DEAR COMMUNITY:

As I reflect on the 2014 Florida Hospital Celebration Health Women’s Institute Outcomes Report, I am struck by the strides we are making to improve the health and wellness of women. I also know there is more work to be done.

Since the National Institutes of Health mandated that females be included in research, many women have had access to advanced care that was previously unavailable to them. However, the medical community hasn’t always researched the difference between how women and men respond to treatment. A new medication may be found effective overall, but does it work differently in women versus men?

To this end, the Florida Hospital Celebration Health Women’s Institute continues our quest toward improving the clinical research and outcomes for women. Our physicians, researchers, administrators and caregivers alike work tirelessly to ensure our patients receive the best care to meet their individual needs. It is our goal. This is my passion, and this is our report card.

I welcome you to share the successes of the many women and their families throughout Central Florida and beyond.

God bless,

Monica Reed, MD
Chief Executive Officer
Florida Hospital Celebration Health
Healing the Mind, Body and Spirit

Few hospitals are more committed to creating a state-of-the-art experience dedicated to health and wellness than Florida Hospital Celebration Health. A global health care destination, our focus is to help each person achieve optimum health by emphasizing healing the whole person — mind, body and spirit — and developing new ways to enhance and enrich lives. Since opening our doors in 1997, we’ve built a reputation for delivering highly effective, patient-focused and cutting-edge care.

Florida Hospital Celebration Health is one of Florida Hospital’s 23 campuses serving communities throughout the state of Florida. We are part of Adventist Health System, which operates 44 hospitals in 12 states, making it the largest not-for-profit Protestant health care system in the United States.

2014 Statistics

- Emergency visits: 76,542
- Outpatient visits: 86,282
- Inpatient admissions: 15,618
- Licensed beds: 203
- Surgical suites: 21
- Surgeries: 9,798
- Endoscopy cases: 4,501

Employees: 1,635

Gender Breakdown

- Female: 78%
- Male: 22%
From its inception, Florida Hospital Celebration Health was designed to be an innovative and compassionate hospital with a focus not just on healing, but also on health. The Four Purposes of Florida Hospital Celebration Health were established to remain as the foundation for which all programs and services would be built. These purposes continue to guide us today as we address the needs of the communities we serve.

Excellent Community Hospital
Florida Hospital Celebration Health provides the community with exemplary care at every opportunity, from preventive medicine to advanced surgical procedures. This thoughtfully designed, comprehensive facility houses caregivers who are among the very best in their fields, dedicated to the needs of the patients and families they serve.

Living Laboratory
Florida Hospital Celebration Health is a “living laboratory” that integrates concurrent research and innovation processes to benefit our patients. This unique opportunity allows caregivers to challenge the status quo and break new ground in health care, with a goal of increasing our community’s access to the very best care available.

Destination Health Care
Patients from around the world choose Florida Hospital Celebration Health for their care because of the distinctive talent and services provided by our caregivers. New programs and services are continuously in development at Florida Hospital Celebration Health — programs that offer patients expertise and treatment options often not found in typical community hospitals.

Whole-person Care
Florida Hospital Celebration Health’s approach to health and healing focuses on the spiritual, nutritional, mental and physical health of the individual. A comprehensive approach to care includes addressing each patient’s unique needs — mind, body and spirit.
Designed as a resort-style facility in Walt Disney’s master planned community of Celebration, Florida Hospital Celebration Health is the first hospital in the nation to adopt Disney’s concept of an onstage/backstage environment. This has been proven to reduce stress and anxiety in patients, which leads to an enhanced healing environment.

Florida Hospital Celebration Health incorporates eight fundamentally powerful and scientifically proven principles designed to help people live longer, fuller lives. These principles are reflected in everything from the design of the building to the design of various treatment plans. The CREATION Health principles include:

**CHOICE** – Choice is the first step toward improved health. People who believe they are in control over their own lives are healthier and live longer.

**REST** – Rest is good sleep and also taking time to relax. Relaxation lowers blood pressure and reduces stress.

**ENVIRONMENT** – Environment is our external world but also affects what happens within us, for better or for worse.

**ACTIVITY** – Activity includes physical and mental conditioning. Our goal is to be active in mind, body and spirit.

**TRUST** – Trust in a divine power speaks to the relationship between spirituality and healing. A link exists between faith and wellness.

**INTERPERSONAL RELATIONSHIPS** – Interpersonal relationships strengthen our well-being. Social connection fortifies our resolve and improves our health.

**OUTLOOK** – Outlook creates our reality. Our minds influence our bodies, and our attitudes impact our health.

**NUTRITION** – Nutrition is the fuel that drives the whole system. Small improvements and strategic substitutions produce profound results.
Women continue to make up the largest segment of patients at Florida Hospital Celebration Health. This large female patient base underscores our commitment to focusing on preventive medicine and treatment options that address their unique and personal needs.

Seventy-five percent of a typical hospital’s patients come from within a five-mile radius. Approximately 77 percent of patients coming to Florida Hospital Celebration Health travel from outside a five-mile radius to receive advanced treatment. As a destination hospital, Florida Hospital Celebration Health draws patients from around the globe.

Source: QMF, 2013 IP, OP, ED, Registration Campus FH Celebration

*Tri-county: Orange, Seminole, Osceola
FLORIDA HOSPITAL CELEBRATION HEALTH
WOMEN’S INSTITUTE

Advancing Women’s Health

The Florida Hospital Celebration Health Women’s Institute is dedicated to compassionate and innovative health care. Year after year, we continue to advance the continuum of care by creating an environment that attracts a multidisciplinary team of world-class specialists. This team works passionately to deliver wellness plans that address whole-person health: mind, body and spirit.

Our commitment is to continue to provide superior care to women of all ages by building a full complement of subspecialty services that expand our reach, advance medical science, streamline treatment and improve patients’ outcomes.
I am pleased to present the Florida Hospital Celebration Health Women’s Institute 2014 Outcomes Report. This is the second edition of this report, and I couldn’t be more delighted to share the continued achievements of our programs.

Born out of a vision to transparently share our performance, the 2014 Outcomes Report continues to showcase what I have believed for many years – that our clinical outcomes are our key point of differentiation, and our physicians and caregivers remain among the very best in the world.

These teams of medical experts are committed to putting our patients first. Their groundbreaking research, innovative patient care and willingness to go beyond the status quo continue to deliver on three of our goals: preferred outcomes, improved access to care and the ability for our patients to rapidly return to health. For this, I couldn’t be more proud.

I invite you to experience our continued commitment to the health and well-being of women. Welcome to the Florida Hospital Celebration Health Women’s Institute.

God bless,

Vickie White
Assistant Vice President
Florida Hospital Celebration Health Women’s Institute
The Baby Place at Florida Hospital Celebration Health offers concierge service and superior, family-centered care in spacious, private suites. Here, childbirth happens in a safe and comfortable environment with a team of board-certified physicians and highly skilled obstetrical nurses.

The Baby Place is committed to providing mom and her newborn baby with a truly nurturing and relaxing birthing experience. We encourage such evidence-based practices as immediate skin-to-skin contact and ensure each patient has access to lactation consultants and parent education classes. The Baby Place is one of only 213 facilities in the United States, and the fifth hospital in Florida, to hold the Baby-Friendly Designation*, a global initiative sponsored by the World Health Organization and UNICEF to recognize hospitals that are committed to implementing practices that protect and promote the optimal level of care for infant feeding and mother/baby bonding.

Patients at the Baby Place also have access to the GetWellNetwork®, an interactive computer/television hybrid that involves them in their plan of care and also provides access to shows, movies and the Internet, all free of charge.

Preferred Outcomes for Mothers and Babies
Florida Hospital Celebration Health fervently believes that patients should be encouraged to arrive in spontaneous labor. This commitment has led to an impressively low non-medical induction rate — well below the national average. The physicians and nurses are highly experienced and do not require use of vacuums or forceps for most deliveries. Women also have the option to develop specialized birth plans, including preferred pain-management options.

**Labor and Delivery 2013**
- Vaginal: 68%
- Forceps: 1%
- Vacuum: 3%
- Spontaneous: 97%

**Non-medical Inductions 2013**
- Scheduled primary cesarean: 7%
- Scheduled repeat cesarean: 16%
- Unscheduled primary cesarean: 13%
- Unscheduled repeat cesarean: 10%
- Unscheduled vaginal: 15%
- Forceps: 2%
- Vacuum: 5%
- Spontaneous: 97%
- Hospital: 6%

**Pain Management 2013**
- No epidural: 28%
- Less than 20% epidural: 32.5%
- More than 20% epidural: 35.5%

*As of the official Baby-Friendly USA announcement on October 30, 2014

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Jennifer Swoboda, MD, FACOG
Section Chair
Obstetrics and Gynecology

**Age Distribution 2013**
- Less than 20 years old: 5%
- 20-29 years old: 45.5%
- 30-34 years old: 29.8%
- 35-39 years old: 15.5%
- Greater than 40 years old: 5%

**Source:** Florida Hospital Celebration Health - Women’s Health Initiative Data Collection

*Our focus is to create an environment where each patient feels comfortable enough to share the full depth of her concerns without feeling rushed. This, combined with expert medical decision-making and evidence-based practices, is the key to our success.*

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Section Chair
Obstetrics and Gynecology

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Obstetrics and Gynecology
THE BABY PLACE

“All three of my children were delivered at the Baby Place at Florida Hospital Celebration Health. Each experience was flawless. Immediate skin-to-skin contact helped my husband and I create memories with our children from when they were just minutes old.

The lactation consultants came in at least twice daily to make sure breastfeeding was going smoothly. Thanks to the support I received from the wonderful staff, I left the hospital each time feeling comfortable and confident. Florida Hospital Celebration Health is in line with where hospitals should be.”

Meredith
Obstetrics patient of Dr. Swoboda

Focus on Infant and Mother Bonding

The Baby Place at Florida Hospital Celebration Health actively supports infant-mother bonding and the successful start of breastfeeding. This 2013 data illustrates our commitment to rooming in, breastfeeding upon discharge and support from lactation consultants.

Infant Stay: Rooming In 2013

- 96% Baby immediately left skin
- 4% Baby out of room

Breastfeeding Upon Discharge from Unit 2013

- 96% Yes
- 14% No

Mom Seen by Lactation Consultant 2013

- 96% Yes
- 1% Not recorded

Source: Florida Hospital Celebration Health
The Advanced Gynecologic Surgery Program at the Florida Hospital Celebration Health Women’s Institute is one of the nation’s leading programs for gynecologic care. Our team of dedicated surgeons specializes in treating a range of highly complex gynecologic conditions, from chronic pelvic pain and pelvic organ prolapse, to infertility and cancer, utilizing state-of-the-art techniques and technologies.

As pioneers, Medical Director Steven McCarus, MD, and our team of experts have contributed to many of the less-invasive techniques in use today. Less-invasive procedures make it possible for patients to return to their normal routine more quickly (two weeks versus six weeks using the traditional open surgical approach), experience less blood loss and scarring and less post-operative pain. Our surgeons are also committed to sharing their expertise through the teaching and training of other physicians around the world.

At the Florida Hospital Celebration Health Women’s Institute, our approach is to have surgery be the last option for treatment, starting first with medical, nutritional and/or physical therapy provided by our onsite multidisciplinary teams. Patients requiring a surgical procedure benefit from some of the most experienced surgeons in the United States. Women travel to the Florida Hospital Celebration Health Women’s Institute from across the country and even international locations to receive treatment.

Less-invasive Surgery

Florida Hospital Celebration Health is known throughout the country as a leading less-invasive surgical institution. Here, we provide better patient outcomes by utilizing laparoscopic and robotic-assisted techniques, rather than traditional, open surgical approaches.

As a living laboratory, Florida Hospital Celebration Health empowers our physicians to safely challenge the status quo to benefit our patients. Because of this open environment for innovation, multiple surgical techniques have been developed within our organization.

Benefits

- Less pain, less discomfort, with reduced need for pain medication after surgery
- Shorter stay, often returning home the same or next day, achieving normal activity within two weeks
- Less disruptive, with tiny incisions, rather than traditional open surgery, which requires incisions through muscle
- Greater accuracy with the use of cameras and precise tools, limiting nerve and tissue damage

Chief Complaint/Pre-operative Symptoms

The top three complaints experienced by gynecological patients prior to surgery are shown in this chart.

Gynecologic Surgery Unit Patient Experience

2013 HCAHPS Survey Responses

<table>
<thead>
<tr>
<th>Chief Complaint/Pre-operative Symptoms</th>
<th>% of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abnormal or painful bleeding</td>
<td>31%</td>
</tr>
<tr>
<td>Chronic pelvic pain/endometriosis</td>
<td>32%</td>
</tr>
<tr>
<td>Infections</td>
<td>1%</td>
</tr>
</tbody>
</table>

Source: Florida Hospital Celebration Health - Women's Health Initiative Data Collection

Less-invasive Surgery

Florida Hospital Celebration Health

Chief Complaint/Pre-operative Symptoms

The top three complaints experienced by gynecological patients prior to surgery are shown in this chart.
Gynecologic Surgery

In 2013, more than 95 percent of hysterectomies performed at Florida Hospital Celebration Health were by a less-invasive technique, including laparoscopic, robotic-assisted and vaginal gynecologic procedures. By comparison, the last published study demonstrated that 64 percent of hysterectomies were performed as open abdominal procedures, and 36 percent were performed using a minimally invasive technique.

Route of Hysterectomy 2013

<table>
<thead>
<tr>
<th>Procedure</th>
<th>% of Procedures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open abdominal</td>
<td>2%</td>
</tr>
<tr>
<td>Less-invasive</td>
<td>98%</td>
</tr>
</tbody>
</table>

Hysterectomy Complications 2013

<table>
<thead>
<tr>
<th>Complication Type</th>
<th>% of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>No complications</td>
<td>99.2%</td>
</tr>
<tr>
<td>Overall complication</td>
<td>0.8%</td>
</tr>
</tbody>
</table>

Hysterectomy Readmissions 2013

<table>
<thead>
<tr>
<th>Readmission Type</th>
<th>% of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>No readmission</td>
<td>99.5%</td>
</tr>
<tr>
<td>Readmission within 30 days after procedure</td>
<td>0.5%</td>
</tr>
</tbody>
</table>

Better Outcomes for Obese Patients Undergoing Hysterectomy

Multiple studies and national database analyses have shown that obesity adversely affects surgical outcomes for patients undergoing total hysterectomy via open surgical procedures.* A recent study examining Florida Hospital Celebration Health patients who underwent total hysterectomy using conventional laparoscopic or robotic-assisted laparoscopic approaches found that there were no significant differences in surgical outcomes when comparing obese versus non-obese patients, even with 45 percent of the patient population classified as obese.

Source: Florida Hospital Celebration Health Center for Obesity Medicine

**ADVANCED GYNECOLOGIC SURGERY**

Florida Hospital Celebration Health has been designated as a Center of Excellence in Minimally Invasive Gynecology (COEMIG) by the American Association of Gynecological Laparoscopy (AAGL) and Surgical Review Corporation.

A true quality-improvement initiative, the goal of the COEMIG Program is to enhance and develop the safety and excellence of gynecologic patient care internationally. This prestigious program works to increase patient knowledge and access to minimally invasive gynecologic procedures performed by surgeons and facilities that have demonstrated excellence in these advanced techniques. The COEMIG Program also recognizes surgeons and facilities that demonstrate an unparalleled commitment and ability to consistently deliver safe, effective, evidence-based care.

The COEMIG Program recognizes that the integrated efforts and resources of both the surgeon and hospital are what provide treating health benefits for minimally invasive gynecologic surgery patients. To earn the COEMIG designation, surgeons and hospitals must partner together and demonstrate a cross-organizational commitment to minimally invasive gynecologic surgical care.

AAGL: Center of Excellence in Minimally Invasive Gynecology™, COEMIG™ and the COEMIG seal are trademarks of the AAGL. All rights reserved.

**A U.S. News & World Report World-class Hospital**

In the 2014-2015 U.S. News & World Report “Best Hospitals” issue, Florida Hospital ranks ninth in the nation for gynecology (up from 10th in 2013-2014). Now in its 25th year, the annual “Best Hospitals” rankings recognize hospitals that excel in treating the most challenging patients.

U.S. News & World Report publishes “Best Hospitals” to help guide patients who need a high level of care because they face a particularly difficult surgery, a challenging condition or added risk. Objective measures — such as patient survival and safety data, the adequacy of nurse staffing levels and additional data — largely determine the rankings in most specialties. For more than 10 years, Florida Hospital has received recognition from U.S. News & World Report as one of the best hospitals in the nation. Florida Hospital Celebration Health is proud to hold the designation for Academic Center of Excellence by the American Institute of Minimally Invasive Surgery (AIMIS). This designation is awarded to teaching hospitals that meet the highest standards of care for minimally invasive surgery, in conjunction with accredited AIMIS surgeons.

**An American Institute of Minimally Invasive Surgery Center of Excellence**

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**Reproductive Medicine**

**Innovative and Collaborative ‘Wholistic’ Care**

The infertility treatment success rate of the physicians at the Florida Hospital Celebration Health Center for Reproductive Medicine is one of the highest in the Southwestern United States. Our patients have access to state-of-the-art technology, innovation, collaborative and customized holistic care and a wide variety of treatment options, including in vitro fertilization, less-invasive robotic surgery and genetic testing.

**Access to highly specialized patient services, including:**

- **Nationwide Egg Bank**
  - For those women who do not have viable eggs, Florida Hospital Celebration Health provides access to a nationwide egg bank for in vitro fertilization, allowing these patients a chance to become pregnant, give birth and breastfeed their children.
  - **Fertility Preservation**
    - This treatment is designed to provide flexibility to women who want to preserve their eggs for future use. This service can help patients who want to protect their fertility until they’re ready to start a family. It is also designed to provide options to those with cancer who are in need of life-saving radiation or chemotherapy treatments that can impact fertility.
  - **Pre-implantation Genetic Screening and Diagnosis**
    - The expert physicians and clinicians from the Center for Reproductive Medicine at Florida Hospital Celebration Health have the ability to perform genetic screening and testing on embryos, which enables the detection of disease prior to implantation. This facilitates conception with a healthy intrauterine gestation.

**We believe in connecting with patients by understanding and empathizing with their journey. Each patient becomes critically important to us.”**

Sejal Dharia Patel, MD, FACOG
Women’s Section Leader

“After my hysterectomy, I couldn’t even tell that I had had surgery. My recovery time was so much shorter than women who have had hysterectomies at other hospitals. You really do get better care here.”

Jeanine

“Dr. Patel was with my husband and I every step of the way, as we began our journey to start our family. She continually brought us hope when we thought all was lost. Words cannot express the joy we felt when we first laid eyes on both of our children. We will be forever grateful for the beautiful gifts that Dr. Patel has helped us receive. She has made our dreams come true.”

Sarah

Patient of Dr. Patel

For more information, please call

(407) 303-4424  |  CelebrationWomen.com
In Vitro Fertilization Pregnancy Rates

There are more than six million women of child-bearing age in the United States with an impaired ability to become pregnant or carry a baby to term. In fact, more than seven million women in the same age group have sought the assistance of fertility specialists.* We have the ability to help these women have children. As you will see, we have one of the highest reproductive success rates in the Southeast.

<table>
<thead>
<tr>
<th>Age of Female</th>
<th>&lt; 35</th>
<th>35-37</th>
<th>38-40</th>
<th>41-42</th>
<th>&gt; 42</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycle starts</td>
<td>197</td>
<td>110</td>
<td>102</td>
<td>55</td>
<td>21</td>
</tr>
<tr>
<td>Number of age intervals</td>
<td>183</td>
<td>94</td>
<td>77</td>
<td>49</td>
<td>17</td>
</tr>
<tr>
<td>% Intracytoplasmic sperm injection (ICSI)</td>
<td>57.5%</td>
<td>64.5%</td>
<td>48.0%</td>
<td>78.2%</td>
<td>52.4%</td>
</tr>
<tr>
<td>Number of embryo transfers</td>
<td>88</td>
<td>53</td>
<td>41</td>
<td>18</td>
<td>6</td>
</tr>
<tr>
<td>Overall pregnancies</td>
<td>48</td>
<td>18</td>
<td>15</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Pregnancy rate per transfer</td>
<td>54.5%</td>
<td>34.0%</td>
<td>36.6%</td>
<td>27.8%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Average number of embryos transferred per woman</td>
<td>1.6</td>
<td>1.9</td>
<td>2.3</td>
<td>3.0</td>
<td>2.2</td>
</tr>
</tbody>
</table>

Source: Florida Hospital Celebration Health Center for Reproductive Medicine

Frozen Oocyte Pregnancy Rates

<table>
<thead>
<tr>
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<th>38-40</th>
<th>41-42</th>
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<tbody>
<tr>
<td>Cycle starts</td>
<td>136</td>
<td>72</td>
<td>45</td>
<td>22</td>
<td>6</td>
</tr>
<tr>
<td>Number of transfers</td>
<td>105</td>
<td>56</td>
<td>38</td>
<td>19</td>
<td>5</td>
</tr>
<tr>
<td>Overall pregnancies</td>
<td>61</td>
<td>27</td>
<td>12</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>Pregnancy rate per transfer</td>
<td>58.1%</td>
<td>48.2%</td>
<td>33.3%</td>
<td>38.8%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Number of cycles with transfer</td>
<td>17</td>
<td>15</td>
<td>12</td>
<td>11</td>
<td>8</td>
</tr>
<tr>
<td>Average number of embryos transferred</td>
<td>1.7</td>
<td>1.6</td>
<td>1.6</td>
<td>1.6</td>
<td>1.6</td>
</tr>
<tr>
<td>Number of embryos thawed</td>
<td>205</td>
<td>109</td>
<td>59</td>
<td>45</td>
<td>9</td>
</tr>
<tr>
<td>Number of embryos survived</td>
<td>186</td>
<td>102</td>
<td>50</td>
<td>42</td>
<td>9</td>
</tr>
<tr>
<td>Percentage of embryos survived</td>
<td>89.0%</td>
<td>87.6%</td>
<td>84.7%</td>
<td>93.3%</td>
<td>100.0%</td>
</tr>
</tbody>
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Source: Florida Hospital Celebration Health Center for Reproductive Medicine

At the Florida Hospital Celebration Health Women’s Institute, you have access to one of the nation’s premier breast cancer centers. The Comprehensive Breast Health Center’s approach to delivering high-quality, multidisciplinary care can make a crucial difference in a patient’s outcome and recovery. Directed by Olga Ivanov, MD, FACS, board-certified and fellowship-trained breast surgeon, our highly skilled team of experts focuses their expertise on providing customized care plans, utilizing the most advanced therapies for every stage of disease. This depth of experience and the expertise we offer make it possible to actively participate in unique clinical trials and offer groundbreaking methods of breast cancer diagnosis and treatment. Treatment options range from breast surgery, radiation therapy and chemotherapy, to hormonal and targeted therapy. Because we know quality of life is important, our staff is dedicated to leading-edge methods that reduce side effects, preserve healthy breast tissue and decrease recovery time.

**Needle Biopsy**

To determine if cancer is present, patients throughout the country are diagnosed by needle or surgical biopsy. At the Florida Hospital Celebration Health Women’s Institute, 94 percent of our patients are diagnosed by needle biopsy, compared to the national average of 60 percent.1


**Breast Conservation Surgery**

Seventy-three percent of our breast cancer patients are treated with breast conservation surgery, or lumpectomy, which leaves a margin of healthy tissue, as opposed to a mastectomy, which is the removal of the entire breast. Ninety-four percent of these patients have clear, healthy margins compared to the national clear margin rate of 66 percent,2 preventing a return to surgery.

2 Cancer.gov

**Nipple Sparing**

The advanced surgical technique known as nipple sparing allows women who require a mastectomy to maintain a natural appearance after surgery. We are one of the few facilities with the high nipple-sparing rate of 33 percent,3 compared to the national average of five percent for nipple sparing during a mastectomy.

3 2011 Society of Surgical Oncology. Original Article – American Society of Breast Surgeons

"What sets us apart is the patient care we provide. For example, 94 percent of our patients are diagnosed by needle biopsy instead of surgical biopsy, as compared to the national average of 60 percent."1

Olga Ivanov, MD, FACS
Medical Director
Comprehensive Breast Health Center

"Often times, this eliminates the need for surgery altogether. This is one of the benchmarks of our quality of care."
Immediate Reconstructive Surgery
More than 90 percent of women who have a mastectomy choose to have reconstructive surgery. At the Florida Hospital Celebration Health Women’s Institute, we offer women the option of having reconstructive breast surgery immediately following the mastectomy procedure, while still under anesthesia. Using a team approach, our board-certified plastic surgeons will initiate breast reconstruction, eliminating the need for additional surgery and allowing for the physical and emotional healing to begin post-operatively.

Intraoperative Radiation Therapy
Breast cancer patients have traditionally been advised to undergo six weeks of radiation therapy following a lumpectomy—a time-consuming and often stressful course of treatment. As appropriate, the Comprehensive Breast Health Center offers a leading-edge treatment approach called intraoperative radiation therapy (IORT), a procedure that provides women the same effective dose of radiation as they would receive in six weeks of daily treatments in a single dose. In cases where IORT is given during lumpectomy surgery, there is an opportunity to focus the radiation on the exact spot where the tumor was removed, thus increasing treatment benefit.

Recognized in the Medical Community
Leading national accreditation organizations like the American College of Radiology, National Cancer Institute, Foundation for the Accreditation of Cellular Therapy and the Quality Oncology Practice Initiative recognize the Comprehensive Breast Health Center for our adherence to the highest standards of excellence in health care.

The National Accreditation Program for Breast Centers (NAPBC) accredits the Florida Hospital Cancer Institute’s Breast Program for meeting the highest national standards for breast cancer care.

Procedures and Surgical Outcomes of Breast Cancer Patients
The Comprehensive Breast Health Center at Florida Hospital Celebration Health strives to ensure the best possible outcomes for our patients. Many outcomes are measured and compared to national averages to ensure women receive optimum treatment options.

<table>
<thead>
<tr>
<th>Procedure at Florida Hospital Celebration Health</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast conservation rate</td>
<td>74%</td>
</tr>
<tr>
<td>Nipple-sparing mastectomy rate</td>
<td>33%</td>
</tr>
<tr>
<td>Mastectomy reconstruction rate</td>
<td>100%</td>
</tr>
<tr>
<td>Percentage of breast biopsies performed using needle procedure (as opposed to open surgical procedure)</td>
<td>94%</td>
</tr>
<tr>
<td>Clear margin rate</td>
<td>95%</td>
</tr>
</tbody>
</table>

The breast conservation rate is the number of breast cancer surgeries performed removing cancer, while safely maintaining healthy breast tissue.

The nipple-sparing mastectomy rate is the number of mastectomies performed that preserved nipple tissue versus traditional non-nipple-sparing mastectomies. When possible, this provides an opportunity for more natural-looking breasts.

Mastectomy reconstruction rate is the rate of mastectomies followed by breast reconstruction to rebuild the breast, compared to mastectomies without breast reconstruction.

The percentage of breast biopsies performed using needle procedure shows the number of patients who underwent biopsy of the breast, utilizing needle and avoiding open or incisional biopsy.

The clear margin rate is the percentage of patients who underwent surgery to remove breast cancer and had no cancer cells found by the pathologist on the edge of the tissue removed.

“Olga Ivanov, MD, medical director of the Comprehensive Breast Health Center and educated at Northwestern Memorial Hospital in Chicago, is one of a select group of fellowship-trained breast surgical oncologists.

“My breast cancer diagnosis was so surreal, but Dr. Ivanov made the horror so bearable. My first visit was scary, but once I met her and she gave me a ‘big-sister hug,’ I knew all would be fine. She and her fabulous staff were there when I needed a friend. My great recovery is because she is my guardian angel. Without her loving concern, I do not feel I would have gotten back to my crazy life only five months after surgery.”

Mary
Patient of Dr. Ivanov
Committed to excellent women’s care, the Florida Hospital Celebration Health Imaging Center remains one of the most advanced women’s imaging centers in the nation and continues to be recognized by the American College of Radiology as a Breast Imaging Center of Excellence, a national award with rigorous accreditation standards.

With a goal of rapid diagnosis, leading-edge digital technologies offered include 3T wide-bore magnetic resonance imaging (MRI) for breast imaging, three-dimensional breast tomography units for mammogram screenings and four-dimensional ultrasound for breast.

Our world-class radiologists are onsite, board certified and fellowship trained.

**Women's Imaging Nurse Navigator: Your Constant Guide**

The Florida Hospital Celebration Health Women's Institute provides a Women's Imaging Nurse Navigator (WINN) to guide breast patients through the treatment process and help coordinate the best plan of care. WINNs are registered nurses committed to providing excellent, patient-centered care. Working with the onsite, fellowship-trained women’s radiologists, nurses and dietitians, each WINN is actively present to provide in-room support during procedures and answer questions about breast health.

**Recognized in the Medical Community**

The Women’s Imaging Center is an American College of Radiology Breast Imaging Center of Excellence (BCODE). The Breast Imaging Center of Excellence designation is awarded to breast imaging centers that achieve excellence by seeking and earning accreditation in all of the ACR’s voluntary breast-imaging accreditation programs and modules, in addition to the mandatory Mammography Accreditation Program.

**Cancer Detection Rates**

Cancer detection rate is the number of cancers with a positive initial interpretation among 1,000 mammography examinations. Increased detections support our distinction as an ACR-certified Breast Imaging Center of Excellence.

**Recall Rates**

The national goal for mammogram recall is 10 percent. Lower recall rates demonstrate that tests are performed accurately the first time, thus eliminating the need for further follow-up tests.

**Women’s Imaging Patient Experience**

More than 90 percent of patients surveyed stated they had a favorable experience at Florida Hospital Celebration Health Women’s Imaging.

**Source:** 2013 Florida Hospital Celebration Health Diagnostic Imaging

**Source:** 2013 Florida Hospital Celebration Health Women’s Imaging Center

Brian Reeves, DO  
Board-certified Radiologist  
Medical Director, Women’s Imaging Center
At the Florida Hospital Celebration Health Women’s Institute, our health-empowerment philosophy revolves around the spirit of collaboration and a shared responsibility to each and every patient. Here, the framework for decision-making is a team of physicians and caregivers working together with the patient and her support system to form a consensus on the best patient treatment plans.

Patients at the Florida Hospital Celebration Health Women’s Institute can feel good knowing that our team of expert physicians have collaborative relationships with a wide range of specialists at Florida Hospital Celebration Health, including bariatric surgery; orthopaedics; medical oncology; urology; ear, nose and throat and more.

The following pages provide a sampling of the multidisciplinary care provided.

Women's Clinical Care Coordinator

Navigating through a new health care environment can often seem overwhelming. That’s why the Florida Hospital Celebration Health Women’s Institute provides each patient with a personal advocate.

Karen Wiercinski, RN, BSN, is a warm, supportive and knowledgeable Women’s Clinical Care Coordinator. Every day, patients rely on Karen for guidance on everything from managing appointments to follow-up care. This complimentary service is designed to help patients through the process of diagnosis, treatment and recovery. We’re always here to help.

(407) 303-4424  |  CelebrationWomen.com
Advances in genetic testing and preventive medicine are happening every day at the Florida Hospital Celebration Health Women’s Institute. Led by Aileen Caceres, MD, the Comprehensive Genetics and Surgery Program specializes in the detection, treatment and ongoing management of hereditary and genetic syndromes. Our highly trained physicians and surgeons provide long-term monitoring throughout every stage of a woman’s life, with a specialized continuum of care. This patient-care model includes genetic testing and counseling, hereditary-syndrome management and ongoing surveillance and screening.

Combined Surgeries
Women with a specific ancestral background or a strong family history of breast, ovarian or other certain cancers can determine if they carry a genetic mutation that places them at an increased risk for cancer. Today, women who test positive for these genetic mutations that put them at extremely high risk of developing breast or ovarian cancer in their lifetime, may choose to have a mastectomy and oophorectomy, plus initial breast reconstruction. The surgery begins with the removal of the ovaries by Aileen Caceres, MD, then removal of the breast tissue by Olga Ivanov, MD. Finally, a plastic surgeon does phase one of reconstruction.

“After my mother was diagnosed with ovarian cancer, I was worried that I might also carry a cancer-causing gene. My Care Coordinator connected me with Dr. Caceres for genetic testing. I tested positive and was also diagnosed with early-stage breast cancer. The team at the Florida Hospital Celebration Health Women’s Institute was with me through my hysterectomy and bilateral mastectomy every step of the way. I’m now confident I can live a long and healthy life cancer free.”

Stacy
Genetic cancer patient of Dr. Caceres

The Florida Hospital Pelvic Health Rehabilitation Program specializes in the treatment of musculoskeletal and pelvic floor disorders in relation to bowel and bladder function, abdominal/organ problems, pelvic bones/hip pain and low back/sacrum and coccyx disorders.

“The Florida Hospital Pelvic Health Rehabilitation Program combines technologically advanced equipment with a team of licensed physical therapists. Treatment techniques include strengthening pelvic floor muscles, computerized biofeedback, relaxation techniques, extensive patient education and a variety of other modalities to meet individual needs.

“I have experienced pelvic pain my entire adult life, and the Pelvic Health Rehabilitation Program at Florida Hospital Celebration Health changed my life. My physical therapist knew exactly how to reproduce the pain, relax my tense muscles and make me feel better immediately.”

Dawn
Pelvic rehabilitation patient

COMPREHENSIVE GENETICS AND SURGERY PROGRAM

This is comprehensive, multidisciplinary care, and women receive support at a higher level here. Patients found to be at an increased risk of cancer enter a circle of care that might entail more frequent screenings for breast cancer, such as MRI; chemoprevention, with a daily medication to reduce risk; or prophylactic surgery, removing the breast tissue and ovaries.”

Aileen Caceres, MD, MPH, FACOG
Medical Director
Comprehensive Genetics and Surgery Program

PELVIC HEALTH REHABILITATION PROGRAM

“We begin our work with each patient by listening and really trying to understand what she’s going through. Then together, we walk through the treatment process and create a set of goals. This time and attention helps to build trust. We want each patient to know that we’re working hard to help her return to prior function and activities.”

Elizabeth Bell, MPT
Pelvic Rehabilitation Therapist
Each day at the Florida Hospital Celebration Health Institute for Lifestyle Medicine, a group of uniquely skilled caregivers works with a common goal in mind: to inspire you to live life to the fullest. Regardless of age, current health or stage of life, our health-empowerment philosophy encourages patients to actively participate rather than passively observe. We help you make smarter choices, and we see prevention as the key to a long and healthy life. Our programs reflect our commitment to whole-person health and healing—by providing care for the mind, body and spirit.

**Florida Hospital Celebration Health Fitness Centre and Day Spa**
Certified personal trainers. Massage therapists. Exercise physiologists. Aestheticians. Acupuncturists. Together, the Fitness Centre and Day Spa team supports health and healing with the highest level of personal service and specialized programs for such conditions as osteoporosis, lymphatic drainage and surgery wellness. Our 50,000 square-foot, medically based facility features fitness lessons with state-of-the-art strength and cardio equipment, a 25-meter lap pool, exceptional childcare services and one of the largest group fitness floors in Central Florida, with 250 group fitness classes per month.

**Florida Hospital Celebration Health Assessment**
In one seamless day, patients can receive a comprehensive and integrated health review and improvement plan. Ideal for busy professionals, the Florida Hospital Celebration Health Assessment is a personalized evaluation that combines lifestyle-medicine expertise with state-of-the-art diagnostics and technologies, including genomics testing. Facilitated by a team of physicians, dietitians, nurses and physiologists, the experience focuses on your unique concerns and potential risks—leaving you with a true sense of your personal health and a wellness action plan.

**Mommy and Me**
Here, pregnant women who are overweight or at risk of being obese learn specific recommendations from the Mommy and Me Program led by Gitanjali Srivastava, MD, medical director of Obesity Medicine. The course addresses specific physiological causes of obesity before, during and after pregnancy. Patients are inspired to fight back, treat and prevent obesity not only for themselves, but also their children.

**Breast Center Recovery**
The Path to Wellness Program, created by Olga Ivanov, MD, provides her breast cancer patients with the wholistic guidance they need to help their bodies heal. Services include a private appointment and treatment with a registered dietitian, exercise physiologist, acupuncturist and massage therapist.

**Genomic Testing**
One more powerful diagnostic tool to personalize your plan for optimum health and wellness, genomic testing gives you access to a wealth of information stored in your DNA. Paired with our in-depth medical consultation, you can make more informed decisions about potential health risks, medication management, diet, exercise and more. A simple, non-invasive saliva test delivers one report that provides you with a lifetime of actionable information.

**Nutrition Counseling**
Whether you are looking to manage a medical condition like elevated blood sugar or cholesterol, or want to fine-tune your food choices, our certified nutrition consultants are trained to help patients adopt a healthier lifestyle. We take the time to understand each patient before creating an individual action plan, incorporating today’s most up-to-date nutritional information.

**Mental Health Counseling**
At the Institute for Lifestyle Medicine, our team of PhD-level psychologists provides a relaxed and non-judgmental environment for patients to talk about any challenges they might be experiencing and the impact on everyday life. Topics of discussions vary in nature and can range from relationships, finance, elder care and child development, to managing stress, sleep disorders and sleep hygiene. Through the process of therapy, patients can overcome obstacles and experience new and more effective ways of coping with current life situations.

**Spiritual Health**
A hospital stay can be an unexpected, anxious and lonely time, not only for the patient, but family and friends as well. That’s why members of the Department of Pastoral Care are available to you and your loved ones during your time in the hospital. Available any time, day or night, the Pastoral Care team offers understanding, prayer and spiritual interventions designed to complement traditional medical treatment.
The collaborative spirit at Florida Hospital Celebration Health Women’s Institute helps to promote exceptional care for women. Our team of expert physicians has access to Florida Hospital Celebration Health’s specialists, programs and centers. Each year, we hand-select one program from more than 30 to highlight in the Florida Hospital Celebration Health Women’s Institute Outcomes Report. This edition features the Head and Neck Surgery Program at Florida Hospital Celebration Health.

The Florida Hospital Celebration Health Head and Neck Surgery Program offers some of the most sophisticated and advanced surgeries, technologies and therapies available in the country. As noted pioneers in advanced robotic-assisted and reconstructive surgery, we continue to treat more patients, providing them with the latest in care, prevention and research. According to state registry data, the Florida Hospital Celebration Health Head and Neck Surgery Program is now the fourth-busiest provider of head and neck cancer services in the state of Florida.

Renowned head and neck surgeon J. Scott Magnuson, MD, serves as the chief medical officer at Florida Hospital Celebration Health and is the medical director of the Head and Neck Cancer Surgery Program. Dr. Magnuson and his team bring their highly technical skills to the field of reconstructive head and neck surgery, including transoral robotic surgery (TORS) and transoral laser microsurgery (TOLMS), as well as minimally invasive thyroid and parathyroid surgery. The program provides patients with a wide range of otolaryngology and head and neck treatments and procedures, including advanced head and neck surgery, tumor removal (benign and malignant), head and neck reconstruction, sleep apnea surgery, skin cancer surgery, swallowing disorders, voice disorders and airway surgery.

Our team of specialists comprises medical professionals chosen for their experience and training in head and neck cancer cases, including surgeons, nurses, nutritionists, speech therapists, exercise physiologists, social workers and spiritual care specialists. Head and neck surgery team members actively teach medical students and physician assistant students from universities throughout the country.

The Florida Hospital Celebration Health Women’s Institute is dedicated to providing a compassionate and innovative health care environment for women. In 2013, more than 45,000 women in the United States were diagnosed with thyroid cancer. In addition, according to the American Cancer Society, the chance of being diagnosed with thyroid cancer has risen in the recent years and is the most rapidly increasing cancer in the US. Over the past three decades, the incidence of papillary thyroid cancer has tripled.

Thyroid Surgeries by Type

<table>
<thead>
<tr>
<th>Thyroid</th>
<th>Parathyroid</th>
</tr>
</thead>
<tbody>
<tr>
<td>84%</td>
<td>16%</td>
</tr>
</tbody>
</table>

Thyroid Surgeries by Gender

<table>
<thead>
<tr>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>98%</td>
<td>92%</td>
</tr>
</tbody>
</table>

84%

16%

82%

77%

92%

98%

22%

J. Scott Magnuson, MD
Chief Medical Officer
Florida Hospital Celebration Health
Medical Director
Head and Neck Surgery Program
Head and Neck Surgery Patient Experience
2013 HCAHPS Survey Responses

Hospital Consumer Assessment of Health Care Providers and Systems (HCAHPS) is a standardized tool that measures patients’ perspective of hospital care.

GROWING TO FULFILL ALL NEEDS

The Florida Hospital Celebration Health Women’s Institute is committed to continually growing our offerings to best support the needs of the women in the communities we serve.

The following pages provide a brief representation of programs that go beyond the norm, but are tailored specifically to help pave the path toward wellness and positive outcomes.
“What used to be seen as a lifestyle problem has now proven to be a much more complex disease. Through the teaching and re-education of patients, families and staff members, we’re working hard to de-stigmatize and fight back against obesity.”

Gitanjali Srivastava, MD, FAAP, FACP
Medical Director, Obesity Medicine

The facts are staggering: adults with obesity are at increased risk of developing more than 60 major chronic diseases, including cardiovascular disease and stroke, diabetes, osteoarthritis, gall bladder disease and some cancers. And more than one-third (78.6 million) of US adults have obesity.

Today, Gitanjali Srivastava, MD, a board-certified and fellowship-trained physician and the founding physician of the Center for Obesity Medicine, is passionate about treating patients of all ages and degrees of obesity with a team approach to provide customized treatment plans. Here, each patient receives individualized care — based on varying factors like genetics and specific type of weight gain — to treat the root cause of this complex disease.

Using a comprehensive, multi-specialty approach, we provide access to sub-specialists like dietitians, counselors and physical trainers. Our entire medical team is focused on providing patients with excellence in lifestyle therapies, anti-obesity medications and referrals for bariatric surgery, depending on individual patient needs.

“With each patient, our promise is to provide the best possible care. For us, it’s more than our job. It’s who we are as physicians. As caregivers. As people.”

Lame Brush, DO, FACOG
Medical Director, Gynecologic Oncology

Dedicated to the early detection and treatment of adverse gynecologic occurrences, including cancers, benign ovarian cysts and masses, complex endometrial hyperplasia, excessive menstrual bleeding, uterine fibroids and endometriosis, the Florida Hospital Cancer Institute Gynecologic Oncology Program has performed more gynecologic oncology surgeries than any hospital in the nation, and our patient outcomes consistently exceed national averages.

Our patients have access not only to advanced oncologic therapies, but to less-invasive surgical options as well. In fact, our gynecologic oncologists are leaders in their field and have innovated several robotic-assisted surgery techniques, continuing to train surgeons from around the globe. The group’s seminal research publications in robotic-assisted surgery outcomes are widely quoted in peer-reviewed literature.

From our care coordinators who provide one-on-one support to our internationally recognized physicians, women receive the very best in cancer care and treatment.
Florida Hospital Nicholson Center

We understand that women’s medicine is rapidly evolving and requires surgeons and clinicians to stay on the forefront of care. That’s why Florida Hospital Celebration Health is home to the Florida Hospital Nicholson Center, a 54,000 square-foot facility that features state-of-the-art surgical suites and simulations labs. For more than a decade, the Florida Hospital Nicholson Center has trained more than 75,000 clinicians from around the world in the most advanced and effective procedures, processes and skills in a medically simulated environment. This living laboratory for health care advancement is developing, incubating and accelerating next-generation clinical knowledge, technology, treatments and clinical trials for the global community. We give surgeons the opportunity to have hands-on experience with the newest emerging technologies.

The Florida Hospital Nicholson Center also has a 3,000 square-foot downtown Orlando location that offers a more intimate training experience. Bringing together global professionals, the Florida Hospital Nicholson Center is pioneering new techniques and procedures that push the boundaries of medical care. Year after year, hands-on training techniques have proven to provide key skills needed to advance medical development, all underscoring the positive women’s care outcomes reflected in this report.

At the Florida Hospital Celebration Health Women’s Institute, we continue to extend our support to women in the community we serve through philanthropy. Two of our largest efforts – Pink on Parade and the Florida Hospital for Women Mobile Coach, a portable mammography unit – have given women access to care they would not have been able to receive or afford.

Pink on Parade

The Florida Hospital Celebration Health Women’s Institute continues to give back with the annual Pink on Parade Breast Cancer Walk. A vision of Olga Ivanov, MD, medical director of the Comprehensive Breast Health Center, Pink on Parade raises funds to provide hope and healing to women in our community battling breast cancer. This beautiful three-mile walk through the quaint town of Celebration has raised more than $60,000 in its first two years. All funds raised benefit the Florida Hospital Foundation Celebration Health Breast Cancer Fund.

Florida Hospital for Women Mobile Coach

Mobile health services make preventive screenings more available to and convenient for all women. To learn more about the Florida Hospital for Women Mobile Coach and portable mammography unit, visit Floridahospital.com/Women.

Preventive Health Screenings

- Digital mammography
- Electrocardiogram (EKG)
- Bone mineral density
- Body mass index (BMI)
- Skin analysis
- Skin analysis

Giving: Time, Talent, Treasure

There is so much good that comes with giving. Every day, we are grateful to the gracious patients and concerned citizens from around the globe who join us in our fight to heal. For those in search of where and how to donate, the Florida Hospital Celebration Health Women’s Institute makes giving possible in many different ways. Wherever and however you care for the community, a gift of self enhances each of us.

Time: Volunteerism is an exceptional way to positively impact the lives of patients, visitors and staff. Pastoral Care, the concierge desk, the gift shop and patient units are a few examples of areas where you can make a difference.

Talent: Lives can be greatly impacted by the gift of sharing talents. Musicians can help soothe a patient’s anxiety. Gardeners can create healing environments. Everyday listeners can help heal a lonely heart. Consider giving the gift of your special talent.

Treasure: Your generous donations enable us to expand our facilities and technology and attract specialized physicians and researchers to develop disease-curing treatments.
COLLABORATIVE TEAM

Physicians by Specialty*
Breast Surgery
Olga Ivanov, MD
Medical Director; Comprehensive Breast Health Center

Gynecologic Oncology
Lorna Bucklew, DO
Medical Director; Gynecologic Oncology
Sara DeNardis, DO

Gynecology
Aileen Caceres, MD
Medical Director; Comprehensive Genetics and Surgery Program
John Kim, MD
Steven McCanus, MD
Medical Director; Minimally Invasive Gynecologic Surgery; Tamberry McCanus, MD

Obstetrics and Gynecology
Autumn Ellis, MD
Eric Edwards, MD
Veronica Figueiras, MD
Esvanam Kurji, MD
Denise Klemczak, DO
Mary Langmeister, MD
Robert Lemert, MD
David Marcati, MD
Mark Pelazro, DO
Juan Reinoso, MD
Renata Silva Quirk, MD
Jennifer Szabo, MD
Obstetrics and Gynecology Section Chair
Marcie Wilson-Coleman, DO
Douglass Winger, MD
Michael DeNardis, MD

Reproductive Endocrinology and Infertility
Sejal Patel, MD
Women’s Section Leader
Cesario Silva Pinto, MD

Clinical Care Coordinators
Often a patient requires the expertise and care of multiple providers. Care coordinators are here to guide you through your experience at Florida Hospital Celebration Health. Our professional care coordinators can assist you with everything from scheduling appointments for tests, procedures and surgery, to providing information on the latest clinical research.

Breast Health and Genetics
Rebecca McLamara, RN, BSN, OCN
(407) 303-4877
Rebecca.Mclamara@Fhosp.org

Head and Neck Surgery
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Emily.Sanders@Fhosp.org

Obesity Medicine and Surgery Institute
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Sharon.Krzyzanowski@Fhosp.org

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Sports Medicine
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Dyan.Welch@Fhosp.org

Thoracic Surgery
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(407) 303-4877
Hannah.HallmanQuirk@Fhosp.org

Women’s Health
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(407) 303-4919
Karen.Konrad@Fhosp.org

Women’s Imaging Nurse Navigator (WINN)
Ann Corbelilum, RN, BSN
(407) 303-4919
Ann.Corbelilum@Fhosp.org

*As of the publication date, medical staff listed on this page may have joined, left or been reassigned to other hospitals.

On medical staff at time of publication.
SELECTION OF ACADEMIC ACHIEVEMENTS

One of the missions of the Florida Hospital Celebration Health Women’s Institute is to improve the overall health and well-being of women through high-quality, compassionate care. We are committed to providing women the most advanced, breakthrough medical care. Continuing the tradition of excellence in clinical research, the Women’s Institute is proud to announce a new research program, the cancer control initiative. This research program is designed to more closely examine the current strategy for management and prevention of various cancers, especially breast and ovarian cancer. Without intervention, the majority of women with inherited mutations in BRCA1 and BRCA2 will develop breast and/or ovarian cancer. In fact, for individuals with BRCA1 and BRCA2, the risk for breast or ovarian cancer by age 70 may be as high as 85 percent and 50 percent, respectively. Preventive treatments include risk-reducing surgeries (double mastectomy, oophorectomy, hysterectomy), chemotherapy and routine screening.

The data also shows that a far less-than-desirable percentage of carriers have undergone risk-reducing surgery, while considerably less BRCA carriers had selected chemotherapy for preventive care. According to the data, the large majority of BRCA survivors and previvors had undergone risk-reducing surgery, while considerably less BRCA carriers had selected chemotherapy for preventive care. The data also shows that a far less-than-desirable percentage of carriers have undergone risk-reducing surgery, while considerably less BRCA carriers had selected chemotherapy for preventive care. A “previvor” is defined as a woman who has been tested and found positive for BRCA mutation carriers and other genetic mutation carriers with a thorough evaluation. PREVIVORS have unique needs and concerns separate from the general population. They are survivors of a predisposition to cancer, but who haven’t had the disease. The rationale for this investigation involves knowledge of the importance of regular surveillance.

Study Two: Lifestyle Factors of BRCA Carriers

The second study examined the lifestyles of BRCA mutation carriers and identified conditions that could increase their risk for primary or secondary cancer. The rationale for this investigation involves knowledge of the importance of a healthy lifestyle in cancer prevention. Obesity, sedentary lifestyle, poor diet, stress and sleep loss cause metabolic and hormonal changes that increase the risk for cellular mutagenesis, tumor formation, growth and progression. As the BRCA gene is one of several in the body that helps to prevent tumor development, a healthy lifestyle is of particular importance in reducing cancer risk for individuals with BRCA mutations. A total of 83 BRCA mutation carriers and previvors participated in the study. Lifestyle assessments for the BRCA mutation carriers and controls included diet and food preferences, levels of physical activity and function, psychological status (anxiety and quality of life), sleep quality and duration and weight, and measurement of other clinical parameters, such as blood pressure and heart rate. In summary, we found that a diagnosis of BRCA gene mutation has a negative impact on psychological well-being, and based upon this information, we recommend that BRCA mutation carriers, whether they are survivors or previvors, need long-term emotional support in the form of genetic and behavioral counseling.

Study One: BRCA Management Strategies and Preventative Practices

Having Preventative Surgery

According to the data, the large majority of BRCA survivors and previvors had undergone risk-reducing surgery, while considerably less BRCA carriers had selected chemotherapy for preventive care. The data also shows that a far less-than-desirable percentage of carriers have undergone risk-reducing surgery, while considerably less BRCA carriers had selected chemotherapy for preventive care. A “previvor” is defined as a woman who has been tested and found positive for BRCA mutation carriers and other genetic mutation carriers with a thorough evaluation. PREVIVORS have unique needs and concerns separate from the general population. They are survivors of a predisposition to cancer, but who haven’t had the disease. The rationale for this investigation involves knowledge of the importance of regular surveillance.

Having Preventative Surgery

A “previvor” is defined as a woman who has been tested and found positive for BRCA mutation carriers but has not yet developed cancer.

Percentage of BRCA Mutation Carriers Having Preventative Surgery

Survivors 66% 46%

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Percentage of BRCA Mutation Carriers Having Preventative Surgery

Survivors 66% 46%

The data also shows that a far less-than-desirable percentage of carriers have undergone risk-reducing surgery, while considerably less BRCA carriers had selected chemotherapy for preventive care. The data also shows that a far less-than-desirable percentage of carriers have undergone risk-reducing surgery, while considerably less BRCA carriers had selected chemotherapy for preventive care. A “previvor” is defined as a woman who has been tested and found positive for BRCA mutation carriers and other genetic mutation carriers with a thorough evaluation. PREVIVORS have unique needs and concerns separate from the general population. They are survivors of a predisposition to cancer, but who haven’t had the disease. The rationale for this investigation involves knowledge of the importance of regular surveillance.

Having Preventative Surgery

A “previvor” is defined as a woman who has been tested and found positive for BRCA mutation carriers but has not yet developed cancer.

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Survivors 66% 46%
Cosmetic Hysterectomy: Reducing Post-operative Scarring and Improving Women’s Surgical Outcomes

Patients requiring a hysterectomy are no longer subjected to living with a large incisional scar that was common several years ago. With the advent of less-invasive surgery, surgeons can offer women this important procedure, while providing cosmetically pleasing results.

In response to his patients’ concerns about post-operative scarring, Steven McCarus, MD, medical director of Advanced Gynecologic Surgery at Florida Hospital Celebration Health, developed the McCarus Cosmetic Hysterectomy®. This less-invasive technique utilizes a laparoscope to view and facilitate removal of the diseased organ, and the incisions are “hidden” inside the umbilicus (navel) so that no scars are noted post-operatively.

To better understand patients’ beliefs and needs as it relates to surgical incisions associated with hysterectomy, McCarus studied 200 women under evaluation for this gynecological procedure. Cosmetic issues (i.e., hysterectomy scars) were self-reported as important in 93 percent of subjects, of which 24 percent indicated this was extremely important. Of these same subjects, 11 percent indicated they were extremely bothered about their other current scars. More than half of all women in the study were unfamiliar with alternatives to the open abdominal procedure and the different types of incisions and resultant scars. The overwhelming majority felt it was critical that their gynecologist talk to them frankly and honestly about the possibility of post-operative scarring.

These study results show procedures with minimal or aesthetically acceptable scarring following a hysterectomy procedure is something many patients desire but do not know is available.

“This benchmark outcomes report confirms the fact that women place a high value on less scarring – even in those less-visible areas. We’ve identified the patients’ understanding and desires as it relates to surgical incisions associated with hysterectomy options. The results support the positive effects of the McCarus Cosmetic Hysterectomy technique.”

Steven McCarus, MD, FACCQG
Medical Director, Advanced Gynecologic Surgery

Nearly half of all women in the study would be “extremely interested” in a surgery that would leave no scars.

Would you be interested in a surgery that would leave no scars?

<table>
<thead>
<tr>
<th>Extremely interested</th>
<th>Quite interested</th>
<th>Moderately interested</th>
<th>Slightly interested</th>
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<tr>
<td>46%</td>
<td>21%</td>
<td>7%</td>
<td>2%</td>
<td>9%</td>
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More than half of all women in the study were moderately and extremely concerned about how their incisions will look.

How concerned are you with how your incisions will look?

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<thead>
<tr>
<th>Extremely concerned</th>
<th>Quite concerned</th>
<th>Moderately concerned</th>
<th>Slightly concerned</th>
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<tr>
<td>27%</td>
<td>20%</td>
<td>10%</td>
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</table>

Nearly 60 percent of all women in the study felt it was "extremely important" that their surgeons discuss, prior to surgery, the location, number and size of the incisions.

How important is it to you that your surgeon discusses, prior to surgery, the location, number and size of the incisions?

<table>
<thead>
<tr>
<th>Extremely important</th>
<th>Quite important</th>
<th>Moderately important</th>
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<th>Not at all important</th>
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<tbody>
<tr>
<td>60%</td>
<td>18%</td>
<td>9%</td>
<td>8%</td>
<td>6%</td>
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Three out of four women in the study felt cosmetic issues, like scars, in a female surgery were moderately important, quite important and extremely important.

How important are cosmetic issues, like scars, to you in female surgery?

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<tr>
<th>Extremely important</th>
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<td>24%</td>
<td>29%</td>
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<td>12%</td>
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SELECTION OF ACADEMIC ACHIEVEMENTS

Nearly 60 percent of all women in the study felt it was "extremely important" that their surgeons discuss, prior to surgery, the location, number and size of the incisions.

How important is it to you that your surgeon discusses, prior to surgery, the location, number and size of the incisions?
Firefly Technology for Endometriosis Treatment

When treating endometriosis, the ability to visualize all manifestations of the disease is critical to prevent recurrence of symptoms. Today, visual diagnostic accuracy is variable, using two-dimensional white-light imaging, and although improved by the three-dimensional high definition of the robotic surgical system, remains technically challenging. Today, the Florida Hospital Celebration Health Women’s Institute offers the Firefly™ fluorescence imaging system, a breakthrough technique using fluorescence imaging and ICG dye that allows for more accurate visual diagnosis of endometriosis.

Study Objectives

This 2014 study looked at the use of fluorescence imaging and ICG dye (Firefly), compared to standard two- and three-dimensional white-light imaging, for accurate visual diagnosis of endometriosis during a resection procedure. An ongoing investigation, the study population includes pre-menopausal patients (18 to 55 years old) with symptoms of endometriosis, including dysmenorrhea, dyspareunia, infertility, chronic pelvic pain or pressure on the bladder or rectum that causes painful bowel movements. During surgery, the location and estimated size of each suggestive endometrial lesion is documented on a pelvic diagram before all visible lesions are completely excised. Standard pre- and post-operative surveys regarding pain and quality of life are given to participants and will be examined as short- and long-term outcome measures.

The Findings

Preliminary results show a significant amount of diseased tissue that is not normally illuminated by standard light, is able to be seen using the Firefly dye. When visualized, the surgeon is able to isolate the tissue and surgically remove it. The implications suggest significantly improved accuracy in finding the endometriotic lesions using Firefly imaging, potentially leading to a lower relapse rate or complete resolution of the disorder.

“Using the Firefly procedure, Dr. Caceres treated my symptoms caused by endometriosis. I had been to other doctors prior to coming to the Florida Hospital Celebration Health Women’s Institute, and none of them were able to identify the source of my pain. Dr. Caceres’s bedside manner made my husband and I feel that we could really trust her. It’s been almost one month since my Firefly procedure, and my pain is gone and my recovery is going smoothly.”

Sheryl Firefly procedure patient of Dr. Caceres

The ongoing Firefly study is showing enormous benefits. In addition to reducing pain, the technique can help reverse infertility symptoms. This is a life-changing medical advancement.”

Aileen Caceres, MD, MPM, FACOG
Medical Director
Comprehensive Genetics and Surgery Program

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Sheryl
Firefly procedure patient of Dr. Caceres