



FLORIDA
HOSPITAL

best *in* care

the skill to heal. the spirit to care.

Win
this book!
See page 2
for details.



SUMMER 2011

Bright Eyes

Get smart about
caring for your sight
as you age. We'll
show you how **PAGE 8**

- ▶ Real help for erectile dysfunction **PAGE 5**
- ▶ Correcting a common problem — pelvic floor disorders **PAGE 6**
- ▶ Weight gain during cancer treatment puts you at greater risk **PAGE 7**
- ▶ Choosing the right rehab program after a stroke **PAGE 10**

JULY
12

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



The skill to heal. The spirit to care.

Welcome back to *Best in Care*, your source for health information and tips to help you reach a Healthy 100. We've changed our look a bit, but our focus on providing the latest treatment innovations hasn't wavered.

In this issue, you'll learn about protecting your eyesight as you age, choosing the right stroke rehabilitation program, 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.**

Win a FREE Copy!

Have you ever thought that the secrets to health and happiness can't be just diet and exercise alone? Well, you're right.

In the new book *8 Secrets of a Healthy 100*, by Des Cummings Jr, PhD, you'll discover that there are actually eight principles to attaining good health. Each is based on one letter in the word CREATION: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook and Nutrition.

"You will discover small steps and big results to live life to the fullest," says Dr. Cummings, who is executive vice president of Florida Hospital. Learn how to improve your outlook, which friends actually improve your health, and what plants remove dangerous toxins from your home.



Call Now to Win

The first 100 callers will receive a FREE copy. To claim your prize, call (407) 303-BEST (2378) right now!

DID YOU KNOW?

90 percent

The percentage of people who regain very good vision (somewhere between 20/20 and 20/40) after cataract surgery. It is the most frequently performed surgery in the United States, with more than 3 million Americans undergoing the procedure annually.

Learn if it could be an option for you on page 8.



Success Without Surgery

A new *treatment option* for a rare hand disorder.



Brian Leung, MD,
Orthopaedic
Surgery

Dupuytren's contracture is a rare debilitating genetic condition where excess tissues form cords in the palm causing the fingers to curl up. The first non-invasive treatment for the condition, an injectable medication called Xiaflex, was recently approved by the Food and Drug

Administration, and is now available at Florida Hospital.

Brian Leung, MD, orthopaedic surgeon at Florida Hospital East Orlando, is one of a handful of physicians in the state certified to provide the injections.

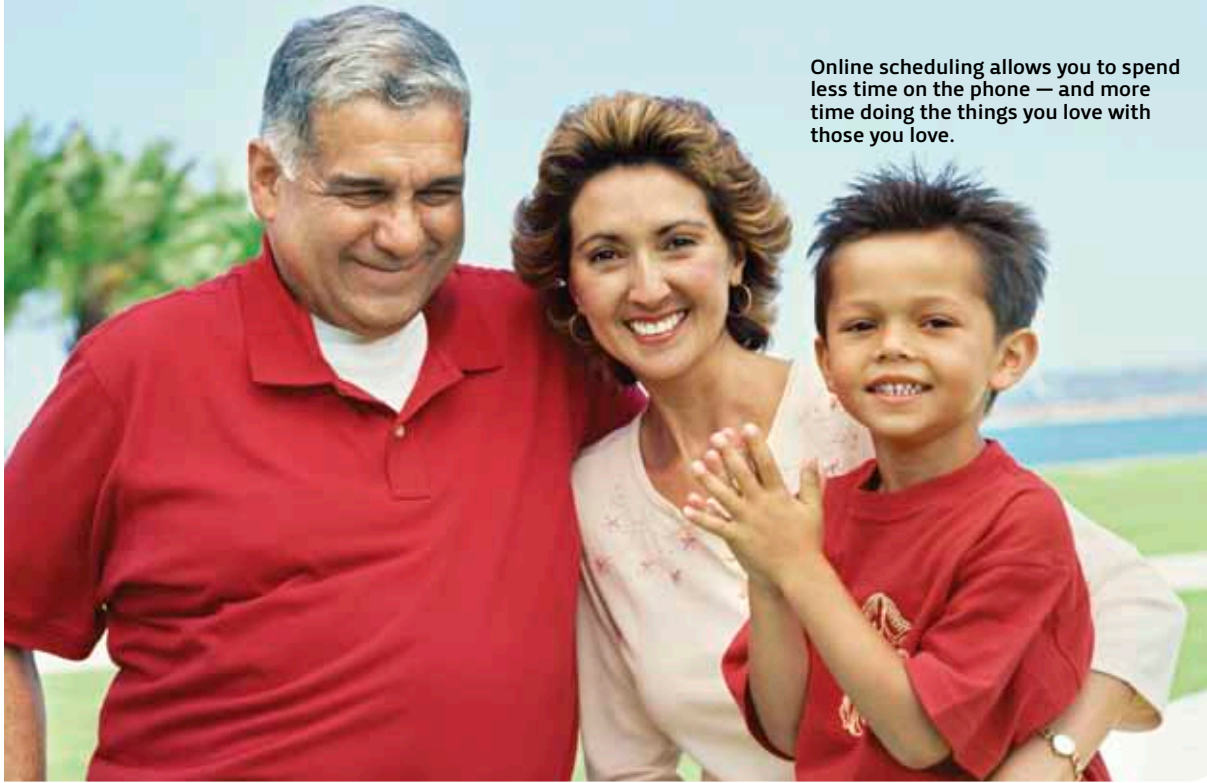
"It's very gratifying to be able to help people sleep at night, live normal lives and do the things that they enjoy," says Dr. Leung, who also treats common ailments like arthritis, carpal tunnel syndrome and tendonitis.

Dupuytren's, also called Viking disease, usually affects men over the age of 50 of Scandinavian or Northern European descent.

**AUG
30**

GET ANSWERS TO YOUR HAND PROBLEMS

Join Dr. Leung at 5:30 pm, August 30, at Florida Hospital East Orlando for a **FREE lecture** on hand disorders. He'll discuss carpal tunnel syndrome, fractures, osteoarthritis, tendonitis and finger injuries. Save your seat by calling **(407) 303-BEST (2378)**.



Online scheduling allows you to spend less time on the phone — and more time doing the things you love with those you love.



Patient Room Upgrades Complete

For your added convenience and comfort, Florida Hospital Apopka has recently modernized many of its on-campus facilities. Patient rooms now include flat-screen TVs, larger bathrooms and an upgraded nursing communication system — just a few of the ways we're making patients feel comfortable and well cared for in an attractive environment.

Additionally, nursing and physicians' workstations were enhanced to improve workflow and efficiency. Should you require lab work, a new outpatient lab draw is accessible from the main lobby, just steps from nearby parking.

Screening on *Your* Schedule

Imaging Department offers expanded hours and online appointment-setting.

Whether you're retired or work 40 hours a week or more, extra time is often scarce, so convenience and accessibility are vital. With this in mind, Florida Hospital Apopka is expanding the Imaging Department's hours of operation and introducing online scheduling requests to better accommodate busy schedules.

Mammography appointments will be offered two Saturdays a month, and Sunday appointments are available for in- and outpatient magnetic resonance imaging (MRI). X-ray, CT scan and ultrasound appointments are already available during the weekend. For patients who work and are unable to schedule weekday appointments, Florida Hospital Apopka is another option added to the list of Florida Hospital and Florida Radiology Imaging locations with expanded hours.

"We realize balancing a job, family and other commitments doesn't leave much free time," says Lynne Oliveira, Florida Hospital Apopka Imaging manager. "Our goal is to make the process simple. And our medical team and physicians will now be able to access test results quickly. That in itself is a major benefit to our patients."

REQUEST AN APPOINTMENT ON THE WEB

Easy and fast online appointment requests can be done through Florida Hospital Apopka's website 24 hours a day, seven days a week. All you need to request an appointment is your insurance card and a doctor's prescription for any outpatient study such as stress test, lab work, CT, MRI, mammogram or ultrasound.

After completing an online request form, a nurse will contact you within 24 hours, Monday through Friday, to confirm your preferred day and time. In addition to requesting appointments online, you can save more time by downloading and completing pre-registration forms prior to your scheduled appointment.

"Providing appointment requests online is an easy way for Florida Hospital Apopka to accomplish what we always strive to do: meet the needs of our community," Oliveira says.

REQUEST AN APPOINTMENT TODAY

Make a date for your upcoming imaging test. Call **(407) 303-BEST (2378)** or visit **FloridaHospitalApopka.com** to use our new online service in Apopka.

HEALTHY
100tips

EXERCISE—THE MIRACLE DRUG

Turn back your biological clock 15 to 20 years by increasing aerobic activity by just 15 to 25 percent. Reverse the aging process with oxygen-boosting physical exercise.

A Lifesaving Catch

Angel Guzman becomes the first person in Central Florida to have robotic surgery for the heart.



Joseph Boyer,
MD, Thoracic and
Cardiovascular
Surgery

As a volunteer at Florida Hospital Celebration Health, Angel Guzman of Clermont was intrigued by robotic machines on display there to show visitors new technologies in surgery. He never thought he would be the first patient in Central Florida to undergo robotic heart surgery.

“People started calling me to tell me I was famous,” says Angel, who was interviewed by the media and called by relatives who had heard

the news. “I am so glad they chose me.”

A SURREAL SURPRISE

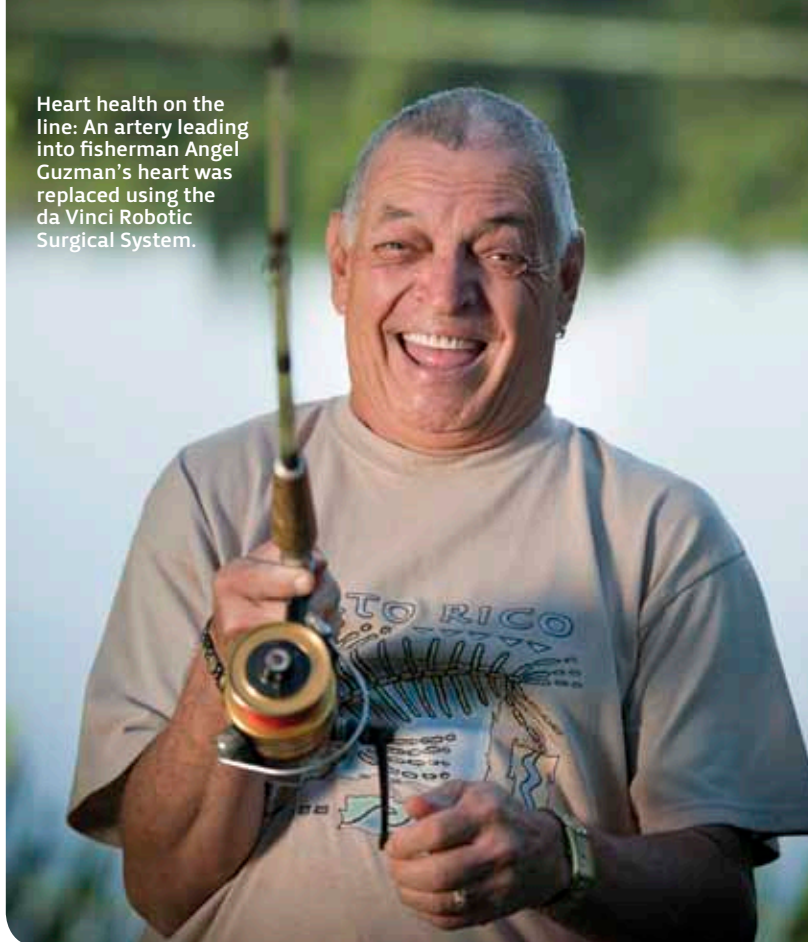
Angel, 65, woke up one Friday morning in March with a sharp pain. He stared at the ceiling, not wanting to wake his wife, Ramona, until he fell back to sleep. The following day, he felt it again. So, Ramona took him to the hospital.

Doctors told him he suffered a heart attack and would need surgery. His chest was shaved, he thought, in preparation for them to crack his ribs and open his chest. When he awoke, he was pleasantly surprised to find a small incision on his side.

Using the da Vinci® Robotic Surgical System at Florida Hospital Orlando, Joseph Boyer, MD, replaced an artery leading into Angel’s heart to improve his blood supply to the organ.

By manipulating the da Vinci’s flexible robotic arms through small incisions, Dr. Boyer was able to

Heart health on the line: An artery leading into fisherman Angel Guzman’s heart was replaced using the da Vinci Robotic Surgical System.



move around corners and see difficult areas where he performed intricate work.

RAPID RECOVERY

Angel, who worked for the City of New York Housing Authority before he retired to Clermont, felt better within days. Within a week, he was back to his loves — tinkering in the garage, fishing and spending time with his grandkids. Eventually he wants to return to the hospital to continue his volunteer work.

“Anyone who is afraid of this surgery, I would tell them about my experience,” Angel says. “I would take them to the hospital myself if they needed it.”

JULY

28

ATTEND OUR HEART LECTURE — IT COULD SAVE YOUR LIFE

Join Dr. Boyer at 5:30 pm, July 28, at Winter Park Civic Center for a **FREE lecture** where he’ll discuss minimally invasive robotic heart surgery and conditions that can be treated with the technology. Reserve your seat today by calling **(407) 303-BEST (2378)**.

HEALTHY
100tips

BUILD LONGTIME FRIENDSHIPS

Having and sustaining meaningful relationships takes practice. Build stronger connections by sharing special moments with family and friends.

Real Help for a Real Problem

See your doctor for sensible solutions to erectile dysfunction.



**Zamip Patel, MD,
Urology**

It was a taboo topic a decade ago, but with the introduction of Viagra®, a brand name now as common as Coke® and Nike®, came an avalanche of information and misinformation about curing impotence.

Our email inboxes are jammed with unsolicited messages touting magical herbal supplements, prime-time commercials push a myriad of pills, and the topic is often fodder for late night talk show monologues.

Erectile dysfunction, or ED, affects approximately 15 million to 30 million men in the US. A barrage of simple solutions is plied on unsuspecting sufferers, and it can be downright confusing.

“Everyone knows what it is,” says Zamip Patel, MD, urologist at Florida Hospital East Orlando. “The problem with awareness in the mass media is that they prescribe a quick fix. A guy thinks he can circumvent a doctor and self-diagnose.”

EXPERT GUIDANCE PAYS OFF

It is common for men who suffer from ED, a lack of blood flow to the genitals, to avoid seeking medical help, even though a lifestyle change like losing weight or quitting smoking can often relieve the problem. But sometimes medication is needed, or even surgery.



“This is a real medical problem. It can’t be treated by purchasing something online,” explains Dr. Patel. “You can see results and avoid something more serious by talking to a doctor.”

ED can also be an early indicator of heart attack or stroke. A doctor may check blood pressure, current medications and hormone levels. Injury to the bladder, pelvis, prostate or spinal cord also can be a cause.

“Men are made to feel like it’s a psychological problem and they should be able to take care of it themselves,” says Dr. Patel. “But that’s like plastering over a huge hole in the wall.”

**AUG
23**

GET ANSWERS FOR YOUR CONCERNS

Avoid the confusion of mixed messages about ED. Dr. Patel will give a **FREE lecture** to discuss erectile dysfunction, including treatment options, at 5:30 pm, August 23, at Florida Hospital East Orlando. Reserve your seat today by calling **(407) 303-BEST (2378)**.



Join the Men’s Health Program

Sooner or later minor aches may slow down your game. And, before you know it, they could turn into major problems.

At Florida Hospital East Orlando, the Men’s Health Program focuses on prevention and treatment of top health concerns men face including rehabilitation and sports injuries, heart disease, sleep disorders, prostate cancer and diabetes.

To schedule an exam with our expert physicians, call **(407) 303-BEST (2378)** today. It’s time to create a game plan for good health.

**HEALTHY
100tips**

YOU SNOOZE, YOU WIN

Getting the right amount of sleep may decrease your risk of developing diabetes. Commit to getting adequate sleep or call your physician if you think you have a sleep disorder.

Get Back to *Living*

There's hope for a silent epidemic: pelvic floor disorders.



Solving a Private Problem

No one likes talking about the loss of bladder or bowel control, yet both can have a profound effect on the quality of life for women and men. These conditions can signal pelvic muscle disorders, but they are treatable.

The Pelvic Rehabilitation Program at Florida Hospital Sports Medicine and Rehabilitation provides a non-surgical option. A team of specially trained pelvic physical therapists is available to treat these conditions.

If you suffer from pelvic pain or dysfunction and would like to learn more, call **(407) 303-BEST (2378)** for a referral.



Arnold Advincula, MD, Obstetrics and Gynecology

Almost 50 percent of American women experience pelvic floor disorders in some form, and almost all are unaware of how common they are because they find it too embarrassing to discuss.

Two years ago, then-70-year-old Edna Henry began experiencing bladder problems and recurring urinary tract infections.

Doctor visits and tests revealed inflammation of the bladder, and eventually her uterus prolapsed, or fell out of its normal place.

As an active member in her church and a regular hospital volunteer, Edna didn't have time to slow down, but she did begin restricting her activities.

"My cardiologist and gynecologist considered me high risk for traditional, open surgery because of my age, my pacemaker, and because I have atrial fibrillation," explains Edna. "So I kept looking for other options."

NO MORE SUFFERING IN SILENCE

Edna's persistence paid off when she learned about Arnold Advincula, MD, medical director of the Gynecologic Robotic Surgery Program, Global Robotics Institute, and founder and medical director of The Endometriosis Center at Florida Hospital Celebration Health.

Dr. Advincula began using the da Vinci® Robotic Surgical System in 2001 and was instrumental in getting approval to use the device for gynecological procedures from the Food and Drug Administration.

"Women don't have to live with pelvic floor disorders," says Dr. Advincula. "There are ways to



Edna Henry says she "couldn't have asked for a better outcome" after surgery for a pelvic floor disorder.

treat them with lifestyle changes, estrogen patches or with minimally invasive surgical procedures including vaginal, laparoscopic and abdominal repair."

"Traditionally, the gold standard for treating pelvic floor disorders was through abdominal repair, which left a large incision and required a longer stay in the hospital. Now, the same procedure can be performed using robotic surgery to help return patients back to their active lifestyles quicker and with less discomfort."

"Dr. Advincula explained robotic surgery, addressed my concerns and assured me that I'd be taken care of," says Edna.

Her surgery was performed through her navel, and she only required an overnight hospital stay.

"I wanted to feel normal again, and now I do," says Edna. "I couldn't have asked for a better outcome. And for that I am so thankful."

**SEPT
6**

DISCOVER TREATMENTS THAT CAN HELP

Join Dr. Advincula for a **FREE Q&A** on pelvic floor disorders at 5:30 pm, September 6, at Celebration Community Center. Call **(407) 303-BEST (2378)** to reserve your seat today.

**HEALTHY
100tips**

TELL THEM WHY THEY MATTER

When was the last time you told family members how special they are to you? Give loved ones a specific reason why they are dear to you and enhance relationships with those closest to you.

Gaining weight during cancer treatment may increase your chance of recurrence.



Expert Nutritional Support

Maintaining good nutrition is especially important during cancer treatment.

Working one-on-one with you, a registered, licensed dietitian at Florida Hospital's Center for Nutritional Excellence can help you develop a healthy lifestyle plan by:

- Reviewing eating and physical activity habits
- Determining your body mass index
- Discussing supplements during and after treatment
- Making dietary recommendations
- Providing nutritional tips to cope with treatment side effects
- Reviewing guidelines for healthy eating post-treatment

To learn more, call **(407) 303-BEST (2378)**.

Heavy Concerns

Exploring the dangers of weight gain during cancer treatment.



Cynthia Buffington,
PhD, Obesity
Research

When diagnosed with breast cancer two years ago, Cynthia Buffington, PhD, director of research and education at the Metabolic Medicine and Surgery Institute at Florida Hospital Celebration Health, gained a considerable amount of weight during her treatment.

As an internationally recognized obesity researcher, Dr. Buffington became curious about her weight gain and began exploring the relationship between cancer treatments, weight gain and recurrence. What she discovered was that 96 percent of women with breast cancer gain weight during treatment.

WHY WEIGHT GAIN MATTERS

"Cancer treatment and weight gain seem like an oxymoron," says Dr. Buffington. "You'd think that having cancer would lead to weight loss, but the opposite frequently occurs."

"People undergoing cancer treatment become less active due to side effects, which leads to muscle loss, and ultimately, a lower metabolic rate. And weight gain increases your risk of recurrence and death from cancer."

According to Dr. Buffington, studies have found that as little as a six-pound weight gain during treatment can lead to a 35 percent increase in the recurrence of cancer after treatment, and that a 17-pound weight gain can increase your risk by 64 percent.

There are multiple causes for the link between cancer and obesity involving hormonal and molecular changes that significantly increase the risk for cancer to recur, according to Dr. Buffington.

"There are so many contributing factors to weight gain during treatment. Sleep loss, type of treatment, psychological status after diagnosis, and change in body composition are just a few influences," she says. "Once I started researching the link, I knew I needed to bring attention to this on a larger scale."

Dr. Buffington speaks to cancer support groups, makes presentations at community events, is helping launch a website for oncology patients about preventing weight gain, and will soon be leading a study at Florida Hospital Celebration Health examining weight gain after breast cancer diagnosis, causes and intervening therapy.

"It's so important to educate people about the dangers of weight gain during treatment for all types of cancer," says Dr. Buffington. "Avoiding weight gain can save your life."

SEPT

15

PROTECT YOUR FUTURE HEALTH

Join Dr. Buffington for a **FREE lecture** where she discusses ways to manage your weight during cancer treatments, at 5:30 pm, September 15, at Celebration Community Center. Call **(407) 303-BEST (2378)** to RSVP today.

HEALTHY
100tips

CALM YOUR HUNGER

Berries contain antioxidants that trigger receptors in the upper intestines telling the brain you're full. So, grab some blueberries to feel fuller and more satisfied.

Aging *Eyes*

Learn what's normal, what to watch for, how to compensate for changes, and what treatments are available.



Mont J.
Cartwright, MD,
Ophthalmology

Ever make the mistake of putting on blue shoes or socks when you meant to wear black? Find yourself reaching more often for your glasses or having a hard time reading in dim light? If so, you're not alone.

As more Americans head toward retirement and beyond, the number of people with age-related eye problems is expected to rise. While you can't prevent normal changes, you can minimize the impact on your daily life and reduce your risk for future eye disease.

HOW'S YOUR VISION?

The first step is distinguishing between vision changes due to normal aging (like the examples above) from changes that may be signs of disease. Only a doctor can diagnose eye disease, so if you haven't had an eye exam lately, consider scheduling an appointment with an ophthalmologist today.

Mont J. Cartwright, MD, a board-certified ophthalmologist at Winter Park Memorial Hospital who specializes in eye diseases and surgery, describes three common ailments that affect older eyes and the latest treatment options for each.

CATARACTS

A painless condition where the normally clear aspirin-sized lens of the eye becomes cloudy. The result is like smearing grease over the lens of a camera, impairing normal vision. Causes include cortisone medication, trauma, diabetes and aging. Because changes happen gradually, it's not uncommon for people to be unaware they have cataracts. It's only when the condition starts to affect daily living and enjoyment do people start thinking about surgery.

"Often, people consider poor vision an

inevitable aspect of getting older, but that doesn't have to be the case. Cataract surgery is a simple and relatively painless procedure that allows patients to regain vision quickly," says Dr. Cartwright.

In fact, it is the most frequently performed surgery in the US, with more than 3 million Americans undergoing the procedure annually. Nine out of 10 people who have cataract surgery regain very good vision, somewhere between 20/20 and 20/40.

HEALTHY
100tips

YOU ARE WHAT YOU LISTEN TO

Choose to listen to uplifting, positive, happy and peaceful music. Choose music that encourages behaviors and attitudes you want to adopt.





JULY
26

ATTEND A LECTURE ON EYE HEALTH

To learn how you can protect your eyes as you age, join Dr. Cartwright at a **FREE lecture** at 5:30 pm, July 26, at the Winter Park Civic Center. Reserve your seat today by calling **(407) 303-BEST (2378)**.



MACULAR DEGENERATION

Age-related macular degeneration (AMD) gradually destroys sharp, central vision necessary for seeing objects clearly and for common daily tasks like reading and driving. It's the leading cause of vision loss in Americans 60 or older. AMD occurs in two forms: wet and dry.

Symptoms include requiring increasingly bright light for close work, difficulty adapting to low light levels, blurred vision, colors appearing less bright, difficulty recognizing faces, a blind spot in the center of your vision,

distortion of vision and reduced clarity of central vision.

Your risk increases if you are Caucasian, over the age of 75, have a family history, are obese or have light-colored eyes. Many studies have shown that lifestyle changes — consuming a diet rich in fruits and green, leafy vegetables; getting adequate rest; exercising; and not smoking — can reduce your risk.

Advanced AMD can be treated with laser surgery, photodynamic therapy and injections into the eye.



GLAUCOMA

Called the sneak thief of sight, glaucoma refers to certain eye diseases that affect the optic nerve and cause vision loss. It typically produces elevated eye pressure (not related to blood pressure) inside the eye called intraocular pressure and can usually be classified as open-angle (chronic conditions of long duration) or closed-angle (angle closure), which occurs suddenly and causes vision loss.

The elderly, African-Americans and those with family histories of the disease are at greatest risk. There are no symptoms in the early stages, and by the time a patient notices changes, visual loss due to glaucoma can only be halted, not reversed.

Glaucoma is usually treated with eyedrops, although lasers and surgery can be used. Most cases can be controlled well with these treatments, thereby preventing further vision loss. Early diagnosis and treatment are the keys to preserving eyesight.

“When detected early by a simple eye-pressure test done as part of an eye exam, glaucoma usually can be successfully treated with eyedrops, lasers and/or surgery. It's important to catch this condition early because once it sets in, vision loss is irreversible,” emphasizes Dr. Cartwright.



HEALTHY
100tips

A FEW MINUTES NOW CAN ADD YEARS TO YOUR LIFE

Many people don't know their health risks until it's too late. Take responsibility for your well-being and schedule a yearly physical today!

GET BACK TO LIVING AFTER STROKE

For a **FREE** referral to a stroke rehabilitation program near you, call **(407) 303-BEST (2378)**.



The right rehabilitation program can get you back on your feet after a stroke. For the best chance of success, know your options.

Regain Your Independence

How choosing the right stroke rehabilitation program can make all the difference.



Mitchell Freed, MD,
Physiatry

Every 45 seconds, someone in the US suffers a stroke. Two-thirds of these individuals will require some type of rehabilitation.

If you or a loved one has suffered a stroke, getting back to normal is likely your primary concern. Stroke rehabilitation can help you regain independence and improve your quality of life. Choosing the right rehabilitation site depends on

several factors, including your specific medical needs, what your insurance plan will cover, and what is most convenient for you and your family. Rehabilitation is offered in several settings:

Home health care is skilled nursing, medical and therapy services provided in your home. Nursing care is available one to seven days a week, while therapy, if needed, is provided one to two hours per day, one to three days each week.

Skilled nursing facilities (or nursing homes) are an option for patients not quite ready to return home and who need 24-hour nursing treatment or observation. Many stroke patients receive one to three hours of therapy a day, one to six days a week.

Inpatient rehabilitation facilities offer highly structured, intensive programs focusing on restoring a patient's physical, social, cognitive and emotional independence. Patients receive 24-hour nursing care, a minimum of three hours of therapy five days a week, and 24-hour physician availability. Florida Hospital's Inpatient Rehabilitation Center is one of only two such facilities in Central Florida.

Recent studies suggest that inpatient rehabilitation facilities often provide better outcomes, with a greater likelihood of returning home.

These facilities have a higher degree of specialization, access to the latest rehabilitation technology, daily physician care, and 24-hour, goal-oriented nursing. Skilled nursing facilities and home health care programs do not have this level of comprehensive and concentrated therapy.

"The data supports the conclusion that most stroke patients will have better outcomes from the level of care provided at an inpatient rehabilitation facility," says Mitchell Freed, MD, medical director of Florida Hospital Rehabilitation Services.

"All options are viable rehabilitation settings; however, we look to the evidence that inpatient rehabilitation facilities will restore function to the most optimum level."

HEALTHY
100tips

FOR A HEALTHIER OUTLOOK, CHOOSE FRIENDS WISELY

One way to be positive is to surround yourself with positive people. Today, find that person whose optimism warms your soul and commit to spending more time with him or her.

Groundbreaking Cancer Treatments



Two important tools are helping patients at Florida Hospital.



Sam Atallah, MD,
Colon and Rectal
Surgery

Florida Hospital physicians are pioneering new treatments for colorectal and liver cancers that will affect nearly 200,000 newly diagnosed Americans this year.

The treatment: TAMIS (transanal minimally invasive surgery), a procedure for removing rectal tumors, was developed by Sam Atallah, MD, Matthew Albrecht, MD, and Sergio Larach, MD, at Winter Park Memorial Hospital.

How it works: During the procedure, a scope is inserted into the rectum that allows the surgeon to see the tumor and the surrounding area more clearly.

“The most common remark I hear from patients is they’re amazed they even had surgery,” says Dr. Atallah, the first to perform TAMIS in the nation.

Benefits to you: TAMIS removes tumors faster than traditional surgeries and with less pain during recovery and a quicker return to normal activity. The procedure is completed in about an hour, and the patient is often discharged from the hospital within 24 hours.



Christopher Rush,
MD, Diagnostic
Radiology

The treatment: SIR-Spheres™ is an outpatient procedure for patients diagnosed with colorectal liver metastases who have exhausted all other options. SIR stands for Selective Internal Radiation.

How it works: Millions of microscopic radioactive spheres are inserted in the hepatic artery to specifically target the liver.

“For patients who aren’t surgery candidates, the procedure is an excellent option and often provides a significant benefit with a comparatively small range of side effects,” says Christopher Rush, MD.

Benefits to you: The procedure reduces or eliminates secondary liver tumors with just one treatment. Patients are home within four to six hours, with less pain and a quicker recovery time than after most conventional procedures.

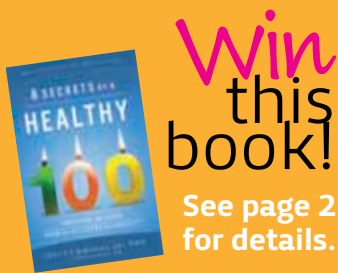
Clinical trials confirm that SIR-Spheres patients have response rates higher than with other treatments, resulting in increased life expectancy, greater periods without tumor activity, and improved quality of life.

EXPERIENCE THE LATEST IN CANCER CARE

If you need a specialist from Florida Hospital, call **(407) 303-BEST (2378)**.

MAKE A MISSION STATEMENT

Having a personal mission statement motivates you to do your best and makes you feel significant. Today, write a mission statement that reflects your values and guides your actions.



Florida Hospital
601 East Rollins Street
Orlando, FL 32803

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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.

JULY

Stop Your Suffering (GYN conditions) Thursday, July 7

Discover the latest treatments for painful GYN conditions and whether surgery is right for you. **ALT**

Free Yourself from Back Pain Tuesday, July 12

An informative Q&A on neck and back pain and the pros and cons of laser spine surgery. **ALT**

Preventing Pneumonia Tuesday, July 19

Learn steps to take to prevent this disease, which affects more than 3 million Americans annually. **APO**

The Science of Aging Skin Tuesday, July 26

Discover tips to keep your skin young, healthy and cancer free! **WP**

Breast Cancer and Diet Tuesday, July 26

Learn the latest about breast cancer and discover tasty, nutritious tips too. **APO**



Robotic Heart Surgery Thursday, July 28

Facing heart surgery? Find out if minimally invasive surgery is right for you. **See page 4 for full article. WP**

AUGUST

Not Getting Enough Sleep? Tuesday, August 2

Learn why you may not be getting the ZZZs you need, associated health problems and how to escape the snooze-button syndrome. **WP**



Your Eyes Over Time Wednesday, August 3

Over 50? Learn how to protect your eyes from cataracts, glaucoma and age-related macular degeneration. **See page 8 for full article. WP**

GYN Cancer: Your Questions Answered Thursday, August 4

A Q&A on the importance of regular screenings, GYN cancer signs and treatments. **WP**

Managing Menopause Tuesday, August 9

Hear what you can do

to fight back against menopause. **WP**

Putting a Stop to Acid Reflux Tuesday, August 16

Your heartburn may actually be gastroesophageal reflux disease (GERD), which can lead to bigger problems if not treated properly. Learn how to stop it. **WP**

Benefits of Minimally Invasive Spine Surgery Wednesday, August 24

Discover new treatments for back and neck pain, including minimally invasive spine surgery. **WP**

Overcoming ED Tuesday, August 23

Learn about simple lifestyle changes that may alleviate erectile dysfunction or when medical intervention is necessary. **See page 5 for full article. EAST**

Caring for Our Hands Tuesday, August 30

Learn more about common hand ailments including carpal tunnel syndrome, arthritis, fractures and finger injuries. **See page 2 for full article. EAST**

SEPTEMBER

Pelvic Floor Disorders Tuesday, September 6

Find out more about this common disorder and available treatments. **See page 6 for full article. CEL**

Managing Your Weight During Cancer Treatment Thursday, September 15

Explore the relationship between treatment, weight gain, recurrence and how to combat these risks. **See page 7 for full article. CEL**

Caring for Our Hands Tuesday, September 20

Learn more about common hand ailments including carpal tunnel syndrome, arthritis, fractures and finger injuries. **KISS**

Breast Cancer and Diet Thursday, September 22

Learn the latest about breast cancer and discover tasty, nutritious tips too. **KISS**

CLASS LOCATIONS

- WP** Winter Park Civic Center
1050 West Morse Boulevard
Winter Park, FL 32789
- APO** Florida Hospital Apopka
201 North Park Avenue
Apopka, FL 32703
- CEL** Celebration Community Center
851 Celebration Avenue
Celebration, FL 34747
- EAST** Florida Hospital East Orlando
7727 Lake Underhill
Orlando, FL 32822
- ALT** Florida Hospital Altamonte
601 East Altamonte Drive
Altamonte Springs, FL 32701
- KISS** Florida Hospital Kissimmee
2450 North Orange Blossom Trail
Kissimmee, FL 34744

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