

waterman
wellness

Extending the Healing
Ministry of Christ
Fall 2018

**Remission
accomplished!**

**Timely mammogram
helps beat breast cancer**





Outlook: How to be happy

Along with creating us to pursue Him, God also created us to pursue ourselves. How we treat ourselves affects what we offer to the world and is rooted in the CREATION Health aspect of **outlook**.

Ultimately, outlook is our choice. It's a simple concept with a major impact on us personally and on the people around us. If we choose a positive outlook, positive results will follow. If we choose a negative outlook, negative results will occur.

Our outlook plays a key role in our health and happiness. Negativity can potentially harm our health, and it allows no room for happiness. To be happy, we need to choose a positive outlook—if not for the sake of others, at least for our own well-being.

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** for the Lake Sumter TV schedule and channels.

Turkey fajitas with baby spinach and red peppers

Makes 4 servings.

Ingredients

Seasoning marinade

- ½ teaspoon chili powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ⅛ teaspoon finely ground coffee
- ⅛ teaspoon ground black pepper

Filling

- ½ tablespoon canola oil
- 1 pound turkey cutlets or boneless turkey breast, cut into ¾-inch-by-3-inch pieces
- 4 taco-size (9-inch) whole-wheat tortillas
- 1⅓ cups lightly packed baby spinach
- ½ cup salsa verde
- 2 (½-inch) slices red onion, halved crosswise
- 12 (½-inch) strips red bell pepper

Directions

- In small bowl, whisk together chili powder, cinnamon, cumin, garlic powder, coffee and black pepper.
- Place canola oil and turkey in mixing bowl and add dry seasoning marinade. Using a fork or your hands, mix to coat turkey evenly with marinade. Set aside for 20 to 30 minutes.
- Heat medium cast-iron skillet over medium-high heat. Lay a large sheet of foil on your work surface. One at a time, heat tortillas in dry pan until they are flexible, about 1 minute, turning them after 30 seconds.
- Stack tortillas on foil, covering them with an inverted plate until all tortillas are warmed, then seal tortillas in foil, and set them aside.
- Heat grill-pan or stovetop grill over high heat until a drop of water flicked onto it dances. Using tongs, arrange seasoned turkey pieces in rows on grill, placing them ½-inch apart. This may require cooking turkey in 2 batches.
- Grill for 6 minutes, turning pieces every 1 minute so they cook evenly and to avoid burning. Transfer cooked turkey to serving plate.
- To assemble fajitas, place warm tortilla on a dinner plate, preferably warm. Arrange ¼ of spinach in center of tortilla. Add ¼ of turkey. Spoon on ¼ of salsa, top with half an onion slice and 4 pepper strips. Fold in top and bottom of tortilla, then sides. Serve immediately. *Cook turkey to 165 degrees to help prevent foodborne illness.*

Nutrition information

Serving size: 1 fajita.
Amount per serving:
317 calories, 6g total fat (less than 1g saturated fat), 31g carbohydrates, 34g protein, 2g dietary fiber, 492mg sodium.

Source: American Institute for Cancer Research



No joke: Twins deliver joy



The twins each weighed about 4 pounds at birth and were perfectly healthy.



Larissa Wright, of Eustis,

thought it was a joke when her doctor told her she was pregnant with twins.

“It took a while to sink in that I was really having twins,” Wright says with a laugh. “I have four other children, and I just thought my doctors were joking around with us.

“I was a little worried about having a twin pregnancy,” she adds.

“A pregnancy that consists of multiple gestations is automatically a high-risk situation for both mom and her babies,” explains Wright’s obstetrician, Mamie Rogers, MD. “We worry about preterm contractions and delivery. We also worry about potential complications in babies in terms of how they grow and if they’re getting enough nutrients from the placenta.”



Mamie Rogers, MD



Marilyn Mayne, DO

“The first thing they told me was that my risk of complications was reduced just for the simple fact that each baby had their own placenta and their own amniotic sac,” Wright says. “That was a huge relief.”

A hospital that feels like home

“All of my children were delivered by Dr. Mayne and Dr. Rogers at Florida Hospital Waterman,” says Wright. “The nurses and the staff make you feel like you’re at home. I wanted to deliver the twins [close to home] because I am extremely comfortable with my doctors and this hospital.”

“A majority of the time, patients can deliver multiple gestations safely in a community hospital—and if anything requires a consultation, typically it’s just a visit or an ultrasound with a high-risk specialist,” says Dr. Rogers. “If a patient’s pregnancy is uncomplicated, the patient can deliver right here, and we have the capabilities to manage preterm deliveries as early as 35 weeks, which was the case for Mrs. Wright.”

One-on-one times two

Wright was scheduled for a cesarean section at 38 weeks. However, her surgery date was bumped up to 35 weeks when Baby A was not growing as fast as Baby B. Both Dr. Rogers and obstetrician Marilyn Mayne, DO, participated in the delivery.

“For a twin delivery in the operating room, we have two nurses to accept the babies after we deliver them,” says Dr. Mayne. “We have two respiratory technicians and a pediatrician there too. Each baby will be checked to make sure they’re breathing right and their heart rates are good. Later, nurses help mom with breastfeeding, which can be a bit more challenging with two.”

“I saw the babies from the time they came out,” says Wright. “Babies bring so much joy and love.”



MAKE YOURSELF AT HOME

Learn how you can have your baby at Florida Hospital Waterman too. Visit

FHWatermanWomen.com.

DETECTED IN TIME

Ketsia Aristhomene, of Mount Dora, was putting off her annual mammogram when she received a wake-up call through a dear friend earlier this year.

“I was taking my time scheduling an appointment,” says Aristhomene. “Then my friend found out she had breast cancer, and I immediately booked my appointment that week. I thank God I did so.”

Aristhomene’s mammogram showed something abnormal.

“The reason why it’s important to have screening mammograms is that the survival rate for cancers detected by mammography, where you can’t feel anything during a breast exam, is over 90 percent,” explains Borys Mascarenhas, MD, oncology general surgeon and Florida Hospital Waterman Cancer Institute medical director of clinical quality. “That means the earlier you detect something, before you can actually feel it, the better your chances of survival.”

“My primary care doctor, Veronica Chastain, MD, sent me for a biopsy,” says Aristhomene. “After the biopsy, she told me I had breast cancer and made an appointment for me with the Florida Hospital Waterman Cancer Institute.”

An upbeat, expert team

Aristhomene met with Dr. Mascarenhas and radiation oncologist Anudh Jain, MD.

“Everyone was very nice,” says Aristhomene. “They explained everything to me and were upbeat and



Borys Mascarenhas, MD
Anudh Jain, MD

positive. In less than two weeks, I went in for my surgery.”

Dr. Mascarenhas performed a lumpectomy, and Dr. Jain began Aristhomene’s radiation treatments shortly thereafter.

“I had radiation treatments twice a day for five days,” says Aristhomene. “I didn’t have any side effects, and I actually enjoyed going to the hospital. Everyone made me feel at home. My care navigator at Florida Hospital Waterman Cancer Institute even helped me arrange transportation, since I didn’t want to drive.”

“If the breast is preserved with a lumpectomy, patients will generally require radiation therapy afterward,” says Dr. Jain. “The traditional approach has involved six to eight weeks of treatment; however, advances in technology and clinical studies have shown that many patients can now receive their radiation in a shorter time frame. Whole breast radiation can often be delivered over three to four weeks, and select patients may receive partial breast irradiation through a catheter over five days.”

Support for the hard times

Throughout her cancer journey, Aristhomene found the Breast Cancer Support Group at Florida Hospital Waterman to be a wonderful resource.

“It lifts your spirit to get together with women experiencing the same things as you,” says Aristhomene.

Support when you need it

BREAST CANCER SUPPORT GROUP

Third Thursday of each month, 1:30 to 3 p.m.
Cancer Institute Conference Room

Join other breast cancer patients and survivors for encouragement. Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

CANCER CAREGIVER SUPPORT NETWORK

Second and fourth Thursday of each month, 10 a.m.
Cancer Institute Conference Room

This peer-led support group connects caregivers with others who can understand what they are feeling and help them cope. Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

CANCER SUPPORT GROUP

First Thursday of each month, 1:30 to 3 p.m.
Cancer Institute Conference Room

This group provides encouragement and helpful information for all cancer patients. Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

Lifesaving mammogram finds cancer early

“Even if you’re having a bad moment, there are a lot of people who are having a hard time or bad moment. But when we get together, everybody feels better.”

Today, Aristhomene’s cancer is in remission and she encourages women to get their yearly mammograms.

“I’m doing great,” she says. “Life is good—very good. If I had not gone for my mammogram, I would not have known I had breast cancer. So don’t procrastinate, ladies; get your mammogram every year!”



HELP ON YOUR JOURNEY

Did you know our cancer care navigators provide free services to help you coordinate your care? Visit FHWatermanCancer.com to learn more.

GYN CANCER SUPPORT GROUP

Second Tuesday of each month, noon to 1:30 p.m.
Cancer Institute Conference Room

Encouragement for cancer patients and survivors. Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

LOOK GOOD FEEL BETTER

Second Monday of every other month, 1:30 to 3:30 p.m.
Cancer Institute Conference Room

An American Cancer Society program. Call Latanya Ruiz, MSW, at **352-253-3605** for more information.





HIS HEART WAS IN THE RIGHT PLACE AT THE RIGHT TIME

‘Miracle Man’



Florida Hospital Waterman has achieved Chest Pain Center Accreditation with Primary PCI and Resuscitation from the American College of Cardiology.

Christopher Reed, of Umatilla, had no idea that a visit to his father, a patient at Florida Hospital Waterman, would include a medical emergency requiring a lifesaving procedure for himself.

“I was helping my dad and went to wash my hands at the sink in his hospital room, when I started to sweat profusely,” says Reed. “I became dizzy and started seeing a jagged rainbow in my peripheral vision. Then my heart started fluttering in my chest, and I had to sit down.”

His father’s nurse called a rapid response, and Reed was quickly taken to the emergency room, where cardiologist Kehinde Layeni, MD, was immediately consulted.

“He seemed to be having a heart attack, but when I listened to Mr. Reed’s heart, I suspected something else was going on,” says Dr. Layeni. “We did an echocardiogram (an ultrasound of the

heart), and it confirmed my diagnosis that this patient had an aortic dissection.”

Rare and dangerous

“An aortic dissection is an uncommon but very lethal condition in which the inner layer of the aorta, the large blood vessel branching off the heart, tears,” says cardiovascular surgeon Gary Allen, MD. “Blood surges through the tear, causing the inner and middle layers of the aorta to separate. Think of it like an unzipping, if you will.

“What made Mr. Reed’s condition especially threatening is that the dissection started to head into the heart as opposed to away from the heart. So he had valve damage in addition to the dissection, and you can hear that on a stethoscope. It is very loud.”

“When I had the ultrasound, I could see my valve going past the stopping point,” says Reed. “Dr. Layeni told me I was pretty much down to the last layer of my aorta from the top to the bottom and it was a good thing I was in the hospital when it happened, because I had very little time to spare.”

Reed was rushed into an almost eight-hour surgery to repair the dissection and replace the damaged valve.

“This is about the biggest procedure you can do in heart surgery,” says Dr. Allen.

Amazing outcome

The next day, Reed was up and walking around the hospital.

“Everybody came to see me, and somebody wrote ‘Miracle Man’ on the whiteboard in my room,” says Reed. “One of the nurses asked me for the lottery numbers, because he said I definitely had some luck on my side!”

Today Reed is fully recuperated and thankful to be alive.

“I have been in practice for over 18 years and done over 5,000 heart surgeries,” says Dr. Allen. “This is far and away the fastest I have seen anybody go from symptoms to diagnosis to therapy, and I think that is part of the reason he did so well.”



Kehinde Layeni, MD Gary Allen, MD



LISTEN TO YOUR HEART.

Take our heart health assessment at FHWatermanHeart.com.

No more knee pain

Rebecca Boehm, of Summerfield, walks at least 8,000 steps per day, according to her pedometer. But as little as a year ago, she was afraid to walk or do much activity at all because of severe knee pain.

“I could not have walked this kind of distance before my knee procedure,” Boehm says. “Now I can walk and go to parties without fear of being in pain.”



Donald Perry, MD

Early last year, Boehm consulted with orthopedic surgeon Donald Perry, MD, and opted to have a

partial knee replacement to remove arthritis from her joint.

“If a patient has isolated arthritis to one localized area of the knee, we can do what’s called a Mako™ robotic arm-assisted surfacing procedure,” explains Dr. Perry. “This procedure does not require replacing the entire knee joint. We just replace a small surface area or part of the knee, whether the inside part or the lateral part, and most of these patients can be treated on an outpatient basis.”

Rapid recovery

“I was an outpatient, which meant I didn’t have an overnight stay in the hospital,” says Boehm. “Dr. Perry had told me I would be up and walking immediately after the surgery, and I thought he was kidding! But I did get up and use a walker on my own before I was sent home that day. I was pleasantly surprised by how little pain I felt.”



I can walk without pain now and enjoy more activities, so I know I made a good choice.”

—Rebecca Boehm

“We use information from the patient’s CT scan (computed tomography or series of x-rays) to program the Mako™ robotic arm computer. The computer takes all this information in, records it and calculates how much bone needs to be removed and how much needs to be replaced,” explains Dr. Perry. “It allows for a more precise procedure and faster recovery with less pain.”

Boehm continued to use a walker for a few days after her procedure and began rehabilitative therapy at home to expedite her recovery.

“The recovery can be very rapid. Most patients will go back to work,

if they’re not retired, within a week or two,” says Dr. Perry.

“After six months, I was comfortable doing pretty much anything,” says Boehm. “There are certain things I probably won’t ever be able to do again, like getting down on my knees to work in my flowerbed. However, I can walk without pain now and enjoy more activities, so I know I made a good choice.”



MISSING MOBILITY?

Explore joint surgery options at FHWatermanOrtho.com.

BE YOUR BEST SELF

See our full list of classes and support groups at FHWaterman.com.



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CLASSES FOR YOU

YUM YUM COOKING SCHOOL

Wednesdays, Sept. 12, Sept. 26, Oct. 10, Oct. 24
6 to 8 p.m.
\$30 per class or \$90 for all four.

DIABETES SELF-MANAGEMENT CLASS

Mondays, 5 to 7 p.m.
Oct. 22 through Nov. 19
\$40 fee for five sessions, taught by nursing and health educators.

STEP INTO FITNESS CLASS

Tuesdays, Sept. 18 through Nov. 6
5 to 7 p.m.
\$50 for eight classes.



GET THE LATEST

To register for a class or for more information, call **352-253-3965** or visit FHWaterman.com.



SUPPORT GROUPS

PARKINSON'S SUPPORT GROUP

Second Monday of each month, 1 p.m.
Oct. 8, Nov. 12, Dec. 10
CREATION Conference Center

AMPUTEE SUPPORT GROUP: 'W.A.L.K.'

Mondays, Sept. 24, Oct. 22, Nov. 26
6 to 7 p.m.
Mattison Conference Room B
Waterman Amputee & Limb Loss Konnections, for amputees and people with limb loss. Call Tracey Estok at **352-253-3892**.

TOOLS TO QUIT SMOKING

Friday, Sept. 28
1 to 3 p.m.
Conry CREATION Health Center
Call **877-252-6094**.

PINK OUT!

PINKING CEREMONY

Thursday, Sept. 27, 4:30 to 6:30 p.m.
Florida Hospital Waterman Atrium

Join Florida Hospital Waterman as we kick off Breast Cancer Awareness Month with a community celebration featuring health education and resources and several pinked-out community partners with free goodies.

Bring a new bra for donation to Haven of Lake and Sumter Counties, Inc. For each donated bra you bring, you will be entered in a drawing for one of our grand prizes.



LADIES LEGACY LUNCHEON

Friday, Oct. 12, 11:30 a.m.

Lake Receptions

Please join Florida Hospital Waterman Foundation for a day of fun, food and friendship at our fifth annual Ladies Legacy Luncheon!

This year, former Miss Florida and cancer survivor Kristin Beall Ludeke will be sharing her inspiring story.

PINK OUT 5K

Thursday, Oct. 18, 6 p.m. race
Wooton Park, 100 E. Ruby St., Tavares

Join Florida Hospital Waterman for the fifth annual Pink Out 5K Walk/Run!

Proceeds help promote breast cancer awareness, diagnosis and treatment, including mammograms for women in need.



TO REGISTER FOR THESE EVENTS
or to schedule your annual mammogram, visit FHWatermanPink.com.



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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