



FLORIDA
HOSPITAL

best in care

The skill to heal. The spirit to care.

SUMMER 2012

A Life in Bloom

Duyane Hoffman
didn't let heart
problems stop
him from getting
around **PAGE 6**

ALSO IN THIS ISSUE:

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

JUNE
26



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 about innovative treatments for osteoarthritis, bloating, chronic heartburn 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.

WHAT IS HEALTHY 100?

You may have seen the commercials or even heard of Healthy 100, but do you really know what it is? Created by Florida Hospital, Healthy 100 is an easy way to help you—and your family—make simple changes for a healthier, more active lifestyle and improve your chances of living to a healthy 100 years or longer.

Join us and become a Healthy 100 member today. It's FREE, and you'll receive access to helpful tools such as:

- Mobile apps
- Age and wellness calculators
- E-newsletters
- Recipes
- Expert videos
- Healthy events and screenings
- Healthy 100

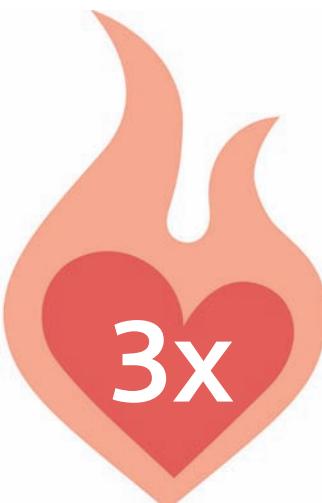


Deals—a new program that gives you exclusive offers from local businesses on products and services to keep you fit and strong.

SIGN UP TODAY

To get your Healthy 100 Deals card and become a Healthy 100 member, visit healthy100.org/deals.

DID YOU KNOW?



If you suffer from heartburn caused by acid reflux three or four times a week, it's time to see a physician.

Turn to page 5
to learn about one treatment that finally worked for Sheila Rasy of Altamonte Springs.



YOUR TICKET TO AN EASIER MRI



Manuel A.
Hernandez, MD,
Diagnostic Radiology

Newly enhanced imaging services at Florida Hospital Orlando make going for an MRI seem more like a night at the movies. Recent improvements include a state-of-the-art video and sound system made especially for MRI scanners.

Patients wear goggles and headsets to watch movies or calming videos, which help alleviate fear or claustrophobia during scans that can take 30 to 45 minutes.

MRIs use a magnetic field and pulses of radio wave energy to take high-resolution images of structures inside the body.

"We believe this will create a more soothing and relaxing environment, especially for claustrophobic patients who previously needed sedation to remain still that long," says Manuel A. Hernandez, MD, section chief of Body Imaging for Florida Hospital.

Additionally, Florida Hospital and Florida Radiology Imaging (FRI) are the only Central Florida facilities to earn the Image Wisely™, Image Gently™, Level Three designations from the American College of Radiology. This means your loved ones receive the lowest radiation doses possible—lower than national standards—during imaging tests.

A Lifesaving Advance

First adult cord blood transplant at Florida Hospital Cancer Institute.



**Melhem Solh,
MD, Hematology/
Medical Oncology**

Routine blood work may have saved 56-year-old Angelica Dalman's life.

When the Kissimmee wife and mother of two had her cholesterol checked as part of a regular checkup, her doctor noticed her blood platelet count was low. Additional testing revealed a shocking discovery: Angelica had leukemia.

Although two rounds of chemotherapy destroyed Angelica's cancer, there was a possibility that it might return, which often happens with blood disorders such as leukemia and lymphoma. One way to halt or slow the return of these malignancies is by a relatively new procedure called a cord blood transplant.

WHY CORD BLOOD IS USED

According to Melhem Solh, MD, of Florida Hospital Cancer Institute's bone marrow transplant program, stem cells found in the umbilical cord are well suited for "grafting" in the recipient's body and generating the production of new, healthy blood. The umbilical cord contains high levels of stem cells, which are the cells from which all blood cells develop.

This past November, Angelica became the first adult to receive a cord blood transplant at Florida Hospital.

A HUGE GAIN FOR CENTRAL FLORIDA

Angelica is thankful to have access to such sophisticated treatment in Central Florida. Patients needing a cord blood transplant previously would have to travel out of town for treatment. Since patients typically remain hospitalized for three weeks or more, travel can be expensive and difficult on the patients' families.



CALL TODAY FOR FAST SCHEDULING

If you or a loved one are facing a diagnosis of cancer and are looking for a physician, call **(407) 303-BEST (2378)**. You'll receive expedited and prioritized scheduling, and all calls are confidential.

Angelica was an ideal candidate for the cord blood procedure for two reasons: She had no fully matched eligible siblings, and she is of Hispanic ethnicity. Ideally, cells used in the procedure would come from a family member, usually a sibling. Since none matched, she was placed on a transplant registry. Transplant registries are an excellent resource; however, minority populations such as Hispanics and African-Americans are not well represented, making it difficult to successfully identify a bone marrow donor through this method.

GETTING THE GOOD NEWS

"I trust in God," said Angelica, upon learning that she was a viable candidate for a cord blood transplant and would be the first adult to have the procedure in Central Florida. Today, she is recovering well and is considered cancer-free, although Dr. Solh will continue to monitor her progress closely.

Angelica looks forward to returning home to her husband and children, and resuming her daily two- to three-mile walks.



HEALTHY 100 tips

PONDER YOUR PURCHASES

Buy with the environment and your health and well-being in mind. Buy organic, local produce and recycled items that have been gently used.

Inside the New Digestive Health Center

Florida Hospital Kissimmee recently opened a new digestive health center with advanced technology to aid in gastrointestinal (GI) procedures, including esophagus, stomach and colon exams, and minor surgical procedures requiring only local anesthesia.

Our registered nurses, specializing in GI and minor surgical procedures, work closely with physicians performing procedures to care for you.

Features of the new facility include:

- Three large procedure rooms
- 12 private pre- and post-procedure rooms
- Dedicated waiting and reception areas



Settling Stomachs

A 'pacemaker' for the stomach can help keep food down.



**Basher
Atiquzzaman, MD,
Gastroenterology**

When you swallow a bite of food, more than gravity moves it through your body. A whole system of muscles pushes it along. If they don't work properly, eating can be anything but pleasurable.

Most of us process the food we eat in a matter of minutes. For some, it sits in the stomach for hours, making them feel bloated, nauseous and miserable.

This inability to process food, called gastroparesis, usually affects those with type 1 and type 2 diabetes, and wreaks havoc on blood sugar levels.

"Gastroparesis is just like paralysis of the stomach," explains Basher Atiquzzaman, MD ("Dr. Atiq"), a gastroenterologist with Florida Hospital Kissimmee. "Normally, the stomach empties by contracting, sending food into the small intestine."

For patients with the condition, the stomach doesn't contract properly, causing them to become ill. For many, the condition can be corrected with medicine. But for those patients whom medication doesn't help, there is another option.

HOW GASTRIC PACEMAKERS WORK

In April, Dr. Atiq began using a gastric pacemaker as a solution to digestive problems. The device functions much like a heart pacemaker as it stimulates the walls

of the stomach to move food to the intestines.

"Gastric pacemakers have been shown to be effective for increasing diabetic control and improving the quality of life," explains Dr. Atiq.

About the size of a pocket watch, the device is laparoscopically implanted just below the skin of the lower abdomen. It sends mild electrical signals to the stomach to help empty contents and relieve bloating, nausea and vomiting.

"You may not realize it, but small electrical currents tell your stomach when to empty," elaborates Dr. Atiq. For patients with gastroparesis, the device does it for them.

After the gastric pacemaker is implanted, Dr. Atiq notes that patients can return to their regular routine immediately.

SEPT

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WHEN IT'S MORE THAN A STOMACHACHE

Join Basher Atiquzzaman, MD, as he explains gastroparesis and available treatments at 5:30 pm Tuesday, September 11, at Florida Hospital Kissimmee. Seating is limited and RSVPs are requested. Call **(407) 303-BEST (2378)** to reserve your space today!

HEALTHY 100 tips

CONNECT MORE, LIVE LONGER

Relationships with others are key to living to a Healthy 100. Studies show having someone to care for you or to confide in may lower your risk of premature death and disease by three to five times.

Going Swimmingly

Heartburn surgery provides remedy for Sheila Rashy's discomfort.



Steve Eubanks, MD,
General Surgery

Sheila Rashy worked as an insurance agent for more than 30 years, but at 72, she's more active than ever. She volunteers for Jewish Family Services and the Retired Senior Volunteer Program, takes water aerobics classes near her Altamonte Springs home, and is involved in Congregation Beth Am in Longwood.

For years, Sheila suffered from acid reflux, also known as GERD (gastroesophageal reflux disease), and a hiatal hernia, where the stomach is pushed into the chest cavity. She finally decided to do something about it.

"As you get older, you don't get healthier, as a general rule," explains Sheila. "So, there was never a doubt in my mind this was the right thing to do."

THE RIGHT TREATMENT FOR SHEILA

Sheila's gastroenterologist sent her to Steve Eubanks, MD, director of Academic Surgery and medical director of the Institute for Surgical Advancement at Florida Hospital Orlando, who specializes in advanced minimally invasive surgery and upper gastrointestinal diseases. Last August, he performed laparoscopic Nissen Fundoplication on Sheila.

"Using the stomach, we make a new barrier to reflux by wrapping the stomach around the esophagus to prevent acid from flowing into the esophagus and throat and causing a burning association," says Dr. Eubanks.

Sheila Rashy and her husband, Morris, recently celebrated their 55th wedding anniversary.



AUG
9

DON'T SUFFER IN SILENCE

Join Mayram Kashi, MD, at 5:30 pm Thursday, August 9, at Florida Hospital Orlando as she discusses common GI conditions — from GERD to IBS to ulcers to Crohn's disease — and how to end them. Call **(407) 303-BEST (2378)** today!

Certain foods worsen heartburn, including citrus fruits, tomatoes and caffeine. But for some people, eating virtually anything can trigger their symptoms. For those who just can't get relief, this procedure may make the difference. It requires fewer incisions and is less invasive than open surgery. Most patients are home the next day and back at work within a week.

Dr. Eubanks, who has performed surgery for GERD for 18 years, often does corrective surgery for GERD repairs gone awry.

"Having the operation performed well the first time and following measures prescribed by your doctor is extremely important," explains Dr. Eubanks.

BACK TO LIVING LIFE

Sheila says she's grateful to Dr. Eubanks for helping her participate in recent milestones: coordinating her twin grandchildren's B'Nai Mitzvah and dancing with her husband, Morris, 77, at their 55th wedding anniversary.

In addition to Florida Hospital Orlando, GERD surgery is offered at Florida Hospital Celebration Health and Winter Park Memorial Hospital.

Should You See a Doctor?

While occasional heartburn from acid reflux is normal, if you suffer from it three or four times a week, you should get it checked.

Acid reflux can cause heartburn, but it also has been associated with an increased risk of esophageal cancer. And esophageal cancer has increased dramatically in North America over the last decade, doubling or even tripling the number of cases, says Steve Eubanks, MD, director of Academic Surgery and medical director of the Institute for Surgical Advancement at Florida Hospital Orlando.

HEALTHY 100 tips

WEIGHT LOSS THE GRADUAL WAY

Weight loss does not have to be a radical life change. Keep a food journal for one week, and then add one fruit or vegetable each day to your diet until you have a more balanced plan.



Back in Bloom

New heart procedure gives Apopka man a way to keep his golden years active.

Duyane Hoffman, 92, has a passion for life. He and his wife of 27 years, Nancy, share five daughters, four grandchildren and four great-grandchildren. They met in 1983 at a Winter Park church social for people who had lost their spouses. Nancy recalls her aunt and sister had to drag her to the event, kicking all the way.

Once there she met "Dwey," as she affectionately calls him, and discovered they had much in common, from their mutual love of orchids to both refusing to write three personality-describing adjectives on their name tags, as requested by the event's organizer. Courtship followed, and eventually the two married.

And while Dwey leads a healthy lifestyle that includes exercising on the treadmill and cultivating orchids in their Apopka backyard greenhouse, aortic stenosis, or a calcified heart valve, hindered his active ambitions.

"I used to do 45 minutes of cardiac rehab on the treadmill," says Dwey. And before a recent procedure at Florida Hospital, Dwey says, "I could barely do 10 minutes."

For the former Navy and Pan American pilot, the change was gradual, even with a history of heart troubles.

"About a year ago, Dwey started slowing down," says Nancy. "We thought it was because he was 91 and just tired." However, in May 2011, Dwey went to the hospital for testing and they learned he had a blockage.



The team that provides TAVR treatment, from left: Jose Arias, MD; Andrew Taussig, MD; Kevin Accola, MD; and Jorge Suarez-Cavelier, MD.



His cardiologist, Charles Curry, MD, referred him for further evaluation to Kevin Accola, MD, cardiovascular surgeon and program director of the Florida Hospital Valve Center of Excellence.

AT FIRST, LIMITED OPTIONS

For patients with severe aortic stenosis, open-heart surgery used to be the only option. Traditional surgery requires an open incision in the chest and stopping the heart to repair or replace a malfunctioning valve. However, at 92, Dwey wasn't a candidate.

"Dr. Accola asked me if I could hang on for another six months as he might have a new procedure for me," recalls Dwey.

A SECOND CHANCE

Because of Dwey's desire for longevity, his multidisciplinary cardiac team at Florida Hospital Orlando believed he'd be a good candidate for a new FDA-approved procedure: transcatheter aortic valve replacement (TAVR).

HEALTHY 100 tips

TARGET YOUR GOALS WITH OPTIMISM

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.





Performed by a cardiothoracic surgeon and cardiologist, TAVR involves feeding an artificial valve by catheter through an artery in the groin to the heart. Once placed in the correct position, the artificial valve is opened and begins to function.

“Some people are just too sick for the traditional approach,” explains Andrew Taussig, MD, cardiologist. “The transcatheter route opens an approach for safe surgery. Many patients die without it, which is why we’ve chosen to attack it with this technology.”

Dr. Accola adds that critically ill patients notice a difference immediately. “When they awake, their breathing is better and their sense of well-being is greatly improved.”

The TAVR team includes Drs. Accola and Taussig, Jorge Suarez-Cavelier, MD, thoracic and cardiovascular surgery, and Jose Arias, MD, cardiovascular disease. Additionally, they are supported by many members of the cardiac catheterization, operating room, echocardiogram, research, imaging and anesthesia teams.

WHAT'S NEXT FOR DWEY

And who knows? The former pilot, who began his aviation career flying cargo planes in World War II to North Africa, Europe and Central and South America, just might begin planning his “trip of a lifetime” to another exotic, faraway location.

Dwey credits his doctors with keeping him going. “I have a lot to live for,” he says. “If you sit around in a rocker in your old age, you won’t last very long. Now I’m able to get back to what I love doing most, spending time with Nancy and our family and tending to our orchids.”

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NEW OPTIONS FOR TREATING AORTIC STENOSIS

Nearly 200,000 Americans are diagnosed annually with aortic stenosis. Join Kevin Accola, MD, at 5:30 pm Thursday, July 26, at Florida Hospital Orlando, as he explains TAVR and learn if you’re a candidate. RSVPs are required. Call **(407) 303-BEST (2378)** today.

HEALTHY 100 tips

GET 15 MINUTES OF SUNSHINE!

Exposure to sunshine just 15 minutes a day stimulates the whole body and helps us sleep better. Sunlight increases serotonin production, an important brain chemical that helps prevent fatigue and encourages sleep.

What's Aortic Stenosis?

Aortic stenosis occurs when the aortic valve narrows and blood flow is obstructed, causing chest pain, tightness, fatigue, dizziness, shortness of breath and heart palpitations.

“Patients with severe aortic stenosis usually die within two years of symptoms if left untreated,” says Kevin Accola, MD, cardiovascular surgeon and program director of the Florida Hospital Valve Center of Excellence.

Make the Connection

If your joints are stiff and painful, it could be osteoarthritis.

After a daily walk around the neighborhood, you notice stiffening in your knees. By evening, it's difficult to move.

You think, "Walking was so easy when I was younger." What you are most likely experiencing is osteoarthritis. Affecting nearly 27 million Americans, osteoarthritis, the most common form of arthritis, is a breakdown of joint cartilage from obesity, past joint injury and age. This deterioration or inflammation of cartilage translates into joint pain, stiffness and in severe cases, loss of movement in the joint.

Though it can affect any joint in your body, the most common occurrences are in the hands, shoulders, lower back, hips and knees. Below, our orthopaedic experts describe what you can do to alleviate your symptoms:



Joseph Robison, MD,
Orthopaedics

HANDS

Arthritis in the hands is typically seen 10 to 15 years earlier than arthritis in larger joints such as the hip or knee and is most commonly seen at the base of the thumb. This interferes with pinching, opening jars and playing golf, according to Joseph Robison, MD, medical director of the Orthopaedics Program at Florida Hospital Kissimmee.

The second most commonly affected area in the hand is the joint closest to the tip of the finger and looks like a bump or nodule. Typical treatment includes anti-inflammatories, topical creams, braces and cortisone injections. In severe cases, surgical joint reconstruction can be performed.



**HEALTHY
100**tips

EXERCISE YOUR BRAIN

The brain is a muscle just like your biceps or heart – any physical activity you do increases blood flow to it. More importantly, any mental game you play stimulates and protects your brain cells.



SHOULDERS

When osteoarthritis affects the shoulder, the biggest issue is pain, explains Brian Leung, MD, orthopaedic surgeon at Florida Hospital East Orlando.

Arthritis creates stiffness in the shoulder, making it difficult to play tennis and golf or to garden.

"Many people have difficulty lifting their arms, so you can imagine how many activities are impacted," says Dr. Leung.

Initial treatments include anti-inflammatories, cortisone injections, physical therapy and, in severe cases, joint replacement surgery, most commonly in the rotator cuff.



LOWER BACK

Arthritis in the lower back is caused by wear and tear to discs in the spine. As they deteriorate, bending, twisting, lifting and even walking can cause pain, says Chetan Patel, MD, medical director of the Spine Center at Florida Hospital Altamonte.

As arthritis progresses, bone spurs may form on joints and cause narrowing of the spinal canal, called spinal stenosis, and can send shooting pain down the back of the legs.

"Flare-ups are common in the back, so once we get the acute pain brought down and under control, we focus on preventative care," says Dr. Patel.

Preventative measures include strengthening core muscles, stretching, physical therapy and cortisone injections.

FREE ORTHOPAEDIC AND JOINT SCREENING

Do you ache in your back, shoulders, knees or other joints? Meet one-on-one with an orthopaedic specialist to determine what may be causing your pain and how to address it. This offer is exclusively for *Best in Care* recipients and is nontransferable. Registration is required. Call **(407) 303-BEST (2378)** to reserve an appointment.



John McCutchen,
MD, Orthopaedics

HIPS

Genetics account for only 20 percent of arthritis in the hips. Environmental factors make up the rest, according to John McCutchen, MD, orthopaedic surgeon at Winter Park Memorial Hospital, a Florida Hospital.

"Overuse is the main culprit, and we're seeing arthritis much earlier in baby boomers because they're more active than their parents' generation," says Dr. McCutchen.

"When loss of cartilage in the hip results in bone-on-bone pain, we first recommend anti-inflammatories and cutting back on or changing the activities that are causing the pain, using a cane, and in extreme circumstances, hip replacement."



J. Dean Cole, MD,
Orthopaedic
Surgery

KNEES

The knee is the joint most commonly affected by osteoarthritis.

Factors that increase your chances of developing arthritis in the knee include age, weight, playing a particular sport, repetitive stress, gender and heredity, explains J. Dean Cole, MD, medical director for the Florida Hospital Orthopaedic Institute's Fracture Care Center.

Pain can be felt from going up and down stairs, getting up from a chair and especially walking.

Treatment options include anti-inflammatory drugs, cortisone injections, physical therapy and decreasing or stopping the physical activity causing the pain.

When those options aren't working, knee replacement surgery should be considered the next step.



Walk Like an Astronaut

A new anti-gravity treadmill is helping patients at Florida Hospital Celebration Health exercise without pain, even while recovering from surgery or injury.

Developed by NASA, the treadmill simulates a weightless environment by using air pressure to lift patients and reduce gravitational forces on lower extremities.

This enables patients to run or walk at a fraction of their weight. For those recovering from knee replacements, less force on the joint often means less pain. Also, it allows obese patients to immediately experience what it would feel like to weigh less, exercise with less joint impact and improve their cardiovascular health.

HEALTHY 100 tips

BREAK DOWN YOUR GOALS INTO STEPS

Setting goals is easy, but attaining them can be a challenge. Today, identify some important personal goals and develop a plan to achieve them.

Below: Sharon Woloshen's Lap-Band surgery enabled her to have a needed kidney transplant sooner. Far right: Sharon, pictured with her Lhasa Apso puppy, Gizmo.

A Weight Lifted, a Life *Saved*

Sharon Woloshen gets an unexpected benefit from weight loss surgery.



Michael Angelis,
MD, Transplant
Surgery

For most of her life, Sharon Woloshen of Sanford has dealt with major weight issues. At her heaviest, the 5-foot-2-inch nursing student weighed 284 pounds.

"I've always had a weight problem," she says. "But I guess I was in denial."

After suffering from uncontrollable diabetes and hypothyroidism for 22 years, which were unknowingly related to her weight problems, Sharon's doctor suggested she might want to try Lap-Band® adjustable gastric band surgery. At first, she wasn't convinced surgery was her best option.

"I promised myself I'd never have gastric bypass or Lap-Band surgery because I considered it a cop-out," she says. "But I just couldn't lose the weight."

MAKING THE DECISION

After much thought, Sharon moved forward with Lap-Band surgery in July 2009 at Florida Hospital Celebration Health. Over the next year, she continued to lose 100 pounds.

"I knew Lap-Band was going to be a big help and I was definitely relieved," she says. "People think bariatric surgery is an easy way out, but it's not. I still had a lot of work to do."

**HEALTHY
100***tips*

KEEP FOCUSED ON YOU

Don't be distracted by lack of sleep or demands from others. Stay focused on the real issues and choices before you.





A TURN FOR THE WORSE

During 2010, Sharon noticed her weight began to fluctuate and her health worsened. While vacationing in New Jersey, she gained 30 pounds in one weekend.

"At that point, I knew something was seriously wrong," she says. "I was doing everything I was supposed to do and then my body began swelling that whole year, and regardless of what I did, it wasn't getting any better."

During another visit with her doctor, Sharon discovered she was in kidney failure. "I was shocked," remembers Sharon. "No one had looked at my kidneys until then."

Because her kidneys no longer were able to remove waste products from her blood, her doctors immediately put her on dialysis, where a machine did the work for them.

LAP-BAND WAS A LIFESAVER

For a year, Sharon received lifesaving dialysis. Then a close friend jumped at the opportunity to donate a kidney, which would allow her to receive a transplant much sooner than anticipated.

After undergoing rigorous testing, Sharon and her donor tested positive for transplant compatibility and were a match.

On May 13, 2011, Sharon received her new kidney at Florida Hospital Orlando. Her surgery was a success, and today she's down to a much healthier weight and still losing the pounds. She's convinced Lap-Band, along with her friend, were lifesavers.

"I probably would have been on a three- to five-year waiting list, if it hadn't been for my friend," she says. "And thanks to Lap-Band, my weight wasn't an issue to keep me from receiving the organ."

WHY OBESITY CAN BE A ROADBLOCK TO TRANSPLANTS

Michael Angelis, MD, surgical director of Florida Hospital Transplant Institute, explains that obesity places patients at high risk for complications during transplant surgery, making it more difficult for these patients to receive transplants.

"Patients are better off by not being morbidly obese," he says. "It places them at higher risk of developing diabetes (if they are not already diabetic) or having wound infections that won't heal after surgery. In general, these patients have more complications than those who are not overweight."

Keith Kim, MD, medical director for the Metabolic Medicine and Surgery Institute at Florida Hospital Celebration Health, adds that additional surgical risks associated with obesity include respiratory and cardiovascular complications.

"For obese patients who need a kidney transplant but are unable to lose weight with exercise and diet alone, bariatric surgery may be an option," Dr. Angelis says.

Now, one year after the transplant, Sharon is taking life one day at a time. She enjoys playing with her fun-loving, 7-month-old Lhasa Apso puppy, Gizmo, learning new card games and visiting her favorite vacation spot, her home state of New Jersey.

"I'm positive Lap-Band gave me an extra year to get the new kidney," Sharon says. "And if it weren't for my surgeries, I probably wouldn't be alive."

CALL FOR YOUR PRIORITY APPOINTMENT

If you or a friend suffers from weight issues or for more information on our transplant program or on organ transplants, call **(407) 303-BEST (2378)** today for an expedited appointment with a Florida Hospital physician.

Health *Events* for You

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

JUNE

Caring For Aging Parents

Tuesday, June 26 **APO**

Join our specialists as they outline resources for caregivers, common issues and how best to handle situations.



incontinence after having a baby or cancer treatments, discover options to correct the situation.

Can Your Knees Be Saved?

Wednesday, July 25 **WP**

Thursday, August 23 **EAST**
 Put down the ice pack and listen as our knee specialist shares innovative treatments to ease arthritis and joint pain with quicker and less painful recoveries.

New Options for Treating Aortic Stenosis

Thursday, July 26 **ORL**

Learn about an innovative procedure for patients with severe aortic stenosis who are not eligible for traditional open-heart surgery. [See full article on page 6.](#)

JULY

Robotics, Lasers and Your Spine

Tuesday, July 10 **APO**

If chronic neck or back pain or other debilitating spinal conditions keep you from fully participating in everyday activities, join our specialist as he sheds light on the latest treatments.

Do You Have a Bossy Bladder?

Wednesday, July 18 **WP**

Thursday, July 19 **ALT**

If you go to the bathroom too often, lose urine when coughing or sneezing, or are experiencing

AUGUST

Treating Acid Reflux

Wednesday, August 1 **WP**

Join our specialist and discover treatments to help end your discomfort.

Top 10 Signs That Signal a Thyroid Problem

Thursday, August 2 **ORL**

Does fatigue drag you down? Do you have brain fog, weight gain, chills or hair loss? Your thyroid could be to blame.

Osteoarthritis and Shoulder Pain

Wednesday, August 8 **WP**

Learn how your shoulder ages, and discover treatments that alleviate pain and get you back to normal activity.

Common Digestive Issues: What's On and Off the Menu

Thursday, August 9 **ORL**

If you're dealing with stomach issues, don't suffer in silence. Our specialist will cover common GI problems and how to end them. [See full article on page 5.](#)

Battle of the Bulge: Common Hernias and Treatments

Tuesday, August 14 **ORL**

An in-depth description of common hernias, causes, treatments and how to prevent them.

Get Hip to Your Health

Tuesday, August 21 **EAST**

Protect yourself from falls by learning simple strength-building moves, and discover new options in hip replacement.

Breast Health Update

Tuesday, August 28 **CEL**

Join our fellowship-trained breast surgeon for a Q&A on breast cancer prevention, diagnosis and treatment strategies.

Getting Rid of Hand Pain

Thursday, August 30 **CEL**

Learn about symptoms and treatments for common ailments including carpal tunnel syndrome, arthritis, tendon/joint replacement/reconstruction, and fractures/sprains.

SEPTEMBER

When Is a Stomachache Not Just A Stomachache?

Tuesday, September 11 **KISS**

Gastroparesis can affect patients with type 1 and type 2 diabetes. Learn about "gastric pacemakers," a new medical device to help those with severe cases. [See full article on page 4.](#)

Aging and Osteoarthritis

Thursday, September 13

KISS

Learn how changes in your anatomy increase the chance of osteoarthritis, how to fight it and what to do if you have it.

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