey was experiencing abnormally high levels of testosterone, and had a cyst on her left ovary. Much to her relief, the cyst was determined to be benign (noncancerous). However, she still spent the next three years in and out of doctors' offices trying to regulate her hormones and her menstruation cycle.

### What's Normal, What's Not

"Most ovarian cysts go away within a few months without treatment, and many occur as the normal part of ovulation," Dr. Pillow says. "Cysts that are large and don't go away after a few cycles should be tested and observed to be sure they are noncancerous."

On Feb. 22, 2010, Ramey went to the emergency room at Florida Hospital Waterman when she could clearly see her stomach was enlarged. She was immediately admitted for surgery, where a 9-pound tumor and more than 7 pounds of fluid were removed. While there she was also diagnosed with stage two ovarian cancer.

"Ovarian cancer has for many years been known as the silent killer," says Robert Purdon, MD, radiation oncologist at Florida Hospital Waterman Cancer Institute. "However, over the past decade, research has

“Awareness, early detection and advancements in treatment options have helped the diagnosis rate for ovarian cancer decrease by **29 percent** over the last decade.”

confirmed there are several signs and symptoms, which are more likely to be attributed to the disease if it has spread beyond the ovaries.”

### What to Watch For

According to the American Cancer Society, the most common symptoms of ovarian cancer are also commonly caused by benign diseases and cancers of other organs. When the symptoms are caused by ovarian cancer, they tend to be considered more persistent and occur more often or are more severe.

"Awareness, early detection and advancements in treatment options have helped the diagnosis rate for ovarian cancer decrease by 29 percent over the last decade,"

Dr. Purdon says.

Over the next two years, despite aggressive treatment, Ramey's cancer spread. During this time, she underwent various rounds of radiation and chemotherapy administered under the care of Dr. Purdon. The treatment totaled six weeks, five days a week.

"I believe my faith in God and a higher power, great friends and a good attitude, have given me the strength to overcome this disease," Ramey says. "Jacob, my 14-year-old son, and Reggie, my miniature dachshund, were my purpose and inspiration to carry on each day." ●



Robert Purdon, MD,  
radiation oncologist



Steven Pillow, MD,  
obstetrician and gynecologist

### DON'T MISS THIS EVENT!

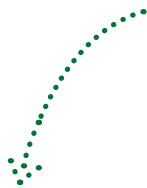
Join Florida Hospital Waterman Cancer Institute, physicians, staff and survivors for an afternoon of education, awareness and personal stories featuring oncologist Ahmed Al-Hazzouri, MD. The Gynecological Cancer Awareness Luncheon will be Tuesday, Sept. 2, at the Mattison Conference Center at Florida Hospital Waterman. Call **352-253-3635** to register or for more information.



# The Heart of the Matter

New device offers patients normal heart rhythms with fewer complications

A new type of ICD has allowed George Sanderson to spend less time worrying about heart disease and more time enjoying hobbies like painting.



Innovative technology is paving the way for better outcomes, helping heart patients live longer and fuller lives. Since 28, George Sanderson, of Tavares, has lived with heart disease. Now, at 69, after undergoing a new procedure at Florida Hospital Waterman, he spends less time worrying about his heart and more time enjoying life.

Sudden cardiac arrest can be triggered by a variety of risk factors, many of which Sanderson has been fighting for several years. A family history of heart disease, three cardiac events and a triple bypass open heart surgery all contribute to Sanderson's increased risk, and help motivate him to stay active.

"My father suffered several heart attacks before he died at age 70," Sanderson says. "He did not experience a good quality of life after the first event because the technology was not there to support his desired lifestyle."

## The Perfect Candidate

Due to his continued battle with heart issues, Sanderson no longer had the confidence in his health to weather New York winters. He and his wife, Diane, both retired pastors, moved to Tavares from Syracuse, N.Y., in November 2013. Shortly after making the move, Sanderson was diagnosed with prostate cancer. It was determined that he needed surgery, but first a cardiologist would have to confirm his

heart was healthy enough to endure the surgery.

"An implantable cardioverter defibrillator, used to return abnormal heart rhythms back to a safe speed and help protect against sudden cardiac death, was necessary to keep Mr. Sanderson safe during his surgery," says Miguel Bryce, MD, medical director of electrophysiology at Florida Hospital Waterman. "He was a perfect candidate for the new device, the world's first implantable subcutaneous defibrillator (S-ICD)."



Miguel Bryce, MD, cardiologist

## The Best Option

The S-ICD is the only ICD that is implanted externally of the heart. This system is placed just under the skin and leaves the heart and blood vessels untouched. "The device is clinically proven to provide patients with the same reliable protection as a traditional ICD, but with a decreased chance of complications and potential damage to the heart and its surrounding area," Dr. Bryce says. Unlike its more invasive counterpart, the device does not use insulated wires, known as leads, to provide the electrical shocks needed to restore the heart's normal rhythm, but rather a combination of a pulse generator and an electrode, which surround the heart.

"Dr. Bryce gave me several different options for devices, but with my ongoing issues and previous surgeries I knew this option was the best for me," Sanderson says. "My recovery time was short and I now have a new confidence that I can return to an active lifestyle."

Sanderson was the first patient in Lake County to receive the new device. "My experience at Florida Hospital Waterman was the best hospital experience I have ever had, and I have had lots of them. I greatly appreciated the kind and gentle care, and thank all the staff, as well as Dr. Bryce for saving my life." ●



## WHAT IS YOUR RISK?

Are you at risk for developing heart disease? Visit [FHWatermanHeart.com](http://FHWatermanHeart.com) for several free assessments and health quizzes designed to help you better understand your overall heart health.



# KEEPING KIDS COOL

As summer gives way to fall sports, hydration is key for healthy kids

From summer camp to fall sports, hydration is a vital part of children's health. Don't wait for kids to tell you they're thirsty, experts say. Offer them water and other hydrating foods and beverages throughout the day, particularly in the summer when more liquids are needed to stay healthy.

"By the time children are thirsty, they're already at least 3 percent dehydrated," says pediatrician Denis Diaz, MD. "Without enough liquids, your body's constant production of important enzymes (including those needed to produce energy) slows down. Cells without the right balance of fluids and electrolytes will contract, making you feel tired."

A child's hydration needs range from six cups of water per day for a preschooler to 10 cups per day for a 150-pound teen.

"Hydration is extremely important for children when they are acutely ill in order for the immune system and the body's organs to function properly," Dr. Diaz says. "Dehydration is also a common trigger of headaches and constipation. In children with certain chronic disorders such as sickle cell disease, diabetes and other metabolic disorders, dehydration can trigger severe crises that could potentially be life-threatening."

Not only is consuming the right amount of fluids important, but so is choosing what to drink and eat. Keeping kids from the sweet stuff can be challenging, but a recent study published in the *Archives of Pediatrics & Adolescent Medicine* suggests that replacing sugar-sweetened beverages with water can be an easy way to keep kids at a healthy weight.

## Healthy Drinks

To tempt your kids' taste buds for healthier drinks, try adding a squeeze of lemon, lime, orange or grapefruit, or even a

bit of mashed berries, to water or sparkling water. You can also make fruit-juice ice cubes. Orange juice with 100 percent fruit is a good choice, too. It replaces nutrients your body loses when you sweat and helps fulfill your two to three daily servings of fruit. Milk is another good beverage choice for kids, who need calcium and vitamins. Adding a touch of chocolate or strawberry flavoring can make milk tastier with few extra calories.

## Healthy Foods

Eat plenty of watermelon, cantaloupe, berries, carrots, cucumbers and romaine lettuce. Not only are these foods good for our bodies, they're composed of 70 to 95 percent water. Another option is yogurt, either plain or with fruit, which consists of up to 80 percent water. Carbohydrate options include oatmeal, beans and pasta, which absorb more than 50 percent of their weight in water when cooked. ●

**Fun Idea:**  
**Blend some frozen berries with yogurt for a 10-second sorbet.**



Denis Diaz, MD, pediatrician



## LOOKING FOR A PEDIATRICIAN?

Denis Diaz, MD, is accepting new patients and is located in Tavares. To schedule an appointment with Pediatric Associates of Lake County, please call **352-343-3330** or visit **LakeCountyPediatrics.com**.



## Do You Know the Signs of Dehydration?

Signs of dehydration vary by age but can include the following:

- Sticky or dry mouth
- Dew or no tears when crying
- Eyes that look sunken into the head
- Lack of urine or wet diapers (or only a small amount of dark yellow urine) for six to eight hours in an infant; lack of urine (or only a small amount of dark yellow urine) for 12 hours in an older child
- Irritability, fatigue or dizziness in an older child
- Headaches and constipation
- Dry, cool skin

# 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](http://FHWaterman.com).

All programs take place at the Florida Hospital Waterman Kenneth R. Mattison Conference Center unless otherwise noted.



## Educational Seminars

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

### Restore Your Knee to a More Natural State

Bone- and ligament-sparing total or partial knee replacement.

Vrej Manoogian, DO, orthopedic surgery  
Friday, Aug. 22, 1 p.m.  
Hampton Inn-Lady Lake, Fla.

### Aging and Arthritis: New Concepts in Joint Replacement

Donald Perry, MD, orthopedic surgery  
Thursday, Aug. 28, 1 p.m.

### Gynecological Cancer Awareness Luncheon

Ahmed Al-Hazzouri, MD, oncology  
Tuesday, Sept. 2, noon

### Living Without Joint Pain: Advanced Treatment Options

Samir Guru, DO, orthopedic surgery  
Friday, Sept. 5, noon  
Fairfield Inn and Suites-Clermont, Fla.

### Pain-Free at Last! Latest Treatment Options for Hip Pain

Jon Radnothy, DO, orthopedic surgery  
Wednesday, Sept. 17, 1 p.m.

### Prostate Health: What Every Man Should Know

Jason Gerboc, DO, urology  
Tuesday Sept. 23, 1 p.m.



## Foundation Events

### Inaugural Ladies Legacy Luncheon

Friday, Oct. 3  
Lake Receptions, Mount Dora, Fla.  
Call the Foundation at **352-253-3270** for tickets or more information

### 21st Annual Partners in Health Care Golf Classic

Friday, Nov. 7  
Red Tail Golf Club, Sorrento, Fla.  
Call the Foundation at **352-253-3270** for tickets or more information



## Support Groups and Classes

### Amputee Support Group "W.A.L.K."

(Waterman Amputee & Limb Loss Konnections)  
For amputees and people with limb loss.  
Fourth Monday of each month, 6 to 7 p.m.  
Call Tracey Estok at **352-253-3892** to register or for more information

### Breast Cancer Support Group

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

### Certified Group Diabetes Education Class

Two-day course offered once a month.  
Physician referral required. Call **407-303-2822** for more information.

### Childbirth Classes

Held on an ongoing basis.  
Call **352-253-3367** or email [Cheryl.Finotti@ahss.org](mailto:Cheryl.Finotti@ahss.org) to register or for more information.

### 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.

### Diabetes Self-Management Support Group

Led by certified diabetes educators.  
Third Wednesday of each month, 5 to 6 p.m.  
Conry CREATION Health Center  
Call **352-253-3685** 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 or for more information.

### Grief and Loss Support Group

Led by bereavement counselors.  
Every Monday, 10 a.m. to noon  
Conry CREATION Health Center  
Call **352-253-3389** for more information.

### Gynecological Cancer Support Group

Second Tuesday of each month, noon to 1:30 p.m.  
Florida Hospital Cancer Institute Waterman  
Conference Room  
Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

### Mended Hearts Support Group for Heart Patients

Second Tuesday of every month, noon to 1 p.m.  
Call **352-253-3396** for more information.

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

First Friday of every month, 10 a.m.  
Call David Johnson at **352-638-0663** or email [pityusnot@hotmail.com](mailto:pityusnot@hotmail.com) to register or for more information.

### Oral Head and Neck Cancer Support Group

Second Tuesday of every month, 3 to 4 p.m.  
Florida Hospital Waterman Cancer Institute  
Conference Room  
Call Latanya Ruiz, MSW, at **352-253-3605** to register or for more information.



## 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 **352-253-3270** or visit [FHWaterman.com](http://FHWaterman.com) and click "Giving Back."



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