



FLORIDA
HOSPITAL

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the skill to heal. the spirit to care.®

FALL 2013

A Crucial Moment

Lung transplant saves
Greg Moore's life just in time

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Be Connected



Are you following Best in Care
on Facebook? See page 2 to
learn how.



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.

After reading our moving patient success stories, check out the FREE health seminars we offer (on page 12) where you can learn even more about your options. 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.**

In Good Hands

Our proudest achievements are made possible by our caregivers — 18,000 people working together for the betterment of our patients and the future of medicine. *U.S. News & World Report* understands this level of care and has ranked Florida Hospital as the #1 hospital in the state. Florida Hospital is also ranked nationally in eight specialties:

- Cardiology and Heart Surgery – #32
- Diabetes and Endocrinology – #28
- Gastroenterology and GI Surgery – #47
- Gynecology – #10
- Nephrology – #31
- Neurology and Neurosurgery – #38
- Pulmonology – #34
- Urology – #36



The following programs were recognized as high-performing:

- Cancer
- Ear, Nose and Throat
- Geriatrics
- Orthopedics

Complete rankings and methodology, published annually by *U.S. News*, are available at health.usnews.com/best-hospitals. *U.S. News* surveyed nearly 10,000 specialists and 5,000 hospitals. Fewer than 150 hospitals nationally ranked in even one of 16 medical specialties.



Connect with *Best in Care* on Facebook!

Becoming actively involved in your health is the key to living a longer, healthier and happier life. At Florida Hospital, we're committed to being a partner in improving health through publications like *Best in Care*, your quarterly resource for healthy lifestyles.

Best in Care empowers you to manage your health through nutrition tips, quizzes, articles featuring Florida Hospital specialists, and in-person seminars and webinars on topics such as epilepsy, sleep apnea and urinary incontinence.

Like this content? Now, you don't need to wait for the next print issue to get quality health information from Florida Hospital, because *Best in Care* is on Facebook!

Join us online at facebook.com/FloridaHospitalBestinCare to receive the latest medical, health and wellness news, information and insights from Florida Hospital specialists. You'll find additional content, not seen in our magazines, plus a few extras! We look forward to connecting with you.

New App Helps People Create Healthy Habits

Are you trying to make healthier choices but find life's hectic pace keeps getting in your way? Florida Hospital's Healthy 100 program has created *Healthy 100 Habits*, a smartphone application available on Apple and Android devices, that's a personal coach to help you create and keep healthy habits.

You can choose from more than 100 built-in habits or create your own. Habits range from familiar ones such as losing weight, working out and eating better to spending time with family, setting aside time for spiritual renewal or even talking to new people. You can schedule daily, weekly or monthly goals to track and celebrate your success.

The app gives you everything you need to change or create a healthy habit, including custom or scheduled reminders, motivations and rewards, and ways to share photos and progress with friends.



DOWNLOAD THE APP TODAY

Find the Healthy 100 Habits app at FHBestinCare.com. It's totally FREE!

Grand Slam

Hip replacement reverses the ravages of time for Ed Griffiths.



Juan Agudelo, MD,
Orthopaedics

From playing minor league baseball with the Washington Senators in the 1960s to becoming a full-time writer and photographer, Ed Griffiths had always been active. But at 73, arthritis was taking a toll on the native New Yorker's joints and a hip replacement was inevitable.

"It got to the point where I couldn't move without tremendous pain," says Ed. "I think it came from base running and sliding during baseball. Professional sports cause a lot of wear and tear on your body."

FIGHTING BACK FROM PAIN

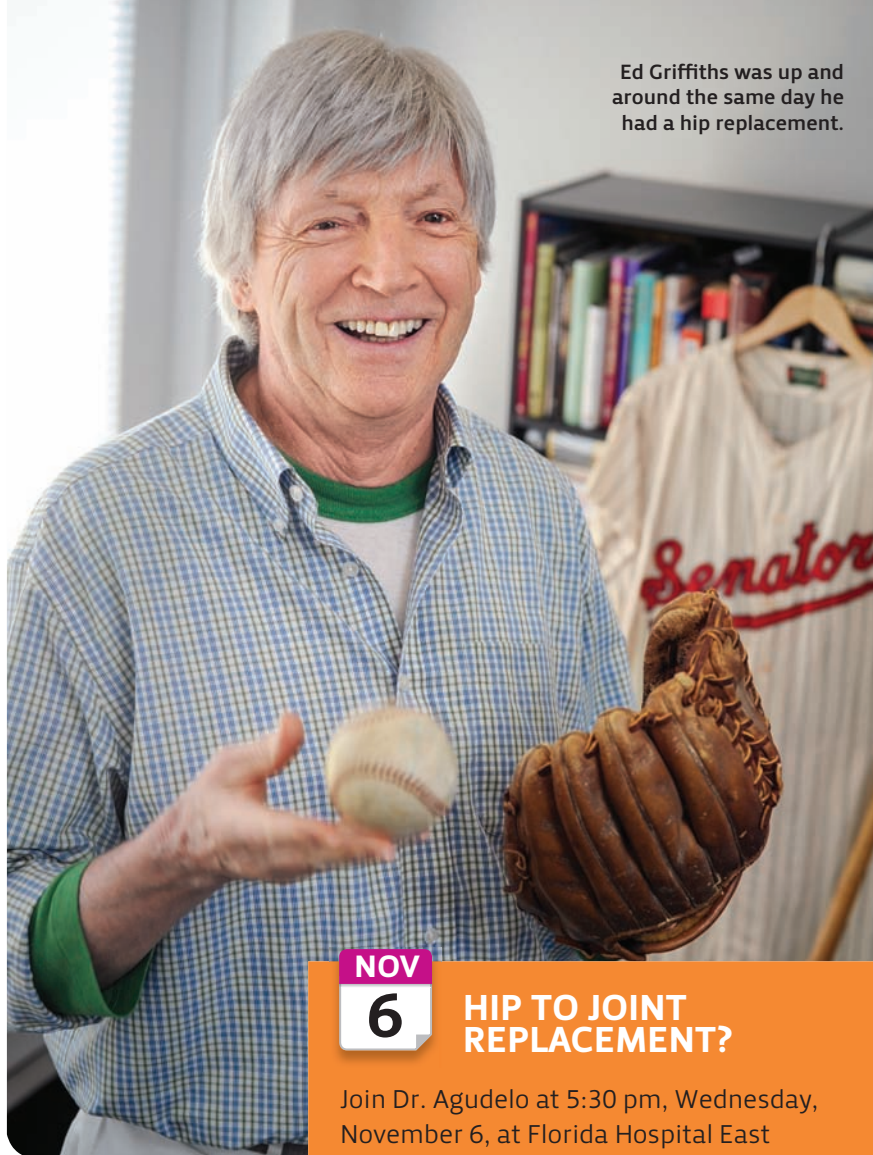
Hip pain has many causes. It can occur as the result of an injury or arthritis. It can develop over months or years, hindering daily activities. About two-thirds of all people are impacted at some point in their lives. While medications and lifestyle adjustments may lessen the effects, if they don't work, surgery may be an option.

Ed, who lives in Clermont, worried that conventional hip replacement, offered to him at another nearby hospital, would mean a long, painful operation. After some research, he met Juan Agudelo, MD, an orthopaedic surgeon with Florida Hospital East Orlando, and learned there was an alternative. It's called the anterior approach, or frontal access.

HOW THE ANTERIOR APPROACH IS DIFFERENT

During an anterior hip replacement, an incision is made at the front of the hip instead of through the buttocks or side of the hip. This allows the surgeon to reach the hip socket without disturbing major muscle groups.

"With smaller incisions and going between muscles rather than cutting them, surgery is less painful," explains Dr. Agudelo. "Additionally, minimal muscle disturbance allows for a quicker recovery and rehabilitation."



Ed Griffiths was up and around the same day he had a hip replacement.

NOV

6

HIP TO JOINT REPLACEMENT?

Join Dr. Agudelo at 5:30 pm, Wednesday, November 6, at Florida Hospital East Orlando, as he explains the mechanics of replacements, including the anterior approach, as well as advances to reduce the risk of infection and revisions. Save your seat by calling **(407) 303-BEST (2378)**.

Another benefit is joint stability, which reduces the chance of dislocation, a risk of hip replacement surgery. Most anterior approach total hip replacement patients are able to bear full weight sooner after surgery, leading to a faster return to favorite activities.

ED'S EXPERIENCE

Ed underwent the procedure in July 2012 and was amazed by the results.

"I went into surgery at 7:30 am, and by the afternoon, I was walking with a walker," remarks Ed. One year later, he's back to exercising, lifting weights and jogging.

"Dr. Agudelo is a kind and wonderful guy," says Ed. "I had high expectations, and he exceeded every one of them."

HEALTHY
100tips

LAUGHTER IS THE BEST MEDICINE

Laughing not only eases stress, promotes social bonding and lowers blood pressure but it may also boost your immune system.



Greg Moore, recipient of a lung transplant, pictured with his wife, Irene.

WATCH GREG AND IRENE'S POWERFUL STORY

The Moores share their thoughts and reflections on the transplant experience in a special video at FHBestinCare.com.

Just in *Time*

Greg Moore's dramatic lung transplant came right when he needed it.



Andres Pelaez, MD, Pulmonology

By all accounts, Greg Moore — a 66-year-old Orlando husband, father and grandfather — shouldn't be alive. A bout with pneumonia five years ago and a lingering cough sent Greg to his primary care physician and a pulmonary specialist before being referred to an out-of-area hospital. There he was diagnosed with pulmonary fibrosis, a progressive lung disease that produces scarring and makes it difficult to breathe.

"I didn't have many problems the first few years after my diagnosis," explains Greg. "Then my health suddenly declined last September, and I was on oxygen by November."



Hartmuth Bittner, MD, Transplant Surgery

SEEKING NEW LUNGS

With his condition rapidly worsening, Greg began seeing Andres Pelaez, MD, medical director of Lung Transplantation Services at the Florida Hospital Transplant Institute. Because

there is no medical treatment to change the course of the disease, Dr. Pelaez began the process of getting Greg onto the lung transplant list.

"Greg's window of opportunity was very narrow," says Dr. Pelaez. "When he was admitted to the hospital in February due to breathing difficulties, he had little time left and we didn't have any lungs for him — and we didn't know if he would survive the surgery if we did."

SAYING FINAL GOODBYES

With his body in distress, Greg was sedated while his family watched him slipping away and said their tearful final goodbyes. Then suddenly, things took a turn when Dr. Pelaez called late that night to bring them the news they needed: They had a set of lungs.

"Greg was, by definition, no longer transplantable. And a miracle came through," says Hartmuth Bittner, MD, PhD, surgical director of Heart and Lung Transplantation Services. "He got, within the last 24 hours of his life, new lungs."

ON THE OTHER SIDE

"I was so dazed after I said goodbye to my family that I had no idea I'd had surgery when I woke up in intensive care," remembers Greg. "When they asked me to take a deep breath and I actually could — that's something I'll never forget."

Greg's recovery has been nothing short of remarkable. After a short stay in the ICU and a progressive care facility, Greg began occupational therapy and pulmonary rehabilitation. He must still be monitored and take medications to keep his body from rejecting the organs, but his quality of life has improved drastically.

"Florida Hospital took great care of us," says Irene, Greg's wife. "The nursing staff was just as invested as us and were as happy as we were when we found out we had lungs. We truly felt like we were the only patients they had!"

HEALTHY
100tips

GET IN TOUCH WITH YOUR SPIRITUALITY

Researchers have found that spiritual resources contribute to a patient's ability to deal with the physical and emotional stresses of surgery, as well as chronic or serious illnesses.

Appreciating Health

A new custom-made graft helped Bobby Crawford avoid major surgery.



Mark Ranson, MD,
Vascular Surgery

Bobby Crawford, 63, of Mount Dora, had no idea he had a life-threatening bulging artery in his chest.

“During a checkup, my family doctor pushed on my stomach and it hurt really bad,” remembers Bobby. “He sent me for an ultrasound, and it showed I had a pretty good sized aneurysm.”

After consulting with Mark Ranson, MD, a vascular surgeon at the Florida Hospital Cardiovascular Institute, Bobby was diagnosed with an abdominal aortic aneurysm (AAA) and became the first person in Central Florida to undergo minimally invasive surgery using a personalized stent.

WHAT IS AN AAA?

Aortic aneurysms, which affect millions annually, are caused by the weakening of artery walls that occur naturally from aging or from medical problems like high blood pressure. If ruptured, they can cause severe pain and bleeding, leading to death within minutes or hours. Most, like Bobby’s, don’t cause symptoms and are often found by chance.

Bobby had two options: major open surgery to correct the ballooning artery or a new minimally invasive procedure to insert a made-to-fit stent through his groin to stabilize the artery and prevent a rupture. He chose the minimally invasive option.

WHY A CUSTOM STENT?

Because his aneurysm was high in his abdomen, at a key location where blood leaves the aortic artery and feeds vital organs, he wasn’t a candidate for a “one-size-fits-all” stent that might work for some patients. His stent was custom made to fit his body based on a series of images that showed exactly where the stent would need to align with his arteries to feed blood to his organs.

Bobby Crawford is enjoying yardwork again after minimally invasive treatment for an aortic aneurysm.



“Everyone is different, so customized grafts specially made for an individual’s anatomy are a huge advancement,” says Dr. Ranson. “This will benefit many patients who weren’t previously able to undergo minimally invasive surgery.”

Dr. Ranson made a small incision in the groin and placed the personalized stent using a catheter. This less invasive technique enabled Bobby to recover in days, compared with the months it normally takes after traditional open surgery.

“Now that I’m better, I’m back to doing my yardwork,” he says. “I’m also assured I’ll live a little longer, and I won’t have to worry about an aneurysm bursting.”

CALL TODAY FOR A PRIORITY APPOINTMENT

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

A Priority on You

At Florida Hospital, priority scheduling helps reduce the wait time for new-patient appointments to within five working days for most specialties. Based on your insurance, location and language, we can quickly match you to the physician or specialist you need.

HEALTHY
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NATURALLY GOOD

Nature has a wonderful effect on the mind and soul. Experiencing nature is an important component of your well-being.



Bill Stroup no longer feels the tingling and numbness of carpal tunnel syndrome.

Child's Play

Handcrafting wooden works of art is no sweat for Bill Stroup after carpal tunnel surgery.



Joseph Robison, MD,
Hand and
Wrist Surgery

Transforming wood into children's toys is a passion for Bill Stroup. In his St. Cloud studio, the 79-year-old retired veterinary lab technologist takes scrap wood and turns it into a work of art to delight any toddler.

Looking at Bill and the graceful dexterity of his hands, you'd never guess he endured painful carpal tunnel syndrome for more than a decade.

WHAT CAUSES CARPAL TUNNEL?

Carpal tunnel syndrome develops when the median nerve traveling through the wrist is squeezed by a ligament that covers it. This leads to pain, tingling,

numbness and weakness in the fingers. It can be mild at first, but over time the pain intensifies.

Says Bill, "I can't remember exactly when it started, but my left hand would go to sleep while driving or sitting. And it happened in the middle of the night, so I never got a good night's rest."

Most people associate the condition with excessive computer or keyboard use. But that's not always true, says Joseph Robison, MD, a hand and wrist surgeon at Florida Hospital Kissimmee. "Repetitive wrist motion, where the wrist is flexed or extended for long periods of time, often sets the stage for this common problem."

Bill guessed his discomfort was a result of his woodcarving hobby. Would there be a way to relieve his pain and allow him to continue the activity he loves?

TAKING THE NEXT STEP

When non-surgical treatments, including medication, failed to ease Bill's discomfort, Dr. Robison suggested "stitchless" endoscopic carpal tunnel release. The procedure involves using tiny instruments through a 1-centimeter incision in the wrist. After 48 hours, patients can resume most activities.

"Stitchless" endoscopic carpal tunnel release results in much less pain than traditional open surgery. A traditional release requires up to three months recovery, leaves scars and requires restrictive bandages up to two weeks following surgery.

Last November, using a tiny camera inside the incision, Dr. Robison was able to cut the ligament that trapped Bill's median nerve. Once the pressure was relieved, he no longer felt pain in his fingers.

"After surgery, I no longer had the tingling or numbness that I'd previously felt," says Bill. "I was able to use my left hand right away and had a small bandage for a couple of days. I'm glad I had the surgery, and now I can get back to my passion of toymaking."

NOV
20

CARPAL TUNNEL RELIEF IN UNDER 10 MINUTES?

If you've been diagnosed with carpal tunnel syndrome, join Dr. Robison at 5:30 pm, Wednesday, November 20, at Florida Hospital Kissimmee, for a Q&A on "stitchless" or endoscopic carpal tunnel release. Reserve your seat at **(407) 303-BEST (2378)** today.

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EXERCISE YOUR CREATIVITY

Try doing something creative for five minutes every day. Draw a quick picture or write a short poem just for fun. Even the smallest burst of creativity may inspire you.



Live *Life* to the Fullest

If you have diabetes, learn why minding your heart is key.



George J. Palmer, MD, Cardiovascular Surgery

Diabetes and heart disease often go hand in hand, yet the relationship between them remains unclear. What is clear is that there are many complex factors.

“People with diabetes often experience blood vessel changes leading to cardiovascular disease,” says Richard Pratley, MD, medical director, Florida Hospital Diabetes Institute (FHDI). “Vessel linings may become thicker, making blood flow more difficult.”

With diabetes there’s a tendency for blood cells to clump, forming clots. A clot to the heart may cause a heart attack, while a clot to the brain may cause a stroke.



Richard Pratley, MD, Internal Medicine

PROTECTING THE HEART

Staving off cardiovascular disease consists of preventing further damage to heart and blood vessels.

“The best prevention is keeping a sharp eye on cholesterol levels, blood pressure and glucose levels,” says Nandkishore V. Ranadive, MD, cardiologist, Florida Hospital Cardiovascular Institute.

Patients can get this support from the Florida Hospital Diabetes Institute. Thanks

in part to the generous support of community members, FHDI patients receive education on effective prevention and treatment. These measures involve lifestyle changes including diet, exercise, stress management and smoking cessation; medications controlling blood sugar, blood pressure and cholesterol; and possibly daily aspirin to ward off clots.



Nandkishore V. Ranadive, MD, Cardiovascular Disease



Bruce Arrow experienced firsthand how diabetes and heart disease can intertwine.

ONE PATIENT’S EXPERIENCE

In 1981, Bruce Arrow of Orlando, now 69, developed chronic pancreatitis (inflammation leading to permanent deterioration of the pancreas). He learned his badly damaged organ might not be able to produce enough insulin, which could lead to diabetes. Nine years later, Bruce developed the condition.

“I didn’t have any symptoms or need medication,” Bruce remembers. But his health concerns were far from over. A competitive athlete, Bruce knew something was wrong when he couldn’t run or play golf without experiencing shortness of breath. That’s when he was diagnosed with coronary heart disease, 14 years after his diabetes diagnosis.

“Several major arteries were blocked, and I needed coronary bypass surgery,” says Bruce. He was referred to George Palmer, MD, cardiovascular surgeon, Florida Hospital Cardiovascular Institute, who repaired six arteries.

“Seven months later, I skied in Utah and nine months later, I completed a race in Illinois,” says Bruce, whose diabetes is under control with diet, medication and exercise. Bruce knows generosity heals, and that’s why he’s an active FHDI supporter, passionate about helping others receive the same education and treatment. “My whole experience at Florida Hospital was amazing.”

What Can I Do?

- Get educated about diabetes and learn how to control it.
- Reach a healthy weight. Being overweight is a risk factor for heart attack and stroke.
- Get at least 30 minutes of physical activity daily. Exercising can help you lose weight and lower blood pressure.
- Eat foods low in saturated fats, trans fats, cholesterol, salt and added sugars.
- Don’t smoke. It’s a major risk factor for heart attack and stroke.
- Take medications as directed. Ask your doctor about taking daily aspirin.
- Ask family and friends to help you manage your diabetes. A little support goes a long way.

NOV
13

WHY DIABETES IS A HEART PROBLEM

Join us at 5:30 pm, Wednesday, November 13, at Florida Hospital Orlando, for a discussion of blood sugar levels and how to lessen your chances of heart disease. Call **(407) 303-BEST (2378)** to RSVP!

HEALTHY
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KEEP DIABETES AWAY, EVEN IF YOU’RE AT HIGH RISK

Healthy lifestyle changes such as eating better and exercising can control glucose levels, even in people who already have diabetes. Ask your doctor what’s best for you.

Ladies First

What are the 4 warning signs women shouldn't ignore?

Admit it. You probably don't have the time, or the patience, to seek medical attention for every ache or pain. And, minor discomfort is usually just that — unpleasant but something that goes away. Yet, some trivial-sounding symptoms can be a red flag for something more serious. Below, Florida Hospital medical specialists help you distinguish between what's not a big deal and what's dire.



David Varnagy, MD,
Vascular Surgery

**WARNING SIGN:
PAIN AND SWELLING IN CALF**
Likely cause: Pulled muscle
Worst-case scenario: Blood clot
in the leg

If your calf is on fire, it could be deep-vein thrombosis (DVT), or a blood clot. When you sit for long periods — whether it's on your way to a dream vacation or glued to your desk — blood pools

in your lower legs and can form a clot. When it's large enough, it can block a vein in your leg, producing pain and swelling.

"Unfortunately, the first thing you'll probably want to do — rub your leg — is the worst thing," says David Varnagy, MD, a vascular surgeon with Florida Hospital Cardiovascular Institute. "It can send a big clot running up to your lung, where it can be very harmful."

When to Act: If symptoms happen suddenly, immediately call your doctor or go to the emergency department. You'll have a sonogram on your legs to find the presence of blood clots and a CT scan of your chest to make sure it hasn't moved to your lungs. If you have a clot, you'll need to take blood thinners — sometimes for up to a year — to dissolve it.



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BE PREPARED

Before your next doctor visit, write down any symptoms you're having and any questions you want to ask. Time with the doctor can go by fast. Having everything in writing can help you make the most of your visit.



James Kendrick, MD, Gynecologic Oncology

**WARNING SIGN:
BLOATING AND PELVIC PAIN**

Likely cause:

Gastrointestinal bug

Worst-case scenario:

Ovarian cancer

Who hasn't sometimes felt like an overinflated balloon — especially after a big meal? But if it happens often and the problem is new, the worst-case

scenario is ovarian cancer. Other early warning signs include bloating, pelvic or abdominal pain, and difficulty eating.

When to Act: If you start experiencing symptoms daily for more than two or three weeks, see your gynecologist immediately. If cancer is suspected, your doctor will send you to a gynecologic oncologist for an ultrasound or a CT scan to check for a tumor.

The good news, says James Kendrick, MD, a gynecologic oncologist with the Florida Hospital Cancer Institute, is that the five-year survival rates for ovarian cancer are 90 percent in women who are diagnosed early.



Indrani Acosta, MD, Neurology

**WARNING SIGN:
TROUBLE FINDING THE
RIGHT WORDS**

Likely cause: Sleep deprivation

Worst-case scenario: Stroke

We've all mangled words one time or another. But if word problems amount to more than a fleeting tongue twister, it could be a stroke, where a blood vessel in the brain either bursts or is

blocked by a clot, depriving brain cells of oxygen. Weakness on one side of the body, slurred speech, dizziness, blurred vision, headache, neck stiffness or lack of coordination are all red flags.

When to act: "A ruptured aneurysm can cause brain damage within minutes, so call 9-1-1 immediately," says Indrani Acosta, MD, a neurologist with the Florida Hospital Neuroscience Institute. Your doctor will take a CT scan to look for bleeding in the space around the brain. If hemorrhaging is found, you'll head into the operating room pronto for surgery to repair the blood vessel.

The five-year survival rates for ovarian cancer are **90 percent** in women who are diagnosed early.



Chetan Patel, MD, Orthopaedic Surgery

**WARNING SIGN:
NUMBNESS IN YOUR LEGS**

Likely cause: Herniated disk

Worst-case scenario:

Irreversible nerve damage

If you've just helped your son or daughter move into a college dormitory, anti-inflammatories should banish the pain.

"It could be a disk [one of the spongy rings that cushion bones in your spine] pressing on the spinal nerve," says Chetan Patel, MD, orthopaedic surgeon with Florida Hospital Altamonte.

Without proper attention, you risk permanent nerve damage. An X-ray or MRI can show whether a disk in your back has slipped or ruptured. As long as the numbness isn't getting worse, your doctor will probably prescribe physical therapy along with oral steroids to reduce nerve inflammation. But if you're still laid up after a few months, you may need surgery to remove the disk.

When to act: If over-the-counter anti-inflammatories don't work, hobble to an orthopaedic specialist.

OCT

2

**ATTEND FREE EVENTS
TO IMPROVE YOUR
WELL-BEING**

Florida Hospital offers a host of FREE events to help you achieve your best. To see what's happening this quarter, **turn to page 12.**

Male Call

Discover which 6 health symptoms your man should never ignore.

After a health scare with diabetes, Amílcar Casanovas, 73, Oviedo, has made nutrition a high priority.



On average, men go to their doctor half as often as women.

It's true. Men are notorious about putting off doctor visits. Many think they're invincible or can't be bothered. And others only seek medical attention when they're at death's door — or when their wives, sisters, mothers, daughters or friends prod them into going. A 2007 Harris Interactive poll revealed that 92 percent of men waited days before seeing a doctor in case the problem got better on its own.

While every symptom may not warrant a doctor's visit, some seemingly minor signs shouldn't be ignored. Below are six danger signs you can help him watch out for:



Charlene LePane, DO, Gastroenterology

SYMPTOM #1: CONSTIPATION

After 50, constipation worsens in men and women, says Charlene LePane, DO, gastroenterologist with Winter Park Memorial Hospital. Changes in diet, less exercise, medications, certain diseases, or bed rest after an accident or illness are typical culprits.

Over-the-counter remedies may work for occasional constipation. However, frequent constipation could signal a tumor in the lower bowel that's blocking waste from exiting the body.

Any change in bowel habits (constipation or diarrhea) that lasts two weeks or more should be evaluated. Both can signal colorectal cancer, the second-leading cause of cancer-related death in men. Also, pay attention to: bloody or narrow stools, unexplained weight loss or fatigue, cramping and bloating.

"Colorectal cancer symptoms often don't appear until the cancer is well-advanced, and sometimes that can be too late," says Dr. LePane. So see a doctor right away if you have any of the above.



Jorge Guerrero, MD, Pulmonology

SYMPTOM #2: SHORTNESS OF BREATH

Shortness of breath can mean a number of things. It can signal a heart attack or congestive heart failure. Or, it could mean a lung disease such as lung cancer, chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema, asthma or

pulmonary hypertension.

"Many of these are caused by smoking," says Jorge Guerrero, MD, a pulmonologist with the Florida Hospital Cancer Institute. "Secondhand

HEALTHY
100tips

BE A SMART PATIENT

Help your doctor keep you in good health. Keep a written medical history, and educate yourself about any family problems. Find out what exams, screenings and immunizations you need and when to get them.

smoke, chemical fumes, air pollution and dust can be factors as well.”

Symptoms shouldn't be ignored because all these conditions worsen over time, adds Dr. Guerrero. If caught early, treatments may prevent diseases from progressing.



Stephen Dobkin, MD, Urology

SYMPTOM #3: TROUBLE URINATING

Pain when urinating usually means a urinary tract infection for women. In men, it signals an enlarged prostate gland or prostate cancer.

“Most men are going to have to deal with an enlarged prostate at some point in their lives,” says Stephen Dobkin, MD, a urologist with Florida Hospital East Orlando.

Benign prostatic hyperplasia (BPH), a non-cancerous enlargement of the prostate, may be caused by hormone changes in aging men.

“Fifty percent of men in their 60s and as many as 90 percent in their 70s have it,” says Dr. Dobkin.

But painful urination can be a sign of a more serious problem: prostate cancer, which affects one in six men, according to the Prostate Cancer Foundation.

His risk increases if he's over 50, overweight, doesn't exercise, is African-American, or has one or more first-degree relatives (father, brother, son) with a history of the disease.

Early stages of prostate cancer often have no symptoms, so routine screening for prostate specific antigen (PSA) levels is important. Trouble urinating, weak urine stream, blood in urine or semen, pelvic pain or discomfort, and frequent urinary tract infections are all symptoms of prostate cancer and BPH.



Linus Wodi, MD, Cardiology

SYMPTOM #4: HEAVY ACHE THAT DISAPPEARS QUICKLY

Is it indigestion or a heart attack?

“Even if it's short in duration, it can be a sign of something serious,” says Linus Wodi, MD, a cardiologist at Florida Hospital Apopka.

A blood clot may have lodged in a narrowed section of a coronary

artery, completely cutting off the flow of blood to one section of the heart. If you experience chest pain, shortness of breath, severe lightheadedness or sudden pain in the shoulders or arms, call 9-1-1!

About 50 percent of deaths from heart attacks occur within three hours of the first symptoms. And the Centers for Disease Control and Prevention reports heart disease is the No. 1 cause of death in men.



J. Scott Magnuson, MD, Otolaryngology

SYMPTOM #5: DAYTIME SLEEPINESS

Falling asleep during the day — at the movies or in front of the TV — can be a sign of obstructive sleep apnea, where the airway narrows or is blocked during sleep, cutting off breathing and disrupting slumber five to 30 times an hour.

“We all have a night here and there when we don't sleep

well. But if the fatigue doesn't go away, obstructive sleep apnea can cause an increased risk of high blood pressure, heart attacks, stroke and diabetes,” says J. Scott Magnuson, MD, an otolaryngologist with Florida Hospital Celebration Health. And it can increase the risk of arrhythmias, or irregular heartbeats, and even heart failure.

Common in overweight men and heavy snorers, the condition can be treated with breathing devices such as a CPAP (continuous positive airway pressure), an apparatus that you wear at night to keep airways open and TransOral Robotic Surgery (TORS), a minimally invasive procedure where surgeons remove obstructive tissue at the base of the tongue.



Juan Omaña, MD, General Surgery

SYMPTOM #6: A PAIN IN THE SIDE

Any pain between the ribs and your hips could be a symptom of appendicitis, pancreatitis or an inflamed gallbladder. In all three cases, the cause is the same: Something has blocked up the organ in question, resulting in a potentially fatal infection.

If the pain is in your lower-right abdomen and your white-blood-cell count is up, says Juan Omaña, MD, a general surgeon at Florida Hospital Kissimmee, it's probably appendicitis. Pain in the upper abdomen with high white blood cells usually means an inflamed gallbladder.

And if it hurts below your breastbone and certain enzymes in the blood are elevated, then pancreatitis is most likely the culprit. The pancreas stays, but a gallstone may be blocking things up. If so, the stone and the gallbladder may have to come out. These symptoms are true for women as well.

PROTECT YOUR HEALTH

Visit FHBestinCare.com to learn about other important health conditions you should be aware of, regardless if you're a man or a woman.

**HEALTHY
100tips**



WE ARE WHAT WE EAT

Getting back to the basics is essential for good nutrition. Wise decisions about nutrition can have rich health rewards.

Health *Events* for You

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

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US POSTAGE
PAID
PERMIT 983
ORLANDO, FL

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



Spinal Fusion: The Good, Bad and Ugly

Wednesday, October 2 **ALT**

If you're suffering from debilitating neck or back pain and conservative treatments haven't worked, learn about spinal fusion and whether it may be right for you.

Severe Asthma Solutions

Wednesday, October 9 **ALT**
Thursday, November 14 **CEL**

If you suffer from severe asthma, learn about a revolutionary procedure that can help clear airways and restore your quality of life.

Control Reflux Before It Controls You

Wednesday, October 16 **APO**

If antacids are a diet mainstay, you could have acid reflux disease. Learn why if untreated, heartburn and reflux can lead to esophageal cancer.

The Dirty Little Secret of BRCA Breast Cancers

Tuesday, October 22 **ALT**
If Angelina Jolie's decision to remove her breasts caught you off guard, you're not alone. Join a discussion of BRCA and mutations linked to hereditary breast and ovarian cancer.

No More Knee Pain

Wednesday, October 23 **WP**

Discover treatments ranging from knee replacement to resurfacing to medications and physical therapy.

Not Getting a Good Night's Sleep?

Thursday, October 24 **ORL**
Discover tips on getting the rest you need, and learn about common sleeping disorders and treatments that work!

Do You Have a Bossy Bladder?

Tuesday, October 29 **WP**
Nearly one in three women experience urinary incontinence, including pain, frequency and urgency. Learn how you can improve your quality of life by addressing the condition no one wants to talk about.

Ending Joint Pain

Wednesday, October 30 **ORL**
If you suffer from knee pain and are contemplating a knee replacement, learn if MAKOplasty® Partial Knee Resurfacing is right for you.



Get Hip to Joint Replacement

Wednesday, November 6 **EAST**

Hips and knees. For many of us, one set of each is all we'll ever need. Learn about the mechanics of replacements, including the anterior approach, and advances to reduce the risk of infection and revisions.

See page 3 for full story.

Men: Stop Living with Overactive Bladder

Thursday, November 7 **EAST**

Urinary incontinence affects men and women equally. Learn about causes, including benign prostatic hyperplasia (BPH), sometimes mistakenly attributed to enlarged prostate, and available treatments.

Pelvic Floor Disorder

Tuesday, November 12 **CEL**

Join our specialist for a Q&A on this common disorder that affects nearly 50 percent of American women, and discover what can be done!

Why Diabetes Is a Heart Problem

Wednesday, November 13 **ORL**

If you've been diagnosed with diabetes, especially type 2, it's time to really pay attention to what's going on in your cardiovascular system.

See page 7 for full story.

Carpal Tunnel Relief in Under 10 Minutes?

Wednesday, November 20 **KISS**

Join us for a Q&A on "stitchless" endoscopic carpal tunnel surgery. **See page 6 for full story.**

Stroke 101

Thursday, November 21 **KISS**

Learn what happens when a stroke occurs and why early intervention can greatly improve recovery chances.

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 |

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