



FLORIDA
HOSPITAL

best *in* care

WINTER 2013 | The skill to heal. The spirit to care.®

Women and Children

How to Help

Every mom's
top secret potty
training questions
answered!

PAGE 4

ALSO IN THIS ISSUE:

- ▲ Real answers for urinary incontinence troubles [PAGE 3](#)
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- ▲ A perfect winter minestrone recipe [PAGE 8](#)

Win \$5 at Target!
Take our survey between pages
4 and 5 inside.



The skill to heal. The spirit to care.®

Welcome to *Best in Care*, a publication designed with you in mind. With a focus on women's and children's health, you can look forward to issue after issue about the things that matter most to your family.

After you've perused features on potty training, heart failure and cystic fibrosis, don't forget to check out our free events on page 8. 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.**



A NEW APP FOR DR. MOM

Health problems and parenting issues can arise at any time, and often when you already have enough on your plate. Docs2Go from *Florida Hospital for Children* addresses these challenges, even when your doctor's office is closed.

Consult our Pediatric Symptom Checker to learn more about illnesses and injuries, complete with images to identify certain symptoms. The app will provide recommendations, such as Call 911, Call Your Child's Doctor Now, Call Your Child's Doctor within 24 Hours or Manage at Home. It can even make immediate connections to medical help, such as 9-1-1, your child's doctor or a nearby Emergency Department.

Turn to our First Aid Helper to make quick, smart decisions for emergency relief, with instructions and illustrations to support immediate action.

The application's Parent Advice topics deal with the most common behavior, nutrition and wellness questions parents ask their physicians.

DOWNLOAD THE APP TODAY

Go to the App Store and search "Docs2Go." It's totally FREE!



DID YOU KNOW?

650K

Every year more than 650,000

Americans are diagnosed with heart failure, and

Florida Hospital — ranked No. 23

in the nation by U.S. News &

World Report in Cardiology and

Heart Surgery — is providing many

patients with

a second

chance.

Turn to page 6 to learn about one technology extending the lives of heart patients.



PHOTO BY THINKSTOCK

Wellness Is Not a Luxury

If you're like most of us, you're a multitasker juggling family and career. That means you're a mom, a wife, a sister and a daughter — possibly all at the same time. Chances are, you're living life at full speed and taking care of everyone in your family, except yourself. But what can you do about it?

Healthy 100 Women, created by Florida Hospital, believes happiness and wellness are a priority, not a luxury. We're dedicated to helping you maintain a balanced lifestyle with exclusive programs designed for every stage of your life.

Take part in fun ways to stay in shape, improve your health and feel great. Try your hand at tasty (and healthy) recipes. Locate fun suggestions for family activities. Participate in exclusive, women-only programs designed to keep you fit, strong and living to a Healthy 100.

You'll discover you can live life at full speed, take control of your health journey and meet new friends along the way, all while receiving the care you deserve.

COMMIT TO YOUR HEALTH TODAY

It's easy when you join Healthy 100 Women! Become a member at

Healthy100Women.org.

Live It Up

You don't need to suffer through bladder problems. Help is available.



Jessica Feranec,
MD, Gynecology



Pedro Cruz-Torres,
MD, Obstetrics and
Gynecology

While commercials that help your “inner pipes” flow are humorous, urinary incontinence (UI) is no laughing matter for 15 million American women affected by this condition.

“Many think it’s a natural part of aging, but UI impacts your life,” says Jessica Feranec, MD, gynecologist with Florida Hospital Orlando. “It’s a problem that can and should be treated, no matter your age.”

“Patients who’ve undergone corrective procedures often wonder why they needlessly endured the condition,” says Pedro Cruz-Torres, MD, gynecologist with Florida Hospital Altamonte. “Once remedied, they’re back to regular activities.”

Below Drs. Feranec and Cruz-Torres, explain how you can regain control.

STRESS URINARY INCONTINENCE

If coughing, sneezing, laughing or exercising makes you release spurts of urine: It’s probably stress urinary incontinence, which occurs when you bear down on impaired pelvic floor muscles or a weak urethra.

What causes it: Pregnancy, childbirth, extra pounds, declining estrogen levels in perimenopause and menopause, and normal age-related muscle loss weaken pelvic floor muscles, creating more pressure on your bladder and urethra.

What to try first: Shedding excess weight may relieve pressure, and pelvic floor exercises such as Kegels may reduce accidents.

If all else fails: A specially fitted vaginal pessary, a flexible silicone device, can lift your bladder and keep your urethra shut.



There are two types of incontinence. Find out which you’re experiencing so you can take steps to stay in control.

MAR
12

URINARY INCONTINENCE: IT’S MORE COMMON THAN YOU THINK

Nearly 1 in 3 women experiences urinary incontinence. Join Dr. Feranec at 7 pm, March 12, for a FREE online lecture, as she explains how you can improve your quality of life by addressing the condition no one wants to talk about. Register in advance at FloridaHospital.com/women.

URGE INCONTINENCE

If you have an intense urge to urinate with little warning: You may have urge incontinence, caused by pelvic irritation, weak pelvic floor muscles or a spastic bladder muscle.

What causes it: Strong muscles called sphincters control urine flow from your bladder. With urge incontinence, “overactive” bladder muscles override your urethra’s sphincter.

What to try first: Vaginal estrogen boosts mucus production, soothing dried-out bladder and vaginal tissues. Getting urinary tract infections? See a urologist or urogynecologist to rule out infections from polyps or stones in your bladder or kidneys, or pockets of leftover urine not emptied due to falling bladder tissue.

If all else fails: Consider bladder training where you make yourself wait when you feel the urge to urinate.

“You’re breaking your bladder’s cycle of going whenever it feels like it,” explains Dr. Feranec.

“By delaying a few more minutes each time, your bladder relearns to hold urine and stay relaxed,” adds Dr. Cruz-Torres.

Medications and nerve stimulators are additional options for treating this problem. If you suffer, seek treatment. With so many options, there’s a treatment that’s right for you.

HEALTHY
100tips

DON'T BE SHY!

Talk to your doctor. Get your physician or urologist on your side. Your doctor can help you find the best treatment for your urinary incontinence.



Potty Training 101

Answers to the questions you might be too embarrassed to ask.



Michael Keating,
MD, Pediatric
Urology

Like most parents with young children, you're counting the days to life after diapers. If you've had a few less-than-successful attempts, you're probably wondering when that day will arrive. For Michelle Lynch, of DeLand, it took a few tries before things clicked for her daughter, Ellery.

After trying unsuccessfully for months, they'd all but given up.

"Our daughter's preschool teachers encouraged us, but still no success. We kept hearing 'she'll go when she's ready,'" says Michelle. "Yet, as other kids in her class mastered the skill, I wondered when she'd be ready, and was I failing as a parent?"

"Many parents want to push early, yet the truth is, no one remembers who was in diapers another six or 12 months longer," says Michael Keating, MD, medical director of pediatric urology for *Florida Hospital for Children*. "We recommend allowing children to find their own comfort level. Patience is key."

Dr. Keating answers common questions on the topic.



FEB
28

GET POTTY TRAINING TIPS

Looking for ways to make it easier to potty train your little one? Join Dr. Keating at 7 pm, February 28, for a FREE online seminar. He'll address many of these issues further and provide tips and tricks to make the process easier for all involved. Register online at [FloridaHospitalForChildren.com/urology](https://www.floridahospitalforchildren.com/urology) and send your questions in advance so Dr. Keating can address them.

HEALTHY
100tips

SHOW ATTENTION

When children are obviously upset, be sure to take time to give them the attention needed. You can often tell more from the way they say something than from what is said.

After a few tries, Ellery Lynch, 3, of DeLand, is now wearing “big girl panties” and waking up dry in the morning.



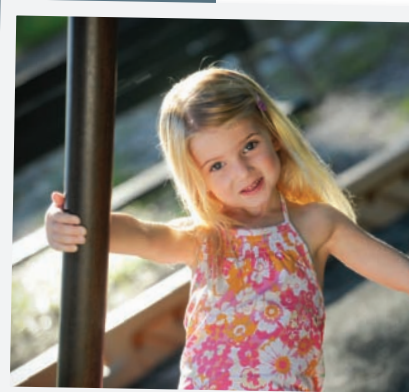
WHEN SHOULD POTTY TRAINING BEGIN?

It varies. While 18 to 24 months is a typical starting point, many aren't ready until closer to age 3 or later. Most important is when a child shows signs — emotionally and developmentally — that he or she is ready. Some clues include:

- Staying dry for at least two hours at a time or waking up dry from a nap
- Having regular bowel movements
- Being able to follow simple instructions
- Being uncomfortable with dirty diapers and wanting to be changed
- Interest in other family members going to the potty

WHAT'S INVOLVED IN GOING TO THE POTTY?

The bladder is a muscular bag that holds urine after leaving the kidneys. Muscles, called a sphincter (or “gate”) keep urine within the bladder. As the bladder becomes fuller, it sends a message to the brain, which, in turn, signals the gate to open. For a child to become the boss of his or her bladder, the brain must instead tell the gate to stay closed until he or she can get to a toilet.



HOW OFTEN SHOULD WE ENCOURAGE USING THE BATHROOM?

Send kids to the toilet every two or three hours, and make sure they're relaxed and emptying completely. Children should produce a bowel movement once or twice a day.

I SEE MY CHILD DOING THE ‘TEE-TEE DANCE’ — WHY IS THIS SO COMMON?

“Many kids get into trouble because they're really good at controlling their bladders but are less able to effectively empty them. Little girls may do a “tee-tee” dance or boys may hold themselves. Both are telltale signs of needing to release the bladder,” says Dr. Keating. Bladders that are overcontrolled and would prefer to empty instead become muscular and high-toned. This makes them even more difficult to control.

HOW CAN WE PREVENT BLADDER OR URINARY TRACT INFECTIONS?

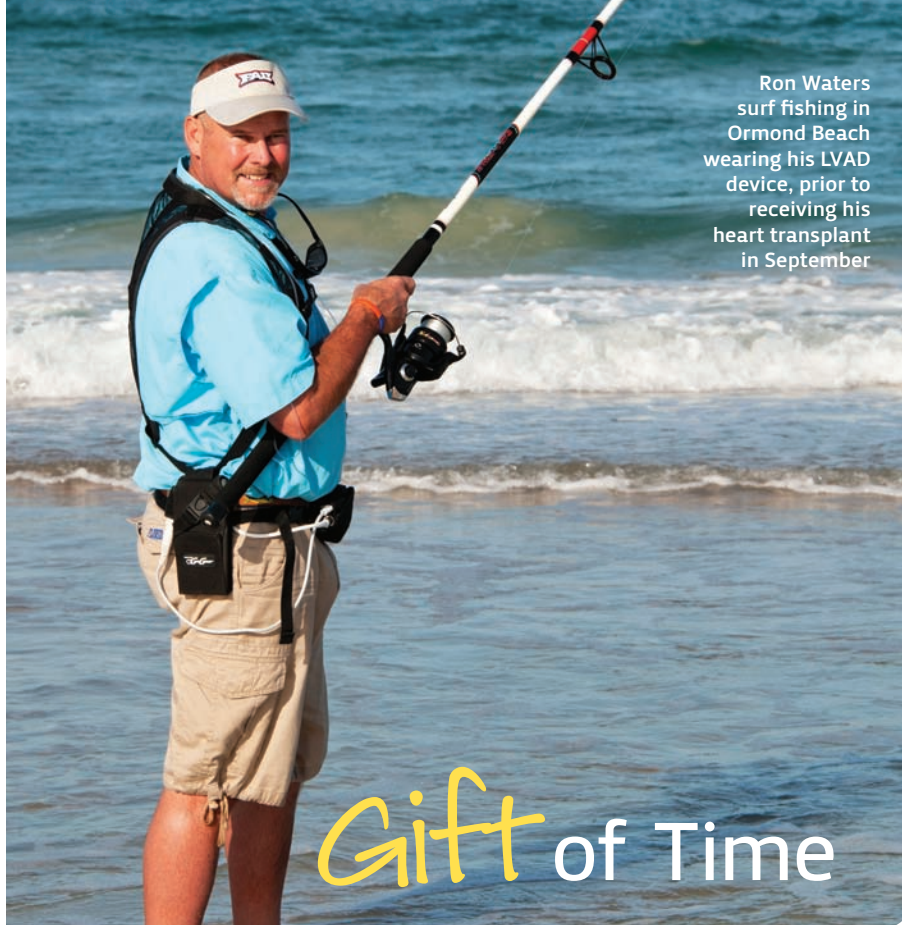
“The key to preventing infections is to completely empty the bladder on a regular basis,” explains Dr. Keating.

Also, it helps to avoid caffeinated drinks, drinks with colored dyes, and milk, which can also cause bladder irritability in some children. For girls, wiping front to back is an important step to prevent transfer of infection-causing bacteria from the rectum.

ARE CONSTIPATION AND URINARY ISSUES RELATED?

“Definitely,” says Dr. Keating. If a child can't get to the potty in time, constipation could be the culprit. The bladder expands as it fills. With constipation, the adjacent intestine is full and reduces the volume of the bladder. Kids think they need to urinate when they actually need to have a bowel movement. Address constipation with fiber-containing foods and cathartics, such as prunes, when necessary.





Ron Waters surf fishing in Ormond Beach wearing his LVAD device, prior to receiving his heart transplant in September

Gift of Time

Heart device gives Orlando man a chance for heart transplant.



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



Barbara Czerska, MD, Cardiovascular Diseases

With a family history of heart disease, Ron Waters, 49, of Orlando, insisted on regular health checkups. After all, his father and grandfather both succumbed to the disease at an early age.

The night before Thanksgiving 2011, Ron's blood pressure was lower than normal. His doctor ordered an EKG the next day. The test revealed possible trouble, and before the weekend was over, Ron suffered sudden cardiac arrest.

Ron underwent multiple tests before his cardiologist, Usman Siddiqui, MD, sent him to Florida Hospital Orlando for a pacemaker.

In January, despite the pacemaker and medications, Ron grew weaker and was readmitted to the hospital. His heart had worsened and he was referred to Barbara Czerska, MD, medical

director of Advanced Heart Failure, Cardiac Transplant and Mechanical Circulatory Support Programs at the Florida Hospital Transplant Institute.



Florida Hospital is ranked No. 23 in the nation by U.S. News & World Report in Cardiology and Heart Surgery.

TOO SICK TO WAIT

Ron was added to the heart transplant waiting list, but he was too sick to wait. Emergency surgery was scheduled with Donald M. Botta, Jr., MD, associate surgical director of Cardiac Transplant and Mechanical Circulatory Support Programs, to install a ventricular assist device (VAD). When installed in the left ventricle, as is most common, it's called an LVAD.

The device, an implantable mechanical pump, pushes blood from the heart's lower chambers (the ventricles) to the rest of the body. Dr. Botta created a pocket inside Ron's left ventricle to house the pump, which connects to a control unit and battery device worn outside the body. Former Vice President Dick Cheney also had an LVAD for 20 months while he awaited a heart transplant, which occurred in early 2012.

LVADs ARE A LIFESAVER

Improvements in design and size led the Food and Drug Administration in 2009 to approve LVADs as a permanent treatment for advanced heart failure.

Each year more than 20,000 people in Central Florida die from heart failure. Less than 1 percent of those needing transplants receive a heart, says Dr. Botta. VADs serve as a "bridge to transplantation," and sometimes a final destination if a patient is not a candidate for a new heart.

Ron was released from the hospital last April and attended cardiac rehabilitation. Fortunately, he received a heart transplant in September and is doing very well. He's now slowly getting back to fishing and enjoying the outdoors with his family and new grandson.

"I'm so pleased with the care I've received from Florida Hospital's transplant team," says Ron. "My LVAD was a lifesaver while I waited for my new heart."

FEB
20

FIGHT HEART FAILURE

Join Dr. Botta for a FREE online seminar on February 20 at 7 pm. He'll discuss risk factors and symptoms of heart failure and the latest treatment advancements, including VADs. Register online at

FHtransplant.com/webinar.

HEALTHY
100tips

STRENGTHEN YOUR HEART

Heart disease tops the list of health issues for men and women. Reduce your risk with a diet rich in fruits, vegetables and low-fat foods and 30 minutes of exercise most days of the week.

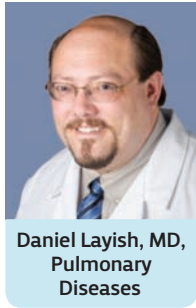




Angela Hooper
and her daughter,
Charla

Enjoy Every Moment

Angela Hooper makes the most of life with cystic fibrosis.



Daniel Layish, MD,
Pulmonary
Diseases

Unlike most mothers, 28-year-old Angela Hooper did not consider childbirth the worst pain of her life. “Giving birth to her was the easiest thing I’ve ever done,” says Angela, glancing lovingly at her 7-year-old daughter, Charla. That’s because what most people take for granted — breathing — is one of the hardest things Angela has to do.

DEALING WITH A DIFFICULT ILLNESS

The Deltona resident was diagnosed with cystic fibrosis (CF) shortly after birth. The genetic disorder diminishes a person’s ability to breathe and digest food properly, creating mucus buildup in the lungs. Airways become blocked, encouraging bacterial growth, which leads to lung infections. Over time, infections can severely damage lungs. Angela suffers from chronic sinusitis, CF-related diabetes and lung infections.

The full-time mom is part of an inpatient comprehensive program under Daniel Layish, MD, medical director, Intensive Care Unit, Pulmonary Rehabilitation and Respiratory Therapy at Winter Park Memorial Hospital, a Florida Hospital, which includes physicians in internal medicine, pulmonary medicine, otolaryngology and infectious disease, as well as specially trained nurses, dietitians, psychologists, case managers and respiratory therapists.

“Years ago children with CF weren’t expected to live to adulthood,” reflects Dr. Layish. “Today’s medical advances have increased life expectancy to 39 years. Our program strives to help them live better quality lives.” Life with CF is difficult, explains Dr. Layish. Every day, patients perform a complex regimen to keep their lungs clean. Angela’s includes taking several medicines and enzymes and using a nebulizer, a vest machine and an inhaler.

SAYING ‘YES’ TO LIFE

Despite everything, Angela refuses to stop enjoying life. Under Dr. Layish’s watchful eye, she and Charla recently visited a local theme park. She also enjoys swimming, cooking and going to the beach.

“Angela’s a fighter,” says Bonnie Hooper, Angela’s mother. “Nothing keeps her down very long.”

“Having CF makes you look at life differently,” Angela explains. “I try not to sweat the small stuff and live every day as if it were my last.”

THE RIGHT CARE FOR CF PATIENTS

To learn more about the cystic fibrosis program or to make an appointment with a Florida Hospital specialist, call **(407) 303-BEST (2378)**.

A Special Healing Environment

Winter Park Memorial Hospital is the only Central Florida hospital with beds designated for cystic fibrosis (CF) patients. The rooms are uniquely designed as a comfortable yet soothing environment. CF patients often require frequent isolation when hospitalized, which makes a healing environment very important. The rooms allow patients to remain in one location, and include amenities such as flat-screen TVs and chairs that convert into beds for a family member when visitation is allowed.

More than 30,000 Americans are affected by cystic fibrosis annually.

Health Events

for you at Florida Hospital

**FEB
20**

A New Tool for Heart Failure

If you or a loved one suffers from heart failure, attend an online seminar with Dr. Botta on February 20, at 7 pm, to learn about the latest advancements in treatments, including ventricular assist devices (VADs). **See full article on page 6.**

☐ **YES**, I registered online at FHtransplant.com/webinar.



**FEB
28**

Potty Training Tips

Join Dr. Keating at 7 pm, February 28, for an online seminar where he'll address potty training issues and provide tips and tricks to make the process easier for all involved. Send your questions in advance so Dr. Keating can address them. **See full article on page 4.**

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**MAR
12**

Urinary Incontinence: It's More Common Than You Think

Join Dr. Feranec at 7 pm, March 12, for a FREE online seminar on urinary incontinence, focusing on pelvic floor disorder and various treatments. **See full article on page 3.**

☐ **YES**, I registered online at FloridaHospital.com/women.



Healthy Recipe



Easy Hearty Minestrone

Yields four servings. Cook time: 30 minutes. Difficulty level: Medium (for everyday cooks, nothing too complex).

INGREDIENTS

- 1/2 c. chopped onion
- 2 garlic cloves, minced
- 1 c. diced zucchini
- 1 c. chopped carrots
- 1/2 c. diced celery
- 2 (14-oz.) cans fat-free, low-sodium vegetable broth
- 1 (14.5-oz.) can no-salt diced tomatoes, undrained
- 1/3 c. whole-wheat orzo pasta
- 3 c. chopped fresh kale
- 1 tsp. Italian seasoning
- 1/2 tsp. ground pepper
- 2 Tbsp. grated Parmesan

DIRECTIONS

1. Coat large Dutch oven with nonstick cooking spray; place over medium heat. Add onion and garlic; cook and stir 5 minutes or until tender. Add zucchini, carrots and celery; cook and stir 5 minutes.
2. Stir in broth, tomatoes and 1 c. water; bring to boiling. Add orzo; reduce heat and simmer 15 minutes, stirring occasionally. Add kale, Italian seasoning and pepper; cook 3 to 5 minutes more or until kale is wilted. Ladle into 4 soup bowls, sprinkle with Parmesan, and serve.

Nutrition facts per serving (Serves 4):

140 calories, 2 g fat, 1 g saturated fat, 5 mg cholesterol, 300 mg sodium, 28 g carbohydrate, 4 g fiber, 6 g protein

DOWNLOAD FREE RECIPES

For more delicious recipes, visit Healthy100.org.