



FLORIDA  
HOSPITAL

# best *in* care

*the skill to heal. the spirit to care.*

FALL 2012

## I Will Survive

Audrey Harbeck follows  
her instincts to get the  
care she deserves

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### ALSO IN THIS ISSUE:

- ▲ A joint replacement  
option for the fingers

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- ▲ 6 tips to reduce  
painful kidney stones

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- ▲ Don't miss a beat —  
heart rhythm  
disorders revealed

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

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**FLORIDA  
HOSPITAL**

*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 joint pain, kidney stones, heart rhythm disorders 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](mailto:BICeditor@FLHosp.org).**

## KNOW BEFORE YOU GO

Emergencies can happen anywhere, anytime and to anyone. To ensure your family has convenient access to immediate care, Florida Hospital has eight Central Florida emergency rooms and 21 urgent care locations, all led by specially trained doctors and nurses. From minor bumps and burns to life-threatening situations, our ER medical teams provide patients with quick, capable and compassionate care.

Knowing wait times, locations, directions and what type of facility to go to in advance can help you make informed decisions to get the right care when you need it. To "know before you go," download our mobile application today.



Using a smart phone, scan the QR code to download the Florida Hospital ER Wait App.



## Orlando's No. 1 Hospital

Florida Hospital has been ranked as one of the best hospitals in the nation, according to *U.S. News & World Report*. Also, Florida Hospital has been named the No. 1 hospital in the Orlando metro area for the second consecutive year and the No. 2 hospital in the state of Florida.

For more than 10 years, Florida Hospital has been recognized by *U.S. News & World Report's* Best Hospitals rankings. This year the hospital was recognized in seven specialties:

- Cardiology and Heart Surgery – #23
- Diabetes and Endocrinology – #42
- Gastroenterology – #16
- Gynecology – #11
- Nephrology – #25
- Pulmonology – #29
- Urology – #43

Complete rankings and methodology, published annually by *U.S. News* in collaboration with RTI International, a research organization based in Research Triangle Park, North Carolina, are available at [usnews.com/best-hospitals](http://usnews.com/best-hospitals).

This year's Best Hospitals showcases more than 720 of the nation's roughly 5,000 hospitals. Fewer than 150 are nationally ranked in even one of 16 medical specialties.

### DID YOU KNOW?

**3%** of women will have a kidney stone at least once.

Learn why kidney stones can be of particular concern to Florida residents on page 8.



## Join the Pink Fight Today

Florida Hospital wants you! Join us in our mission to defeat breast cancer, the second most common form of cancer found in women, by enlisting in the Pink Army.

As a Florida Hospital foot soldier, you'll participate in events to arm our community with valuable health information, all while having a great time. There are women today, right here in Central Florida, who require help in their fight with this disease and they need you!

Discover inspiring survivor stories, schedule a mammogram or host a Pink Party. We'll help you climb the ranks from Private to General as you help your fellow comrades. Sign up today!

### ENLIST IN THE PINK ARMY

To become a part of this courageous group, visit our headquarters at [joinpinkarmy.com](http://joinpinkarmy.com).

# Kick *Start*

Heart transplant offers road back to full life for Edwin Arce.



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



Barbara Czerska, MD, Cardiovascular Diseases

In 1997, Newark, New Jersey, police officer Edwin Arce was a military veteran and street cop. Rarely ever sick and in excellent physical shape from daily workouts required for his job, he was confused when one day he felt lightheaded and woke up drenched in sweat. His wife immediately drove him to the hospital.

A series of tests led to a diagnosis of congestive heart failure. At age 35, with a wife and three young children, Edwin's law enforcement career was over. He retired and later moved to Orlando in 2002 as he struggled with years of fatigue and frustration.

"I used to bench 300 pounds and was a runner," says Edwin. "I always needed to stay in shape because I worked on the streets and you never knew what could happen."

## JUST IN TIME

In 2010, Edwin's health began to rapidly deteriorate. He could hardly shave, take a bath, brush his teeth or walk. "My energy was gone," he says. "My life went from my bedroom to my sofa and that was just five feet."

Thanks to the constant care of his doctor, Vineel Sompalli, MD, interventional cardiologist, Edwin learned that he would need a heart transplant; he would not survive without it. Fortunately, a new transplant center was opening, and in January 2012, Edwin became Florida Hospital's first heart transplant patient as part of a brand-new program.

Donald M. Botta, Jr., MD, transplant surgeon, assisted by Barbara Czerska, MD, transplant cardiologist, performed the surgery at Florida Hospital Orlando.

## THE BIRTH OF A NEW SERVICE

In the past, most heart transplant patients had to travel to Tampa or Gainesville to await their surgeries. Dr. Botta



Once-avid fisherman and motorcycle rider Edwin Arce is looking forward to returning to the activities he loves.

says this was a hardship for families. Florida Hospital decided in 2009 to develop a cardiac transplant center for the region.

Dr. Czerska has been involved in hundreds of successful transplants. "It's an honor and humbling to bring this new service to the community," she says.

"Heart failure is an epidemic and the most pervasive disease in the US," Dr. Botta says. "We are actively working to improve survival and decrease progression."

## MUCH TO CELEBRATE

So far, Edwin's body has accepted his new heart. Since his surgery, Edwin celebrated his 50th birthday and Father's Day with his wife, Rosa, and three children: Carmen, 25; Edwin Jr., 24; and Rebecca, 20.

Edwin says he is grateful to the donor family and the hospital for giving him a new lease on life. His two greatest joys are still ahead: walking his daughter Carmen down the aisle in December and getting back on his 2005 Harley-Davidson Road King Custom.

"It's the most wonderful thing that happened in Orlando with this new transplant unit," Edwin says. "It's going to be a big blessing for a lot of people."

## GET A PRIORITY APPOINTMENT

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

## Progress for Lung Patients, Too

Florida Hospital has established the only lung transplant program in Central Florida and added two world-class physicians, Andres Pelaez, MD, and Hartmuth Bittner, MD, PhD, to its team. The first lung transplants were performed in August. The new program means patients will no longer have to travel long distances to receive a life-saving organ.

HEALTHY  
100 *tips*

## MUSIC TO YOUR EARS

Choose to listen to uplifting, positive, happy and peaceful music. You will not go wrong if you choose music that makes you think of good things that create positive feelings.





# Second Chances

A fight for a second opinion helps breast cancer survivor Audrey Harbeck.



Lisa Minton, MD,  
General Surgery

Many women have fought breast cancer, but 58-year-old Audrey Harbeck of Sorrento thought she had lost the war before beginning the battle.

During a self-exam, she found a pea-size lump in her breast. Scared and in denial, she waited six months before getting a mammogram.

"I was terrified," Audrey says.

"I had girlfriends who passed away from breast cancer."

After a mammogram at a local imaging center, she learned the lump was indeed cancerous. Then, she was informed she had stage 3 terminal breast cancer.

## PUTTING AFFAIRS IN ORDER

Audrey learned she needed a mastectomy, and although removing her left breast would extend her life, it would not change the outcome. She was told she should go home and get her affairs in order.

While she awaited surgery, Audrey prepared her own memorial service. She collected 17 years of photos and



A fateful message and good care helped Audrey Harbeck fight breast cancer.

memories and selected music. She even cleaned and organized her home so the burden would not fall to her husband.

"I knew I was going, and I knew that it was my time," she says.

## A SURPRISING SIGN

After her shocking diagnosis, Audrey conducted research on the Internet and found Lisa Minton, MD, a general surgeon with Florida Hospital Altamonte. She made an appointment for a second opinion with Dr. Minton, but her general physician told her she

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## GET YOUR QUESTIONS ANSWERED

Attend one of several lectures this fall on breast cancer topics, including "Breast Cancer Myths Debunked," "Do I Really Need an Annual Mammogram?" and "Breast Health Update." Turn to page 12 for registration information.

HEALTHY  
100tips

## OPTIMISM AND LIFE

An optimistic person identifies something to live for and then takes a positive action in achieving that dream. This makes life worth living.



Audrey Harbeck, back to enjoying photography and her dog, Pebbles.

#### A DIFFERENT EXPERIENCE

When she visited Florida Hospital, Audrey immediately fell in love with everything, from the welcoming décor to the nurses and surgeons she met. She decided to pursue treatment with Dr. Minton despite an hourlong drive from her Lake County home.

“My husband asked what I was going to do, and I said the Lord is going to suffice,” she says. “I wanted to go to Florida Hospital, because I knew I was going to be taken care of there.”

Audrey underwent chemotherapy from June to August 2010. Dr. Minton then performed a lumpectomy (surgery to remove the tumor and surrounding tissue) a month later.

“When I first met Audrey, she was diagnosed with locally advanced breast cancer. Had she not undergone chemotherapy before surgery, she would’ve been obligated to have a mastectomy,” explains Dr. Minton.

After successful surgery, Audrey underwent radiation on the remaining breast tissue and continued a specialized type of chemotherapy, which was antibody to her own cancer. The medication not only allowed her to live longer, but live disease-free.

#### A GOOD ATTITUDE THROUGH IT ALL

Throughout her breast cancer journey, Audrey remained close to her faith and maintained her sweet, humorous personality. An avid photographer who also raced cars and personal watercraft with her husband, she even re-created the dress of Glinda the Good Witch from *The Wizard of Oz* especially for Dr. Minton because of her admirable personality and close resemblance to Billie Burke, who portrayed Glinda.

“Dr. Minton’s a work of art and an excellent surgeon,” Audrey says. “I’m so grateful I came to Florida Hospital because I have a lot to live for.”

couldn’t wait for a second opinion and needed surgery immediately.

Audrey canceled the appointment with Dr. Minton. However, one morning between doctor visits, Audrey says she received a message from her late mother.

“I looked into the clouds and saw her,” she says. “I heard her say ‘It’s OK’ and ‘I’m here with you.’”

Her mother’s reassuring words made her think again about the second opinion. So, she decided to reschedule the appointment with Dr. Minton.

“If it weren’t for my mother, I wouldn’t have picked up the phone,” says Audrey.

### 3 Ways to Fight Breast Cancer

Take these steps to fight the second most common cancer in women:

- **Check your breasts regularly.** Get a FREE breast self-exam shower card from Florida Hospital by calling the number below.
- **Consider genetic testing.** About 10 percent of all cancers can be inherited. Florida Hospital offers genetic counselors who can perform a hereditary cancer risk assessment.
- **Enlist in the Pink Army.** Join Florida Hospital in our mission to defeat breast cancer by participating in events to arm the community with valuable health information.

For more information on these programs, call **(407) 303-BEST (2378)** today. To enlist in the Pink Army, visit [joinpinkarmy.com](http://joinpinkarmy.com).

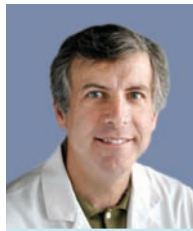


# Stamping Out Pain

Finger joint replacement helps local card-making enthusiast return to the craft she loves.



Joseph Robison, MD, Orthopaedic Surgery



Jerry Rubin, MD, Plastic Surgery

At 61, Nanette Steinwandel of Kissimmee had long been feeling the effects of rheumatoid arthritis on her hands. The disease, which attacks the joints, left the handmade greeting card maker unable to stamp and color her works of art. She suffered from extreme pain caused by fingers that had curled over the years, and her dexterity had disappeared, making everyday activities such as writing, opening doors, buttoning shirts and holding scissors almost impossible.

“My fingers were crippled,” explains Nanette. “I couldn’t even pick up a cup unless I used both hands.” Pain medications no longer worked and in 2009 Nanette began injections of a medication that suppressed her immune system to get her rheumatoid arthritis under control. But with her immune

system compromised, she developed pneumonia and spent a week in a local hospital.

“I knew after my bout with pneumonia that I couldn’t continue using immune-suppressing drugs,” she recalls. “They were too risky for me.”

## A NEW OPTION

Nanette was referred by her primary care doctor to Jerry Rubin, MD, medical director of Florida Hospital Celebration Health’s Hand Center. Dr. Rubin took X-rays of Nanette’s hands and presented her with options. Eager to get back to her hobby, Nanette decided to undergo joint arthroplasty surgery to replace her affected fingers.

In January 2011, Nanette underwent surgery on her right hand. A second surgery on her left hand took place last September. “I wore a special splint after each surgery to support my finger joints during recovery, and within

three to four months, my hands were fully functioning. I’m able to make cards again!” says Nanette joyfully.

According to Joseph Robison, MD, medical director of orthopaedics for Florida Hospital Kissimmee, joint replacement surgery is the ideal treatment option for older, lower-activity patients who suffer from osteoarthritis and rheumatoid arthritis.

“Finger joint replacement significantly restores pain-free function, but patient selection is very important for the best possible outcome,” says Dr. Robison.

## IS SURGERY RIGHT FOR YOU?

There are four indications that surgery may be necessary, explains Dr. Rubin. If someone is experiencing pain, stiffness, deformity and instability in the joint, the patient is a good candidate for surgery. Though arthroplasty joint surgery is less common than knee or hip surgery, when a patient has exhausted all non-surgical methods, surgery can help to reduce pain, facilitate movement and stabilize the joint.

According to the Agency for Healthcare Research and Quality, only 917 surgeries were performed on fingers in 2009, compared with 285,471 hip replacements and 621,000 knee replacements.

Joint replacement surgery is most commonly performed on the proximal interphalangeal and metacarpophalangeal joints, the second and third joints from the fingertip, respectively. The index finger, however, is best treated by fusing the joints because of the sideways pressure during key turning and other fine manipulation movements that can cause the joint implant to break or wear out prematurely.

“Dr. Rubin is a miracle worker,” says Nanette, beaming. “The pain and stiffness in my hands was severely limiting my daily activities, which I had taken for granted. If you compared my X-rays before surgery to my hands now, you wouldn’t believe they are the same hands!”

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## GET RID OF YOUR HAND PAIN

Find out if surgery might be right for you by attending a FREE lecture on Tuesday, November 13. Our specialist will share symptoms and treatments of today’s common ailments. To register, or for an appointment with an expert in your area, call **(407) 303-BEST (2378)**.

HEALTHY  
100tips

## GET ENERGIZED!

One popular form of recreation is outdoor activities, such as hiking, rock climbing or team sports. With outdoor activities, you benefit from sunshine, fresh air and exercise.



Nanette Steinwandel  
pictured with her  
beautiful handmade  
creations.



## HEALTHY 100tips

### KEEP MOVING

Don't give your joints the chance to become stiff — keep them moving. When writing or doing paperwork, release your grip every 10 to 15 minutes, or when your hand feels fatigued.



# A Year-Round Risk

Of particular concern to Florida residents, many kidney stones can be treated with a simple procedure.



Jeffrey Brady, MD,  
Urology



Stephen Dobkin,  
MD, Urology

Excruciating pain awakened Laurie Panasci, of DeLand, in early 2005.

"It was the worst pain I'd ever felt," she says. "I thought it was a bladder infection, but I was wrong."

After a diagnosis of kidney stones at a local emergency room, Laurie was treated with lithotripsy, a 45-minute outpatient procedure, to alleviate her discomfort.

"Lithotripsy is the most common treatment for kidney stones," says Jeffrey Brady, MD, a urologist with Winter Park Memorial Hospital, A Florida Hospital. "It eliminates the need for more invasive surgery, and in almost 90 percent of cases, stones are eliminated with a single procedure."

## SOUND WAVES TO BREAK UP STONES

During the procedure, patients receive sedation or light anesthesia and either sit in a tub of water or on a specialized table that allows urologists to localize the stones and focus treatments. Using sound waves to create strong vibrations (shock waves), the stones are broken into tiny pieces, about the size of a grain of sand, which can be passed in your urine.

Most patients are eligible for lithotripsy, although some may not be suitable candidates. Factors such as size, location and number of stones; height; weight; pregnancy; and heart problems may indicate the need for a different treatment such as laser or ultrasound.

For patients who undergo lithotripsy, recovery usually takes two to three days.

"I didn't feel any pain afterward," says Laurie. "My husband and I even went scuba diving in the Florida Keys the next week."

## HOW STONES FORM

As your kidneys filter waste from your blood, they create urine. Sometimes, salts and other minerals in urine stick together to form small stones. These can range from the size of a sugar crystal to the size of a pea, but they're rarely noticed until they cause a blockage.



HEALTHY  
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### SUBSTITUTE WITH WATER

Replace your soda, juice or coffee with a glass of water, and you've taken one small but important step toward well-being.





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## PREVENT KIDNEY STONES

Dr. Brady will present a seminar on kidney stones and other urinary issues at the Winter Park Community Center at 5:30 pm, October 10. To reserve your seat, call **(407) 303-BEST (2378)** today.

Kidney stones may cause intense pain if they break loose and push into or block the ureters, the narrow tubes leading to your bladder.

Symptoms to watch for include pain so severe you can't sit comfortably, nausea, vomiting, blood in your urine, fever and chills. If you experience severe symptoms, seek medical attention immediately.

Tests such as CT scans, X-rays, ultrasounds and urinalysis can confirm the presence of stones. Blood tests can help look for high levels of minerals that are involved in forming stones.

### HOW TO PREVENT STONES

Why some people form kidney stones and others don't isn't clear. "If you have one stone, you have a 50 percent chance of developing another over 10 years," says Stephen Dobkin, MD, urologist and assistant chief of medicine with Florida Hospital East Orlando.

Kidney stones are more common in young and middle-aged adults than in the elderly, and more prevalent in men than women. Sadly, they're also on the rise in children.

The American diet could be a culprit because of high consumption of salt and fried foods, such as french fries and potato chips.

"Prepackaged foods and sports drinks contain high salt levels. And if you dine out, your favorite restaurant may add extra salt as seasoning," cautions Dr. Dobkin. "Too much dietary sodium causes the body to release more calcium into the urine so consuming foods high in salt or not drinking enough water increases your risk."

Dehydration plays a role, too. Some people living in hot climates like Florida mistakenly choose sodas, iced teas, coffee or other beverages in lieu of water. This leads to dehydration and higher mineral concentrations — composed of calcium oxalate crystals that form a type of salt difficult to dissolve in urine — which can raise your risk.

"Patients with kidney stones have increased over the last 30 years because they're not hydrating properly," says Dr. Brady.

"Make sure you add water to your diet," adds Laurie. "If you don't like plain water, add a slice of lime or lemon for extra flavor. Your kidneys will thank you."

Laurie Panasci was treated with lithotripsy for her kidney stones.

### 6 Tips to Reduce Your Risk

- Consider soda as a treat, not a beverage consumed with every meal.
- Serve water with snacks or meals. Add slices of lime, lemon or other fruits for flavor.
- Don't wait until you're thirsty. Sip water throughout the day.
- Look for low-sodium or no-salt-added labels when buying groceries.
- French-fry crazy? Bake your own from fresh potatoes and serve without salt.
- Forgo extra salt at mealtime. You get enough from foods you eat daily.

If you practice healthy nutrition, you'll set a great example for others around you.

Florida Hospital is ranked **No. 43** in the nation by U.S. News & World Report in Urology.

HEALTHY  
100tips

#### THE POWER OF PRAYER

Frequent prayer, whether public or private, is associated with better health and emotional well-being, as well as lower levels of psychological distress.





# Have You Got Rhythm?

What it really means when your heart skips a beat.



**George Monir, MD,**  
Electrophysiology/  
Cardiovascular  
Diseases

Think you have a busy day? Consider the day your heart is having. While responding to your moment-by-moment demands, it continuously pumps oxygen and nutrient-infused blood to every one of your 75 trillion cells. It's no wonder some hearts can develop irregular heartbeats, or heart arrhythmias.



**Scott Pollak, MD,**  
Electrophysiology/  
Cardiovascular  
Diseases

Heart arrhythmias are common, although their causes can be hard to pinpoint. They are initiated by electrical signals that fire too fast, too slow or irregularly.

A number of factors affect arrhythmias, including coronary artery disease, high blood pressure, diabetes, smoking and stress. Some types can be life-threatening, others harmless. Determining whether your beat-gone-bad is something serious or not could save your life.

“The first step is to be evaluated for the presence of a structural heart disease that’s causing the irregularities,” says George Monir, MD, co-medical director for the Arrhythmia and Ablation Center at the Florida Hospital Cardiovascular Institute. “Get checked to see if the structure, heart valves and pumping function of your heart are normal.”

Here are four types of rhythm disorders and what you can do:

**HEALTHY**  
**100**tips

## PUPPY LOVE

Animals are a blessing from nature that can enhance our well-being in numerous ways; they give unconditional love, social dimension and activity.







## 2.2 million

Number of Americans — including Sharyn Rockett, left — with atrial fibrillation, an arrhythmia that feels like a fast and fluttery beat, according to the American Heart Association. Sharyn, who lives in Flagler Beach, was treated with robotic ablation surgery at Florida Hospital Orlando.

### PREMATURE VENTRICULAR CONTRACTIONS (PVCs)

**Danger risk:** Low ●

**Beat:** Skipping or fluttering

**Meaning:** PVCs are the most common arrhythmia. They originate within an irritable area of the heart's lower chambers, disturbing electrical signals and causing irregular or "extra" beats. In a normal heart, causes of PVCs may include caffeine intake, stressful activities, high anxiety or a rush of adrenaline.

**Get your rhythm back:** "Most PVCs are harmless in a structurally normal heart," says Dr. Monir. "Many individuals will experience them — some more than others. But if irregular beats are frequent, it's important to go to your cardiologist to determine if there's also [an accompanying] structural heart problem."

### ATRIAL FIBRILLATION

**Danger risk:** Medium ●●

**Beat:** Racing, irregular and uncomfortable

**Meaning:** This condition, which can also make you feel tired, fatigued, short of breath or generally unwell, is caused by abnormal electrical pulses in the heart's upper chambers (atria). When these beats become irregular, the atria quiver instead of beating effectively (atrial fibrillation). Although this isn't usually life-threatening, it prevents the atria from properly delivering blood to the ventricles, and the likelihood for a stroke increases significantly.

**Get your rhythm back:** "If you're diagnosed with an underlying arrhythmia like atrial fibrillation, tests should be done to further evaluate the potential cause and assess your risk for stroke," advises Scott Pollak, MD, co-medical director for the Arrhythmia and Ablation Center at the Florida Hospital Cardiovascular Institute. "Medications are available to help mitigate the risk, and blood thinners may be prescribed. After that, your doctor will prescribe the best possible medication to control your heart rhythm or slow its rate. Many patients undergo 'cardioversion,' an electric shock to restore the heart's normal rhythm." Others may benefit from a procedure called ablation to correct the rhythm problem.

### BRADYCARDIA

**Danger risk:** Medium ●●

**Beat:** Unnaturally slow

**Meaning:** When an inactive person's resting heartbeat falls below 60 beats per minute, this arrhythmia is known as bradycardia. As a result, blood flow to the brain may be insufficient and cause fatigue, dizziness or fainting. Bradycardia becomes more likely with age. Although treatment isn't always necessary, patients with prolonged or repeated symptoms should seek medical care.

**Get your rhythm back:** If your heartbeat is slower than normal, tests can evaluate whether it's necessary to implant an electronic pacemaker under the skin to speed up the heart rhythm.

### VENTRICULAR TACHYCARDIA

**Danger risk:** High ●●●

**Beat:** Dangerously rapid

**Meaning:** This racing heartbeat condition is caused by abnormal electrical pulses in the heart's lower chambers (ventricles). The rhythm can become irregular without warning, causing insufficient oxygen to be delivered to the brain (ventricular fibrillation, or "v fib"). When this happens, patients experience sudden cardiac arrest unless medical help is provided immediately.

**Get your rhythm back:** "When diagnosed, the most effective way to correct the rhythm and prevent fibrillation is with an implantable cardiac defibrillator," says Dr. Pollak. "No amount or type of drug is nearly as effective."

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### HAVE AN IRREGULAR HEARTBEAT?

Join Drs. Monir and Pollak at 5:30 pm, October 23, at Florida Hospital Orlando, for an informative Q&A on this condition and to learn about new treatments. Call (407) 303-BEST (2378) to RSVP.

### Get in the Groove

The '90s band Deee-Lite was right, "the groove is in the heart." But how groovy can your heart be when its rhythm is all wrong? Here are some tips from the American Heart Association for keeping your heartbeats regular:

- Quit smoking
- Exercise regularly
- Maintain average blood pressure and cholesterol levels
- Do not consume excessive caffeine, alcohol or salt
- Reduce your stress level
- Learn how to take and monitor your pulse

Ask your doctor if any medications you are taking increase the risk of irregularities.

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

HEALTHY  
100tips

### STRENGTHEN YOUR HEART

Reduce the risk of arrhythmias by eating a heart-healthy diet and exercising regularly. Healthy habits can lead to a healthy heart.



# Health *Events* for You

**FLORIDA HOSPITAL**  
Florida Hospital  
601 East Rollins Street  
Orlando, FL 32803

NONPROFIT  
US POSTAGE  
PAID  
BEST IN CARE

**RSVPs required. Unless noted, call (407) 303-BEST (2378) today to save your seat. Refreshments served at 5:30 pm; lectures begin at 6:00 pm.**

## OCTOBER

### Common Digestive Disorders

Tuesday, October 2 **APO**

If you're dealing with a stomach issue, don't suffer in silence. Our specialist will cover common GI problems and how to end them.

### GYN Issues

Thursday, October 4 **ALT**

Our specialist will share facts and tips on pelvic floor disorder, hysterectomies and other conditions that affect women over 50.

### Can Your Knees Be Saved?

Tuesday, October 9 **APO**

Put down the ice pack and join our specialist as he shares information about arthroscopic treatments to ease arthritis and joint pain.

### Treating and Preventing Kidney Stones

Wednesday, October 10 **WP**

Discover the latest on dissolving and passing stones, and what you can do to prevent them in the future. **See page 8 for full story.**

### Breast Cancer Myths Debunked

Thursday, October 11 **ALT**

So many controversies surround breast cancer that it's hard to know what to believe. Join our breast health specialist and separate fact from fiction. **See page 4 for full story.**

### Exercises for Osteoarthritic Knees

Tuesday, October 16 **WP**

Discover what you can do for your osteoarthritic



knees, including rehab. Dress comfortably and learn exercises you can perform at home.

### Advances in Orthopaedic Medicine (WEBINAR)

Wednesday, October 17, 7 pm

If you've experienced an orthopaedic injury, our expert will discuss the latest treatments. *Register online at [floridahospital.com/ortho](http://floridahospital.com/ortho) for this special webinar.*

### Gamma Knife: Surgery Without Incisions

Thursday, October 18 **ORL**

Learn about Gamma Knife treatments for brain and nerve disorders that offer pinpoint accuracy without incisions.

### And the Beat Goes On

Tuesday, October 23 **ORL**

More than 2 million Americans are affected by atrial fibrillation, which if left untreated can increase the risk of stroke and other heart-related problems. **See page 10 for full story.**



### Do I Really Need An Annual Mammogram?

Thursday, October 25 **WP**

Join our specialist as she explains different breast imaging tests — from mammograms, ultrasounds and breast MRIs, as well as the benefits of clinical breast exams. **See page 4 for full story.**

### Getting Back in the Game: Common Shoulder Injuries

Tuesday, October 30 **EAST**

Whether your game means returning to work, playing sports or just feeling better, our specialist explains how your

shoulder ages and treatments to alleviate pain and get you back to normal.

## NOVEMBER

### Your Aging Spine: Why Does Your Lower Back Bother You?

Thursday, November 1 **EAST**

Learn about signs and symptoms of aging spines and available treatments, including motion-preserving techniques compared to traditional spinal fusions.

### Healthy Aging: Navigating Life's Roadblocks

Wednesday, November 7 **EAST**

Forgetfulness and memory loss can be common as you age. Learn the common symptoms of dementia and Alzheimer's disease including depression and mood swings and how to cope with them.

### MAKOplasty® Partial Knee Resurfacing

Thursday, November 8 **CEL**

If you have early to mid-stage osteoarthritis, don't live in pain. Learn about partial knee resurfacing, an innovative new treatment option that may have you back to doing what you love best, faster and with less pain.

### Colonoscopy: It's Not As Bad As You Hear

Tuesday, November 13 **CEL**

Our specialist will dispel myths, explain detection procedures and discuss new treatments.

### Getting Rid of Hand Pain

Tuesday, November 13 **KISS**

Learn about today's common hand ailments including carpal tunnel syndrome, arthritis, tendon/joint replacement/reconstruction, fractures and sprains. **See page 6 for full story.**

### Breast Health Update

Thursday, November 15 **KISS**

Join us as we discuss breast concerns — including lumps, discharge and pain — and explain breast self-exams, mammograms and ultrasounds.

## CLASS LOCATIONS

- |             |                                                                                           |
|-------------|-------------------------------------------------------------------------------------------|
| <b>WP</b>   | <b>Winter Park Community Center</b><br>721 W. New England Ave.<br>Winter Park, 32789      |
| <b>APO</b>  | <b>Florida Hospital Apopka</b><br>201 N. Park Ave.<br>Apopka, 32703                       |
| <b>CEL</b>  | <b>Florida Hospital Celebration Health</b><br>400 Celebration Place<br>Celebration, 34747 |
| <b>EAST</b> | <b>Florida Hospital East Orlando</b><br>7727 Lake Underhill<br>Orlando, 32822             |
| <b>ALT</b>  | <b>Florida Hospital Altamonte</b><br>601 E. Altamonte Drive<br>Altamonte Springs, 32701   |
| <b>KISS</b> | <b>Florida Hospital Kissimmee</b><br>2450 N. Orange Blossom Trail<br>Kissimmee, 34744     |
| <b>ORL</b>  | <b>Florida Hospital Orlando</b><br>601 E. Rollins St.<br>Orlando, 32803                   |