



FLORIDA
HOSPITAL

bestⁱⁿcare

the skill to heal. the spirit to care.

SPRING 2012

Breathe Freely

Lynn Gagnon finally
has relief from chronic
sinusitis. Learn what
worked for her **PAGE 8**

ALSO IN THIS ISSUE:

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that could save
your life **PAGE 4**
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back pain **PAGE 6**
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what's normal and
what's not **PAGE 10**

Join Us ...
for FREE events and
seminars! See the full
calendar on back cover.

APR
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The skill to heal. The spirit to care.

Welcome to *Best in Care*, your source for health information and tips to help you reach a Healthy 100. We hope you find our focus on providing the latest treatment innovations valuable to your health.

In this issue, you'll learn what to do for chronic back pain, a new treatment for hemorrhoids, and more. And don't forget to check out the events calendar on the back cover, loaded with lots of FREE health seminars. There's a lot going on at Florida Hospital, and we don't want you to miss a thing! If you have feedback on *Best in Care*, tell us at BICeditor@FLHosp.org.



News the Whole Family Can Use

Do you have younger family members who might benefit from the latest in health care news from Florida Hospital? Let them know about *Best in Care: Women and Children*. With a focus on women's and children's health, this magazine will deliver trusted advice about the things that matter most to your family.

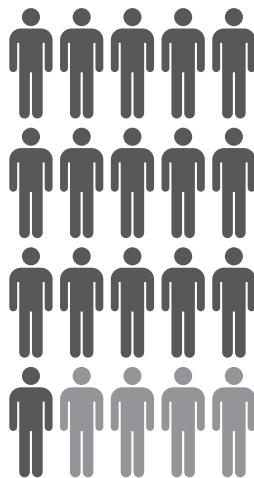
Features in the Spring 2012 issue include a local teen's scoliosis success story, options to relieve pelvic pain, and how to tell when tummy trouble is serious. And you won't want to miss our FREE events, including some now offered online! Read the issue today at FHBESTinCare.com!



DID YOU KNOW?

80 PERCENT

Back pain affects nearly 80 percent of adults, according to the National Institutes of Health.



Does back pain run your life? Break the cycle and **learn more on page 6.**

CENTRAL FLORIDA'S FIRST HEART TRANSPLANT



Donald M. Botta, Jr., MD, Cardiovascular Surgery



Barbara Czerska, MD, Cardiovascular Diseases

In late January, Edwin Arce, 49, of Orlando, woke in his hospital bed with doctors and nurses surrounding him.

"I thought, I'm either going to die or I'm getting a heart today," recalls Edwin.

It had been seven weeks of waiting for a donor and years of heart problems that got him to this point.

"My life consisted of walking from the bed to the couch," says Edwin. "That literally wore me out. I had no quality of life before now."

"This was a team effort between doctors, nurses, anesthesia, emergency responders and more," says Donald M. Botta, Jr., MD, associate surgical director of Cardiac Transplant and Mechanical Circulatory Support Programs at the Florida Hospital Transplant Institute. "It was orchestrated flawlessly with fantastic results for the patient."

About 150 members of the Florida Hospital Transplant Institute and the Florida Hospital Cardiovascular Institute played a role in caring for Edwin.

Every year, more than 2,000 heart transplants are performed in the US. For patients with end-stage heart failure whose heart cannot pump blood sufficiently, when medical therapies fail, heart transplantation may be the last resort to restore quality of life.

Approximately 163 patients in Florida are waiting for donor hearts, according to the United Network for Organ Sharing.

"This was historic because it was the first successful heart transplant ever performed in our area," says Barbara Czerska, MD, medical director of Advanced Heart Failure, Cardiac Transplant and Mechanical Circulatory Support Programs at the Florida Hospital Transplant Institute.

The Florida Hospital Transplant Institute has transformed lives for nearly 40 years. The program offers kidney, liver, pancreas, heart and soon lung transplantation services, patient and professional education, and dedication to those in need of lifesaving organ transplants.

Get a Leg Up

If you're experiencing discomfort while walking, it could be a sign of poor circulation



Manuel Perez-Izquierdo, MD,
Vascular Surgery

Your doctor has just given you a diagnosis of PAD and all you can think is, "I have what? I've never heard of this condition." Then your doctor explains that PAD, or peripheral arterial disease, is one of the most common cardiovascular diseases, affecting more than 9 million Americans.

PAD is a common but serious vascular disease caused by a plaque buildup in the major arteries (blood vessels) that supply oxygen-rich blood to your legs, feet, arms and pelvis.

Over time, plaque can harden and narrow arteries — called atherosclerosis — restricting blood flow. Some refer to reduced blood flow in the lower extremities as "poor circulation." Those with PAD are at higher risk for hardened arteries leading to the heart and brain, increasing chances of a heart attack or stroke.

"It's the same plaque and fatty deposits that build in your heart arteries, the same cholesterol and inflammatory cells that cause heart attacks," says Manuel Perez-Izquierdo, MD, medical director for Florida Hospital's Vascular Center of Excellence.

It's unclear what causes PAD, but certain factors such as smoking, diabetes and obesity increase the risk, explains Dr. Perez. "Also, hypertension and high cholesterol predispose you."

THAT HEAVY FEELING

Classic symptoms are "cramplike" leg muscle fatigue or heaviness, and discomfort in the buttocks, thigh or calf muscles while walking or climbing stairs. The pain typically ceases after a short rest. Other symptoms include coldness, numbness and tingling in the lower legs and feet, and leg or foot sores that don't heal.



SIGN UP FOR A SCREENING

Florida Hospital is offering *Best in Care* readers three quick, painless, noninvasive procedures — abdominal aortic aneurysm (AAA) ultrasound, ankle-brachial index (ABI) and carotid artery screening — to help identify whether you're at risk for conditions such as an aneurysm, stroke or peripheral arterial disease. Cost is \$35. Space is limited and RSVPs are required. Call **(407) 303-BEST (2378)** today!

"PAD doesn't present like a heart attack. It's gradual," says Dr. Perez. "My patients describe the feeling like there's a tourniquet or band on their leg."

Yet many don't experience defining leg pain, called claudication, and about half have no symptoms. Another tricky problem is dismissing symptoms as arthritis, muscle weakness or back problems.

GETTING BACK INTO CIRCULATION

Lifestyle changes may help prevent PAD from progressing and reduce complications. "PAD often responds to exercise, strengthening muscles and helping your body generate new blood vessels," elaborates Dr. Perez.

Additionally, cholesterol-lowering medications and antiplatelets (aspirin) can lower the risk for heart attack or stroke. "We use similar recommendations to treat PAD as we do for heart problems," adds Dr. Perez. In cases where blood flow is almost or completely blocked in the leg, angioplasty or bypass surgery is performed to improve blood circulation.



HEALTHY 100 tips

IMPROVE THE AIR QUALITY OF YOUR HOME

Brighten up your home — and improve its air quality — with plants! Plants that top the clean-air list include peace lilies, bamboo palms, English ivy, mums and gerbera daisies.

Testing, Testing

5 heart tests that could save your life



Andrew Taussig,
MD, Cardiology

This is only a test. But it could be the most important test you'll ever take.

If your heart's parts (such as the electrical system that makes it beat, arteries that keep it nourished or valves that help pump blood) stop working properly, your doctor can use a variety of tests to determine the problem.

These use different technologies to "see" inside your body to watch it as your heart works, says Andrew Taussig, MD, medical director for the Florida Hospital Cardiovascular Institute.

If you show signs of heart problems — chest pain, shortness of breath or lightheadedness — your doctor may recommend:

1 ELECTROCARDIOGRAM

Abbreviated EKG, this test analyzes electrical impulses that pass through your heart to make it beat properly. It results in a squiggly line on graph paper.

Why is it done? An EKG shows if you have an abnormality in your heartbeat (arrhythmia) and can show if you've had a heart attack.

How is it done? With this painless procedure, an EKG technician places sticky patches on your chest, arms and legs that are connected to a machine to read your heart's electrical activity. Your doctor interprets the readout to learn how your heart is working.



**HEALTHY
100 tips**

DISCOVER WHO YOU REALLY ARE

You can't learn to love and trust others until you learn to love and trust yourself. Today, discover who you are by starting a daily journal.

2 ECHOCARDIOGRAM

Sound waves create moving pictures of your heart on a monitor.

Why is it done? An “echo” is best for looking into your heart valves, says Dr. Taussig, to show how well your heart pumps blood. If a murmur is heard through a stethoscope, if you have shortness of breath or difficulty exercising, this test can identify the cause.

How is it done? A technician puts gel on your chest and moves a device called a transducer (similar to a sonogram for pregnant women) over the area. The test is harmless, and takes about 20 minutes.

3 STRESS TEST

An EKG or echocardiogram that checks your heart at rest and while it's beating heavily.

Why is it done? Your heart may show signs it's not working properly when you're under exertion, but symptoms disappear while resting, explains Dr. Taussig.

How is it done? The test begins with an EKG or echo while resting. Then, you walk 10 minutes on a treadmill or ride a stationary bike to get it pumping faster. When you're at about 85 percent of your maximum heart rate, the EKG is repeated, to see how your heart functions when it's pumping fast compared with at rest.

If you're unable to exercise, medications can speed your heartbeat without exertion, says Dr. Taussig.

People are often concerned that induced stress may cause a heart attack or another problem, but complications are rare. Plus, adds Dr. Taussig, “if something happens, it means something's wrong, and this is the best place to have something bad happen.”

CALL FOR YOUR PRIORITY APPOINTMENT

If you would like to make an appointment with a Florida Hospital physician, call **(407) 303-BEST (2378)** today.

HEALTHY 100 tips

LET GO OF ONE THING TODAY

Learning to forgive is a skill that takes practice. Today, try to accept the past and embrace a brighter future by releasing any grudges and hurts.

4 CARDIAC CATHETERIZATION

Allows your doctor to diagnose blockages in arteries feeding your heart.

Why is it done? Cardiac catheterization is best to detect hardening of heart arteries, which can cause heart attacks.

How is it done? More complex than other procedures, a thin catheter is inserted into a blood vessel — often an artery in your groin — until the tip is near your heart. While a machine using X-rays takes “movies” of your heart, a special fluid injected through the catheter appears on X-ray to reveal artery blockages leading to your heart.

The test lasts about 45 minutes. You'll receive medication beforehand to sedate you and numb where the tube is inserted. Also, you'll need to refrain from eating the night before and will have to lie flat for a few hours afterward, says Dr. Taussig.

5 CORONARY CALCIUM SCAN

Creates a picture of your coronary arteries, which can show calcium deposits.

Why is it done? Calcium is an ingredient in plaque, and this scan provides evidence of buildups in your arteries. It can help determine your risk of heart disease, if you already have certain risk factors, such as diabetes, high cholesterol, high blood pressure or a family history.

How is it done? As you lie on a table with electrodes on your chest to measure your heartbeat, the table moves through a CT scanner, a machine that uses X-rays to make 3-D images of your heart. Quick and painless, it simply requires that you hold your breath for a few seconds.



Tests You Should Have Often

Regardless of risk, two heart-health measures should be tested regularly:

Cholesterol. Beware of LDL cholesterol, the “bad” kind, which can cause plaque buildup on artery walls, and triglycerides, another fat carried in your blood. HDL cholesterol, the “good” kind, helps your body get rid of bad cholesterol in the blood. The higher your HDL cholesterol, the better. Measured in milligrams per deciliter of blood, or mg/dL, the American Heart Association suggests your LDL be below 100 mg/dL, HDL be above 40 mg/dL, and triglycerides below 150 mg/dL.

Blood pressure. According to the National Institutes of Health, your blood pressure should ideally be lower than 120/80. Check yours frequently if it's high.

The Best Rx for Back Pain

What to do the next time you say "Oh my aching back!"



Chetan Patel, MD,
Orthopaedic
Surgery

You've probably experienced back pain at some point, whether it was from lifting something heavy, sitting at a desk all day or straining yourself without realizing it. In fact, most of us are familiar with back pain, as it affects nearly 80 percent of adults, according to the National Institutes of Health.

In the US, back pain is the second most frequent reason for doctor visits. And only the common cold keeps more people home from work.

Back pain can be debilitating because your back supports not only the weight of your body when standing, walking or lifting, but also turns, twists and bends.

"Our goal is to get patients back to being active and enjoying their lives," says Chetan Patel, MD, medical director of The Spine Center at Florida Hospital Altamonte. "And because back pain isn't one-size-fits-all, customized care is critical to a good prognosis."

TYPES OF PAIN

Back pain can be classified as acute, lasting for a few days to a few weeks, or chronic, lasting more than three months. Symptoms range from muscle aches to shooting pain, limited flexibility or range of motion, and the inability to stand up straight.

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SEEK HELP FOR YOUR PAIN TODAY

Join Dr. Patel at 5:30 pm, April 19, at Florida Hospital Altamonte, and discover tips for being pain-free. Call **(407) 303-BEST (2378)** to reserve your seat.



The Spine Center offers some of the most advanced minimally invasive surgical procedures and non-surgical options for the full spectrum of disorders, including arthritis, spinal stenosis, herniated or bulging disk, scoliosis, and spinal trauma or injuries. Treatments vary by patient and can range from physical therapy and anti-inflammatory medications to injections or surgery.

The center's approach to comprehensive care includes a spine care coordinator, pain management, spine surgery and rehabilitation. Patients are presented with all available options and select the treatment with which they're most comfortable. The first and most important part of comprehensive care is an accurate diagnosis.

"We often find that patients who come in describing back pain often have problems other than spine that are the cause of or are contributing to their pain," explains Dr. Patel. "Hip issues and kidney stones are often mistaken as back pain, so determining the cause is essential to treating it."

**HEALTHY
100**tips

CHOOSE YOUR PERSONAL PRIORITIES FOR 2012

An optimistic outlook can improve your life. Today, identify those things you truly want to accomplish this year and work hard to make them a reality.



Physical therapy is one of many treatments available for back pain.

COMMON CAUSES OF BACK PAIN

As we age, we're more prone to arthritis of the back. In fact, studies suggest that more than 90 percent of Americans over age 55 are afflicted. The lower back is an area commonly affected by osteoarthritis, or inflammation of the joints, and in some cases it can lead to a narrowing of the spinal canal, called spinal stenosis.

Another common spinal condition is a herniated or bulging disk, which causes the cushioning between the vertebrae to bulge out of place or rupture and press on a nerve. This pressure may lead to sciatica problems, causing a shooting pain down the buttock and back of the leg. Other causes of back pain include muscle and ligament strains, which can limit flexibility and range of motion.

Osteoporosis, skeletal irregularities such as scoliosis, and spinal trauma may also be the culprit. However, patients can benefit from a variety of treatment options for those conditions, based on the severity of the condition.

WHAT YOU CAN DO

According to a recent US study, weekly yoga and stretching eases pain and improves functioning for people with chronic lower back ailments. Treatments for muscle strains include anti-inflammatory medications, heat and cold applications, physical therapy and avoiding activities that exacerbate pain. More severe conditions require cortisone injections or surgery.

"When patients come in with acute pain, the first thing we look at is how we can lessen the pain," explains Dr. Patel. "Once the pain is managed, we give patients tools to help prevent pain and encourage them to be proactive in their approach."

The Spine Center focuses on individual treatment plans to address the specific needs of each patient. Each person's pain is different, and back and neck problems can keep you from living a normal, active life.

HEALTHY 100 tips

PHYSICAL FITNESS PROMOTES MENTAL FITNESS

Regular activity benefits your mind, body and spirit. Today, revitalize these areas of your life by ending your workout with a few minutes of meditation or prayer.



Breath of Fresh Air

Minimally invasive procedure brings one woman relief from chronic sinusitis



Lynn Gagnon says she was back to normal activities "in no time."



**Kiran Tipirneni, MD,
Otolaryngology**

For more than 25 years, Lynn Gagnon, a Realtor from Mount Dora, battled chronic sinusitis.

"When I smelled grass, I'd cry," says Lynn. "Just the mere smell triggered headaches, and then my sinuses would react, creating tremendous pain."

Lynn suffered from pressure headaches and constant sinus pressure because of a total blockage.

After years of battling chronic sinusitis and undergoing traditional endoscopic sinus surgery that had no effect, Lynn opted for balloon sinuplasty surgery.

A SIMPLE PROCEDURE

During the procedure, a small, flexible balloon catheter is used to enlarge sinus passageways (air spaces behind the bones of the upper face, between the eyes, and behind the forehead, nose and cheeks). When the balloon inflates, it opens the walls of the sinus cavity, which restores drainage without damaging the lining of the sinus.

Unlike traditional methods, balloon sinuplasty is a minimally invasive surgery that doesn't involve cutting, scarring or removal of bone or tissue from the nose.

THE BENEFITS OF SINUPLASTY

"With sinuplasty, we don't remove tissue. Instead, the balloon opens those ducts, gently restructuring and widening the walls of the passageway while maintaining the integrity of the sinus lining," explains Kiran Tipirneni, MD, otolaryngologist.

Sinusitis is the most common sinus-related illness in the US, with about 9 million sufferers, and is caused

when the delicate membranes in the sinus become inflamed, causing a blockage.

Balloon sinuplasty is an outpatient procedure that allows patients to return to normal activities quickly.

"In the past, we used a lot of packing materials up in the nose that had to be pulled out a week later. It was just miserable and painful for patients," elaborates Dr. Tipirneni. "Now we have a soft gel that dissolves with saline spray. It's a lot more comfortable than it used to be."

LYNN'S EXPERIENCE

"Recovery was a piece of cake this time because the doctor didn't have to pack my nose, and I was able to get back to my regular activities in no time," remarks Lynn.

Additional benefits of balloon sinuplasty include reduced postoperative pain, no bruising, swelling or black eyes, and a relatively short recovery time.

Balloon sinuplasty is available at Florida Hospital Altamonte, Winter Park Memorial Hospital and Florida Hospital East Orlando.

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ENJOY THE GREAT OUTDOORS AGAIN

Join Dr. Tipirneni at 5:30 pm, April 5, at Florida Hospital Altamonte, for an in-depth discussion about allergies, colds and sinus conditions. He will describe various treatments, including balloon sinuplasty. Complimentary tissues provided. Save your seat by calling **(407) 303-BEST (2378)**.

**HEALTHY
100 tips**

FOCUS ON THE GOOD IN LIFE

It's easy to worry, but it's harmful. Today, focus on the many blessings in your life.

A Sensitive Topic

Yes, you can have relief from this secret but painful condition with a new procedure



Teresa deBeche-Adams, MD,
Colorectal Surgery

We tend not to talk about things related to *that* region of the body.

For many, hemorrhoids, also called piles, are a nuisance that come and go on their own with the help of over-the-counter topical medications and lifestyle changes. But for others, they become chronic and problematic, requiring surgical treatment for relief.

Finally, a solution is available.

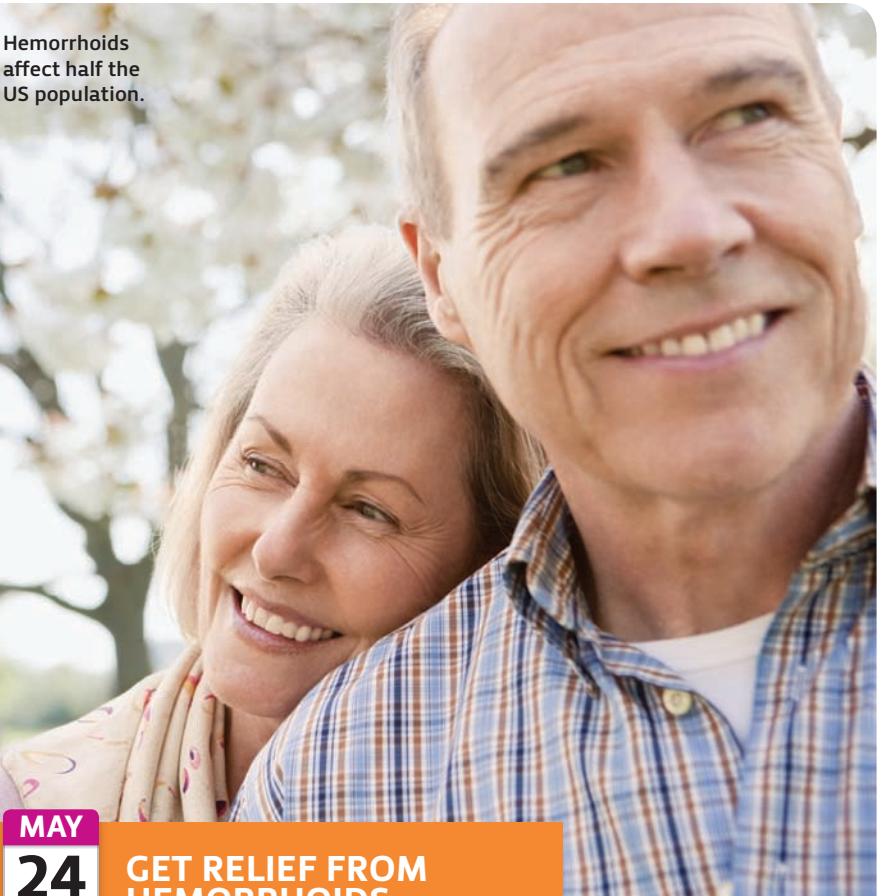
SURGERY TO CORRECT HEMORRHOIDS

Florida Hospital East Orlando now offers transanal hemorrhoidal dearterialization (THD), a minimally invasive surgery performed on an outpatient basis in about 20 minutes. With no cutting or excision of tissue, there is less pain and a quicker recovery time (often 24 to 48 hours) than other procedures to treat hemorrhoids.

"Hemorrhoids are a natural part of our anatomy," explains Teresa deBeche-Adams, MD, colorectal surgeon at Florida Hospital East Orlando. "The benefit of THD is its efficiency. It's a quick and relatively painless surgery that can correct internal hemorrhoids."

WHERE DO HEMORRHOIDS COME FROM?

Hemorrhoids occur when veins around the anus become strained from constipation, pregnancy, obesity or sitting too long during bowel movements. Internal hemorrhoids are inside the anal canal and are generally painless, though some can become so distended that they are pushed outside the anus and become irritated



MAY
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GET RELIEF FROM HEMORRHOIDS

Join Dr. deBeche-Adams at 5:30 pm, May 24, at Florida Hospital East Orlando for an informative Q&A on the causes of hemorrhoids, their effects on our bodies, and treatments, including THD. Reserve your seat by calling **(407) 303-BEST (2378)**.

and painful. They are often accompanied by blood during a bowel movement.

Under general sedation, Dr. deBeche-Adams uses a small probe with Doppler ultrasound to identify terminal branches of a hemorrhoid artery and tie off the arterial blood flow, allowing it to shrink, and repair the rectum lining to prevent future protrusion. As opposed to a hemorrhoidectomy, which removes hemorrhoids and can require up to two weeks for recovery, THD has fewer complications and less discomfort.

"Most pain after surgery is the result of cutting tissue," Dr. deBeche-Adams says. "THD greatly reduces any associated pain and provides near-immediate relief, allowing patients to get back to their active lives sooner."



HEALTHY 100 tips

FIVE IDEAS TO DE-STRESS NOW

Feel rushed, busy and overloaded? Today, try these ways to reduce stress: exercise regularly, make time for yourself, get plenty of rest, eat nutritious foods and build strong relationships.

Senior Moment or Something Serious?

According to Jason Salabaung, MD, geriatrics specialist, if a loved one experiences symptoms such as troubling memory loss, confusion or difficulty completing routine tasks, share your concerns with your physician or seek a medical assessment.

Geriatricians, neuropsychologists, neurologists, geriatrics-trained psychiatrists and psychopharmacologists are available to assist you at one of several locations:

- The Comprehensive Aging Assessment Center at Florida Hospital Apopka
- Geriatric Assessment Program at the Family Health Center East Orlando
- Florida Hospital Neuroscience Institute's Maturing Minds Clinic
- Centre for Family Medicine at Winter Park Memorial Hospital

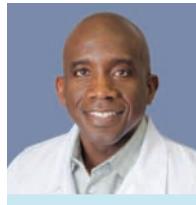
Getting a prompt diagnosis is important because the earlier you start treatment, the more effective it can be.



Jason Salabaung,
MD, Family
Medicine

Could It Be Alzheimer's?

3 hints for what's normal and what's not



Luis Allen, MD,
Psychiatry



Ariel Cole, MD,
Family Medicine

Last August, when Pat Summitt, University of Tennessee women's basketball coach, revealed that she'd been diagnosed with Alzheimer's, it made folks inside and outside college sports take notice. After all, Summitt, a national powerhouse, was only 59 and in the middle of a successful career.

It was her age, more than the diagnosis, that got our attention because most of us associate the disease with older adults. And that made many wonder if their occasional bouts of forgetfulness could be something more serious.

TELLING THE DIFFERENCE

"Forgetfulness is a part of aging," says Luis Allen, MD, medical director for the Florida Hospital Neuroscience Institute's Maturing Minds Clinic. "Most people are within a normal range for their age. It's when it appears that memory is worse than expected that there should be concern."

Alzheimer's can take longer to diagnose in midlife because other issues — thyroid disease, medication side effects, dehydration, vitamin B12 deficiency, depression, alcohol abuse — can cause similar symptoms. It is important to note, however, that less than 5 percent of Alzheimer's patients are under the age of 60.

Below, Dr. Allen, along with Ariel Cole, MD, Centre for Family Medicine at Winter Park Memorial Hospital, compares normal forgetfulness and possible signs of dementia or Alzheimer's.

Normal: Misplacing your car keys or having a meeting slip your mind.

Not: Failing to remember standing appointments or becoming confused in your field of expertise.

Occasional forgetfulness is normal for most people.



MAY

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GET ANSWERS TO YOUR ALZHEIMER'S CONCERNS

Join Dr. Allen at 5:30 pm, May 10, at Florida Hospital Orlando, as he discusses how your brain ages, what's considered normal, red flags to watch for and how to identify potential problems. Reserve your seat today by calling **(407) 303-BEST (2378)**.

Normal: Pausing to remember directions.

Not: Getting lost or disoriented in familiar places.

Normal: Occasional difficulty finding the right word to describe something.

Not: Words being frequently forgotten, misused, or garbled; repeating phrases and stories in the same conversation.

"The concern isn't simply remembering, but rather memory problems that interfere with the ability to do everyday activities," explains Dr. Cole.

Dr. Allen cautions that if behaviors considered "normal" begin to increase in frequency, or are experienced daily, an assessment should be considered as well. Memory lapses can be frustrating, but most of the time they aren't cause for concern. However, age-related memory changes aren't the same as dementia.

As we grow older, physiological changes can cause glitches in brain functions we've always taken for granted. If we give ourselves time, the information usually will come to mind.



TRY A NATURAL ANTIDEPRESSANT

Pumping iron gives people a sense of elation because exercise releases mood-improving chemicals. Sharpen your mind and brighten your outlook by lifting weights three times this week.

**HEALTHY
100 tips**

One in six men will be diagnosed with prostate cancer during their lifetime. Learn how to fight it.



A True Advancement

St. Augustine man gets precise, fast cancer treatment with TrueBeam STx



Robert Sollaccio, MD, Radiation Oncology

When Larry Buchanan was diagnosed with prostate cancer, he says it "came out of left field."

A successful Realtor in St. Augustine, he initially sought treatment closer to his home on the northeast coast of Florida. However, Larry was displeased with the care he received, so he went looking for other options.

Research brought him to the Florida Hospital Cancer Institute in Orlando and Robert Sollaccio, MD, the institute's medical director of radiation oncology.

A GOOD DECISION

During his first meeting, Larry recalls, he was pleased that the doctor spent as much time as necessary answering questions, presenting treatment scenarios and exploring the pros and cons of each treatment.

"It's so important how the doctor presents the facts about your diagnosis and helps you find a comfort zone. There's a lot of fear when you first hear the word 'cancer,'" says Larry.

Dr. Sollaccio and Larry ultimately decided on treatment using the hospital's newest technology, the TrueBeam STx, which provides the latest approach to treating cancer with image-guided radiotherapy. One

of only two in the state, TrueBeam technology produces three-dimensional images to fine-tune tumor targeting in 60 percent less time and using 25 percent less X-ray dose. TrueBeam also monitors and compensates for tumor motion, meaning that even tumors that move when a patient breathes can be precisely targeted.

"This represents a quantum leap in our ability to help people fight cancer," explains Dr. Sollaccio.

TrueBeam STx is designed with patient comfort in mind, and, according to Larry, "it's not an intimidating machine at all." Once the patient is in position, the machine's speed enables treatment in as quickly as two minutes, reducing weeks of treatment to days.

Larry also is enthusiastic about Dr. Sollaccio's team, calling the staff members by their first name and even bringing them brownies. "When I walk in the door, the ladies are always a pleasure to see and talk to," he says, smiling. "They've put together a tremendous team."

Robert Sollaccio, MD, uses the new equipment — one of only two in the state — to make cancer treatment faster.

HELP KEEP YOUR HEALTH ON TRACK

For an expedited appointment with a Florida Hospital physician, call **(407) 303-BEST (2378)** today.

HEALTHY 100^{tips}

REST YOUR MIND

Rest replaces weariness, fatigue and exhaustion with peace, energy and hope. Today, experience tranquility by taking deep breaths when you're feeling stressed.

Health *Events* for You

RSVPs required. Call **(407) 303-BEST (2378) today to save your seat. Healthy refreshments served at 5:30 pm, and lectures begin at 6:00 pm.**

APRIL

Seasonal Allergy Solutions

 Thursday, April 5 **ALT**

 Wednesday, May 2 **WP**

Learn the difference between allergies, colds and sinus conditions and discover new treatments, including balloon sinuplasty.

See page 8 for full article.



Tired of Being Tired?

 Tuesday, April 10 **APO**

Our specialist explains sleep disorders, available treatments and how to fall asleep faster and stay asleep.

Preventing Breast Cancer with a Knife and Fork

 Tuesday, April 17 **APO**

Discover foods and vitamins to decrease your breast cancer risk.

Robotics, Lasers and Your Spine

 Thursday, April 19 **ALT**

 Tuesday, May 8 **WP**

Suffering from neck or lower back pain? Join our expert as he sheds light on the latest treatments.

See page 6 for full article.

Relief from Facial Pain

 Tuesday, April 24 **APO**

Living with TMJ or trigeminal neuralgia? Learn the difference and discover minimally invasive treatments.

PUTTING A STOP TO ACID REFLUX

 Thursday, April 26 **WP**

Don't let acid reflux stop you from enjoying life. Instead, learn what treatments are available.

MAY

Are You at Risk? Understanding and Preventing Strokes

 Tuesday, May 1 **ORL**

Learn what happens when a stroke occurs, the importance of blood pressure, and why early intervention can greatly improve your chance of recovery.

Oh My Aching Back!

 Thursday, May 3 **ORL**

Join us and discover the best ways to help reduce pain and get back to doing what you love best.

What Happens with Maturing Minds

 Thursday, May 10 **ORL**

Learn how your brain ages, what are considered normal memory changes, red flags to watch out for, and how to identify potential problems. **See page 10 for full article.**

No More Knee Pain

 Tuesday, May 15 **WP**

Join our specialist for a Q&A on what you can do to alleviate your knee pain, and learn about new treatments.

GUARDING AGAINST GERD

 Wednesday, May 16 **ORL**

Does digestive pain keep you awake? Want better options than over-the-counter antacids? Join our board-certified gastroenterologist for an informative Q&A.

TAKING CARE OF YOUR DIABETIC FEET

 Tuesday, May 22 **EAST**

Our specialist outlines early signs of foot problems, including what's manageable at home, when to call the doctor and when to seek emergency treatment.

A SECRET BUT PAINFUL CONDITION

 Thursday, May 24 **EAST**

Millions silently suffer from hemorrhoids, a condition that's painful yet treatable. Our specialist shares the latest on new minimally invasive options and how to end needless suffering! **See page 9 for full article.**

MANAGING MENOPAUSE

 Thursday, May 31 **CEL**

Lost your keys lately? Night sweats? Feel tired frequently? You're not alone. Join our specialists as they explore menopause and how to fight back.

JUNE

Gynecologic Surgery—What Are Your Options?

 Tuesday, June 5 **CEL**

Facing surgery for a noncancerous gynecologic condition, such as pelvic pain, endometriosis, fibroids or pelvic organ prolapse? Our specialist explains these conditions as well as treatment options.

TREATING CARPAL TUNNEL SYNDROME

 Tuesday, June 12 **KISS**

Did you know smoking can increase your risk of this condition? Join our hand and upper extremities specialist as he explains signs, symptoms and available treatments.

ANSWERING THE BURNING QUESTION

 Thursday, June 14 **KISS**

Is it heartburn or something more serious? Discover a simple procedure that could reduce your risk of developing esophageal or stomach cancer.



CLASS LOCATIONS

WP

Winter Park
Community Center
721 W. New England Ave.
Winter Park, 32789

APO

Florida Hospital Apopka
201 N. Park Ave.
Apopka, 32703

CEL

Florida Hospital
Celebration Health
400 Celebration Place
Celebration, 34747

EAST

Florida Hospital
East Orlando
7727 Lake Underhill
Orlando, 32822

ALT

Florida Hospital
Altamonte
601 E. Altamonte Drive
Altamonte Springs, 32701

KISS

Florida Hospital
Kissimmee
2450 N. Orange
Blossom Trail
Kissimmee, 34744

ORL

Florida Hospital Orlando
601 E. Rollins St.
Orlando, 32803