

# waterman wellness

Extending the Healing  
Ministry of Christ  
Early Winter 2019

**‘Don’t  
ignore it’**  
Heartfelt advice  
for getting  
checked out





## Together we thrive

We at CREATION Health believe the spiritual aspect of trust in God has as much impact on human health as does the practice of medicine. Interpersonal relationships is an aspect that is thought to do the same. In fact, this CREATION Health aspect is noted by experts to be more impactful to our health than factors like exercise or diet.

God created us to depend on relationships with others. His intentions included significant others, as well as relatives, friends and co-workers. His intent is clear by His placement of people around us and is validated through the theory that relationships reduce health risks, such as heart disease and premature death.

Maintaining healthy relationships is no doubt a challenging task, but it's a challenge worth pursuing. Striving to interact, understand, learn from, and return love to loved ones and friends are efforts that are rewarding. Having healthy relationships drives out loneliness, keeps life fresh and, most importantly, helps to improve our health.

# Connect With Waterman

Find out how Florida Hospital Waterman is helping improve the health and well-being of Lake County. Don't miss the latest episodes of:

### Waterman Wellness TV



Go to [WatermanWellness.com](http://WatermanWellness.com) for the Lake Sumter TV schedule and channels.

## CREATION Health Classes & Events



### DIABETES SELF-MANAGEMENT EDUCATION

- Mondays, Jan. 7 through Feb. 4, 10 a.m. to noon
- Mondays, Feb. 18 through March 18, 5 to 7 p.m.

Conry Creation Health Center  
This five-session course teaches you how to manage your blood sugar, medications, exercise, meals and sick days. Taught by certified diabetes and health educators, this class helps you learn everyday strategies focused on nutrition, exercise and disease management. \$35 for five sessions. Call Candace Huber at **352-253-3685**.

## SUPPORT GROUPS

### BREAST CANCER SUPPORT

Thursdays, Jan. 17, Feb. 21, March 21, 1:30 to 3 p.m.  
Cancer Institute Conference Room  
Call Latanya Ruiz, MSW, at **352-253-3605**.

### GYN CANCER SUPPORT

Tuesdays, Jan. 8, Feb. 12, March 12, noon to 1:30 p.m.  
Cancer Institute Conference Room  
Call Latanya Ruiz, MSW, at **352-253-3605**.

### GENERAL CANCER SUPPORT

Thursdays, Dec. 6, Jan. 3, 1:30 to 3 p.m.  
Cancer Institute Conference Room  
Call Latanya Ruiz, MSW, at **352-253-3605**.

### MEN'S TEAM HUDDLE

Thursdays, Jan. 24, Feb. 28, March 28, noon to 1 p.m.  
Cancer Institute Conference Room  
Call Latanya Ruiz, MSW, at **352-253-3605**.

### PARKINSON'S SUPPORT GROUP

Monday, Dec. 10, 1 to 2 p.m.  
Conry Creation Health Center  
Call Candace Huber at **352-253-3685**.

### DIABETES SUPPORT GROUP

Wednesday, Jan. 16, 5 to 6 p.m.,  
Conry Creation Health Center  
For information, call Candace Huber at **352-253-3685**.



#### REGISTER ONLINE

at [ConryCREATIONHealth.com](http://ConryCREATIONHealth.com) or call **352-253-3965** for more information.

# New name, same great care

Florida Hospital Waterman will soon be AdventHealth Waterman



  
**AdventHealth**  
Waterman

**Adventist Health System,** one of the nation's largest faith-based health care systems, with nearly 50 hospital campuses and more than 80,000 employees, announced in August that it will soon become AdventHealth. With the name change, the health system will move to being one consumer-centric, connected and identifiable national system of care for every stage of life and health.

Beginning Jan. 2, 2019, all of Adventist Health System's wholly owned hospitals and hundreds of care sites across its footprint will adopt the AdventHealth name and logo. The naming structure will allow consumers to more easily distinguish AdventHealth's care locations and services. While its name is changing, the organization is not changing in ownership or business structure.

"We are transforming to be a more consumer-focused health care system to better meet the needs of those we care for and the communities we serve," says Terry Shaw, President and CEO for Adventist Health System. "Becoming AdventHealth allows us to be a fully integrated and distinguishable health system across all aspects of the care continuum, while also speaking to our Christian healing ministry, message of wholeness and our rich Seventh-day Adventist roots."

## Hope and healing

The name AdventHealth signals the arrival or beginning of health and expresses a strong and clear connection to the healing and salvation that God has promised. Adventist Health System's promise of wholeness is an expression of the belief that caring for the physical,

emotional and spiritual needs of every person is the key to good health.

"Our community, through our board and others, really advocated to retain our legacy name," says Abel Biri, Florida Hospital Waterman CEO. "Since our humble beginnings in 1938 on the second story of a defunct hotel in downtown Eustis, we have actually maintained that name throughout the various changes to the hospital. While most of AdventHealth System's hospitals are converting to AdventHealth followed by the city or town they're located in, we were able to retain our legacy name of Waterman."

Changes to signage and visual elements at hospitals and other facilities are expected to take place in January when the AdventHealth name is fully adopted systemwide.

# A coronary **DETOUR** and restored flow

## ***It was a hot afternoon***

in July when James Gibby, of Mount Dora, took his wife shopping for their upcoming cruise to Alaska.

“We walked out of the mall and had a flat tire on our car,” Gibby says. “I proceeded to change the tire and was literally on my knees, upside down, cranking the lift. I started having pain in my left shoulder, so I sat in the car for 10 minutes until the pain went away. I thought it was a cramp. I didn’t relate it to a heart issue.”

“Two days later, my breathing had gradually become more and more challenging and I wasn’t sleeping well,” Gibby says. “I called my good friend, Dr. Jack Cassell, and I told him my symptoms. He immediately drove to my house and took me to the Florida Hospital Waterman Emergency Department.”

Gibby was quickly evaluated by Gary Allen, MD, board-certified cardiothoracic surgeon, and given a cardiac catheterization.

“Cardiac catheterization is a procedure used to diagnose and treat cardiovascular conditions,” explains Dr. Allen. “A long thin tube called

a catheter is inserted in an artery or vein in your groin, neck or arm and threaded through your blood vessels to your heart.”

“He found three arteries that were blocked. One was 100 percent blocked,” says Gibby. “Dr. Allen said I was experiencing heart failure and would need coronary artery bypass surgery.”

## **A new passageway**

Coronary artery bypass grafting (CABG) is a surgical option for people who have severe coronary artery disease, a condition in which plaque builds up in the coronary arteries and reduces blood flow to the heart muscle. It is typically only performed when other treatments, such as medicine, are not sufficient to correct the blockage.

Gibby had his surgery as soon as he could and recovered in the hospital before being discharged to continue his recovery with home care nursing.

“I was advised to stay mobile and be as active as I could once I went home. I really recovered

dramatically and rapidly,” Gibby says. “The home care nurses were excellent. They checked my vitals and advised me on various ways to recover faster and more efficiently. I followed their instructions to the letter. I lamented when the visits stopped because I became good friends with several of the nurses.”

“Right now, I have no sensation of ever having surgery or heart failure,” says Gibby. “I’m anticipating being as aggressive as possible in my upcoming cardiac rehab sessions to elevate myself back to the best quality of life. My goal is a full recovery and to be as vital as ever.”


Gibby and his wife are planning to reschedule their original travel plans, and he is intent on using his experience to help others.

“The primary thing I would say to anyone else is if you have an issue, deal with it. Don’t ignore it,” Gibby says. “Call your doctor, get to the hospital. If it’s a false alarm, that’s fine. If it’s not a false alarm, then you will be in the best hands possible. The earlier you deal with it, the better your outcome will be.”



“The primary thing I would say to anyone else is if you have an issue, deal with it. Don't ignore it.”  
 —James Gibby

After coronary artery bypass surgery and grafting, James Gibby says he has “no sensation of ever having surgery or heart failure.” He has stayed active and looks forward to traveling with his wife.

 Visit [FHWatermanHeart.com](http://FHWatermanHeart.com) to take a heart health quiz today.

### What is CABG?

“During CABG, a healthy vein or artery from another part of the body is grafted to the blocked artery, creating a new passageway



Gary Allen, MD

for oxygen-rich blood to reach the heart,” says Dr. Allen. “This vein or artery may be removed from the leg, chest, or forearm. It is then attached to the aorta on one end and the diseased coronary artery on the other end, just past the blocked area. Blood is then redirected through the graft, detouring the diseased section and increasing blood flow to that area of the heart.”

# ECMO kept me alive

An acute case of the flu brought Michael to the only hospital in Lake County with the new life-support technology

**When Michael Reilly**, of Grand Island, began experiencing chills and coughing last January, he brushed it off as a minor cold and waited a month before visiting his local walk-in clinic.

“I never go to the doctor and didn’t have a primary care provider,” Reilly says. “The clinic gave me some medicine, but I didn’t get better.”

In fact, Reilly got worse. He began to feel a tingling sensation and eventually fainted in his kitchen.



Louis Guzzi, MD

“I called 911 and they brought me to Florida Hospital Waterman,” he says. “By then I had a high fever and chills.”

Reilly was very, very sick with the flu.

“I was in the hospital for four days before they decided to put me in a medical coma,” says Reilly. “They said my kidneys were failing.”

Reilly remained in a coma, on ECMO life support, for 40 days under the watchful care of the staff in the intensive care unit.

“ECMO stands for extracorporeal membrane oxygenation, and we have been privileged enough to have this new equipment at our hospital,” says Laura



Michael Reilly was in a medically induced coma, on ECMO life support, for 40 days. Today, he is back to work with no restrictions.



A lot of people die from the flu every year. Luckily for me, ECMO was here.”



Everett, RN, Nurse Manager for the cardiovascular intensive care unit at Florida Hospital Waterman. “It provides an opportunity for people who have severe lung injury or heart injury to heal. The machine takes over—it rests those organs and allows the organs to heal.”

“It is very exciting to have this available for our patients. We are the only hospital in Lake County to have this advanced technology,” says Louis Guzzi, MD, Director of Critical Care Medicine at Florida Hospital Waterman. “We’re actually able to provide the highest level of care for people in our community without having to transport them to Orlando. This is a significant resource that makes a huge difference in continuity of care for patients and their families.”

Reilly’s around-the-clock care included a team of therapists, nurses, physicians and perfusionists. When he was slowly awakened from his coma after 40 days, his lungs had dramatically improved.

“I remember waking up in the hospital and eventually being transported to a rehab facility,” Reilly says. “I was

supposed to stay there for a month, but I pushed myself to get better faster. I left rehab after 15 days.”

But Reilly wasn’t completely out of the woods just yet.

“I had physical therapy and home care nurses who helped me for about a month after I left rehab,” he says. “I had to learn to walk, sit and stand again.”

Today, Reilly is back to work with no restrictions and says he now encourages his friends not to procrastinate about going to the doctor when they are sick.

“I never went to the doctor for checkups or when I was sick,” Reilly says. “Now I have a primary care doctor, and I tell my friends to go get checked out when they aren’t feeling good. A lot of people die from the flu every year. Luckily for me, ECMO was here and kept me pumping.”



VISIT

**FHWaterman.com** for more information on the latest technology.

# ADVANCED TREATMENT for aggressive prostate cancer

## *It was during*

a routine annual physical and blood test that Dan Pierce, 74, of Tavares, discovered he had prostate cancer.

“My primary care doctor said my prostate screening bloodwork showed a high Gleason score, and so he referred me to Dr. Gerboc who diagnosed me with prostate cancer,” Pierce says.

“The Gleason score is a measure of how aggressive the prostate cancer is,” says Jason Gerboc, DO, board-certified urologic surgeon. “We use this score to assist us with developing a treatment plan for the patient.”

He advised Pierce to receive radiation treatment from Florida Hospital Waterman Cancer Institute and radiation oncologist Anudh Jain, MD.

“Here at Florida Hospital Waterman, we work directly with patients and other specialists to come up with the best care. We have advanced technology, and we offer patients a wide host of



Anudh Jain, MD

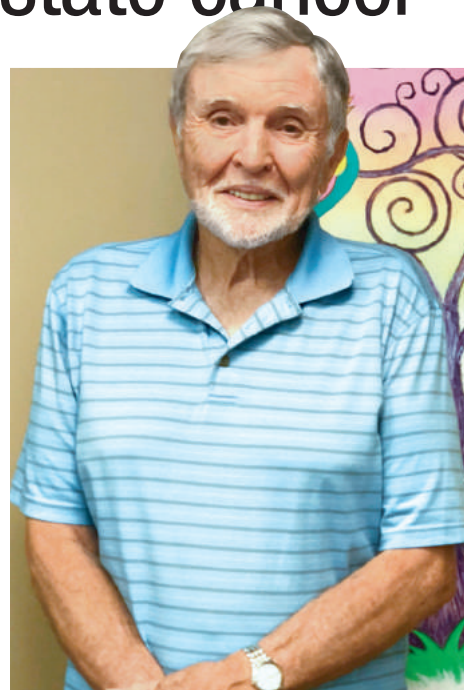
options,” Dr. Jain says. “We have state-of-the-art cancer treatment right here, close to home.”

## **TruBeam and SpaceOAR**

Pierce’s medical team decided upon a treatment plan of nine weeks of radiation therapy using the latest TruBeam linear accelerator system and the use of SpaceOAR hydrogel.

“SpaceOAR hydrogel acts as a spacer providing distance between the rectum and the prostate, making it much less likely that the rectum is exposed to radiation and any negative side effects,” explains Dr. Jain. “The hydrogel is minimally invasive, remains stable during radiation therapy and then is gradually absorbed by the body after radiation therapy has been completed.”

Pierce finished his treatments in July and says he is feeling great. “I’m still on some medications that make me a little tired, but I don’t have any complaints,” he says. “I had an excellent experience, and everyone was just super nice and wonderful. I’m back to working in my yard and all the usual stuff.”



Dan Pierce finished his radiation therapy in July and says he is feeling great.



## **SHOULD YOU GET THE TEST?**

Men who are over 40 or have a family history of prostate cancer should get an annual PSA test. If you need a urologist, you can find one at **FHWaterman.com**.

## The most advanced cancer care available

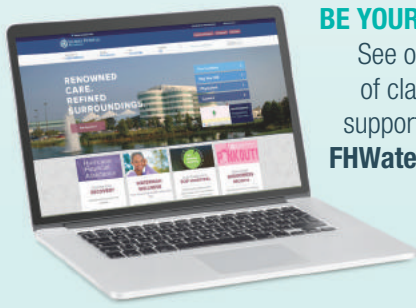
At Florida Hospital Waterman, we have the leading-edge technologies and medical expertise to help our patients through every stage of the process, from diagnosis to treatment—all in a compassionate, friendly, patient-centered environment. The Florida Hospital Waterman Cancer Institute is a cancer program dedicated to providing our patients with the most advanced treatment and care available in Central Florida. Accredited as a comprehensive

community cancer program by the American College of Surgeons’ Commission on Cancer, we offer both radiation oncology and medical oncology. Our team of board-certified surgeons has the only fellowship-trained surgical oncologist in Lake County, so you know that you or your loved one is receiving only the best in medical and surgical care. Learn more about the Florida Hospital Waterman Cancer Institute at **FHWatermanCancer.com**.



### BE YOUR BEST SELF

See our full list of classes and support groups at [FHWaterman.com](http://FHWaterman.com).



**FLORIDA HOSPITAL  
WATERMAN**

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# Florida Hospital will soon be AdventHealth.



  
**AdventHealth**  
Waterman

## Urgent vs. Emergency

Where do you go when you need medical care quickly—say for a bump, a bruise or a bellyache? Urgent care centers can manage many minor illnesses and injuries. But some symptoms call for emergency care.



Go to **urgent care** for mild or minor:

- ✓ Allergic reactions or rashes.
- ✓ Cuts, burns or wounds.
- ✓ Headaches.
- ✓ Illnesses, such as colds, sore throats, earaches and low-grade fevers.
- ✓ Injuries, such as back pain, sprains and strains.
- ✓ Nausea, vomiting or loose stools.

**Play it safe.** This chart is not medical advice or a complete list. If you think you have something serious or life-threatening, seek emergency care right away.

Sources: American College of Emergency Physicians; National Institutes of Health; Urgent Care Association of America



Call 911 or go to the **ER** for:

- ✓ Allergic reactions with trouble breathing, hives or swelling.
- ✓ Chest pain that lasts for more than a few minutes.
- ✓ Difficulty breathing.
- ✓ Heavy bleeding, severe burns or deep wounds.
- ✓ High fever with a headache or stiff neck.
- ✓ Injury to the neck, spine or head, especially with other symptoms.
- ✓ Passing out, fainting or seizures.
- ✓ Poisoning or overdose.
- ✓ Serious injuries, such as broken bones.
- ✓ Severe and persistent vomiting or diarrhea.
- ✓ Sudden severe headache or pain, such as in the jaw or arm.
- ✓ Sudden confusion, weakness, loss of balance, face drooping, blurred vision or slurred speech.



**Expert care near you.** Visit [FHWatermanER.com](http://FHWatermanER.com) for more information on our emergency services.

**WATERMAN WELLNESS** is published as a community service for the friends and patrons of Florida Hospital Waterman, 1000 Waterman Way, Tavares, FL 32778-5266. To unsubscribe, call **352-253-3388**.

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