



FLORIDA  
HOSPITAL

# best<sup>in</sup>care

The skill to heal. The spirit to care.®

FALL 2014

## A Clear Voice

After throat cancer,  
Robert Hutson shares  
the message that it can  
be prevented

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doctors monitor a  
missionary's heart  
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Join Us ...  
for FREE events and  
seminars! See the full  
calendar on back cover.



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 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](mailto:BICeditor@FLHosp.org).

## Hospice Helps the Whole Family

When Aissa Ayala De Ramirez accompanied her mother to a medical appointment in 2007, the Orlando resident received unexpected news. Her mother, Teresa, had leukemia and less than a year to live.

Faced with overwhelming decisions, Aissa followed the physician's recommendation and turned to Hospice of the Comforter, part of Florida Hospital. Things moved quickly. By the end of the day, a social worker, a doctor and two nurses visited the family's home and began caring for Teresa.

"Hospice brings comfort to people with a life-limiting illness," says Ernesto Lopez, administrator of the organization. "The focus is on enhancing the remaining quality of life."

Patients receive care that meets their unique physical, emotional and spiritual needs. Hospice focuses on caring, not curing, and neither hastens nor prolongs the dying process. Each family is provided a bereavement specialist, who Aissa says was invaluable.

Today, her journey continues. Her father, Mariano, has been in hospice for a year. "They are angels," Aissa says.



Aissa Ayala De Ramirez and her father, Mariano

## REACH OUT FOR HELP

If you or a loved one are in need of care from Hospice of the Comforter, please call **(407) 303-BEST (2378)**.



## Among the Best

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 again ranked Florida Hospital as the #1 hospital in the state. Florida Hospital is also ranked nationally in ten specialties:

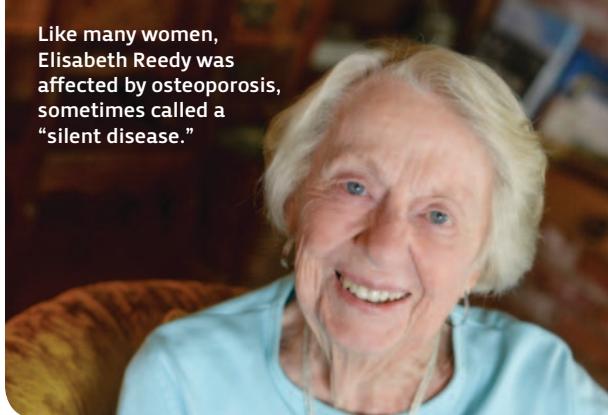
- Cancer – #45
- Cardiology and Heart Surgery – #38
- Diabetes and Endocrinology – #13
- Gastroenterology and GI Surgery – #19
- Geriatrics – #27
- Gynecology – #9
- Nephrology – #22
- Neurology and Neurosurgery – #26
- Pulmonology – #30
- Urology – #23

The following programs were recognized as high-performing:

- Ear, Nose and Throat
- Orthopedics

Complete rankings and methodology, published annually by U.S. News, are available at [health.usnews.com/best-hospitals](http://health.usnews.com/best-hospitals). U.S. News surveyed nearly 5,000 hospitals. Fewer than 150 were nationally ranked in even one of 16 medical specialties.

Like many women, Elisabeth Reedy was affected by osteoporosis, sometimes called a "silent disease."



## TAKE CHARGE OF BONE HEALTH



Robin Creamer, DO, Geriatric Medicine

Elisabeth Reedy, now 89, wasn't doing anything strenuous in July 2013 — just making toast — when she felt excruciating back pain and had to call 911. At Florida Hospital Altamonte, X-rays revealed a compression fracture of the spine caused by osteoporosis.

Following her hospital trip, Elisabeth, an Apopka resident, underwent an osteoporosis assessment with Robin Creamer, DO, at the Osteoporosis Assessment Center at Winter Park Memorial Hospital, a Florida Hospital.

"Osteoporosis is a silent disease because people can't feel their bones growing weaker and often don't know they have the disease until they break a bone," says Dr. Creamer. "Women are more likely to have osteoporotic fractures because our bones are smaller and we lose bone mass faster through hormonal changes around the time of menopause."

A new comprehensive osteoporosis assessment at the hospital — in partnership with The Crosby YMCA, Florida Hospital Sports Medicine & Rehabilitation and Florida Hospital for Women — is identifying and treating at-risk patients. A bone density scan, a low-dose X-ray that takes about 10 minutes, can be done without disrobing and is used in conjunction with lab work to assess bone strength.

The primary goals are to prevent fractures, maintain bone mass and bone strength, minimize or eliminate factors that contribute to falls, and treat those with osteoporosis or those who have low bone mass and additional risk factors for fracture. "The assessment helps people take charge of their bone health," says Dr. Creamer.

To make an appointment for an Osteoporosis Comprehensive Assessment, call **(407) 303-BEST (2378)**.

# Eyes Wide Open

Sisters Rita and Reba undergo a simple procedure to improve their vision and appearance.



Rebecca J.  
Kurzon, MD,  
Ophthalmology

Ever felt like your eyelids drooped so low that you looked tired all of the time? Have you ever held your eyelids open just to read a book?

Twin sisters Rita Franz and Reba Gould, 63, share a number of physical traits. But one, their baggy eyes, was particularly bothersome to both women. It's called dermatochalasis, a medical

condition involving excess skin in the upper or lower eyelid. It can appear at birth or develop with age.

## RITA'S STORY

"I've had drooping eyelids for the last 10 to 15 years," says Rita, of Casselberry. "It's a family trait, handed down from our mother's side."

As she got older, the retired real estate agent noticed her eyelids would hang over her eyes, especially at night, limiting her peripheral vision.

"I would come home from work and my husband would say 'My goodness, you look so exhausted!'" remembers Rita.

After successful cataract surgery with ophthalmologist Rebecca Kurzon, MD, at Winter Park Memorial Hospital, a Florida Hospital, Dr. Kurzon suggested blepharoplasty, or eyelid surgery, to further improve Rita's vision.

"Blepharoplasty is a surgical procedure to remove extra skin and tissue from the eyelids, so patients can see better," says Dr. Kurzon.

"There was no question I wanted to have the surgery," says the grandmother of nine.

In January 2010, a month after cataract surgery, Rita underwent blepharoplasty, and says she instantly noticed a difference.

"I don't feel or look as tired as I did before and my vision has improved," she says. "Plus all five of my sisters say I look younger!"



Twin sisters Rita Franz (left) and Reba Gould (right) both underwent surgery to eliminate extra skin around their eyes.

## REBA FOLLOWS SUIT

In February 2013, Rita's sister Reba, who was in town for vacation, saw the significant difference and immediately made an appointment with Dr. Kurzon. Her eyelid condition was even worse than her sister's, she says.

"Every time I smiled, my eyes would shut completely," recalls Reba. "But I didn't think there was anything I could do about it."

After undergoing eyelid surgery, Reba says that the healing process was wonderful.

"Simple tasks are much easier and enjoyable," says Reba, a certified nursing assistant. "Even my boyfriend didn't recognize me getting off of the plane because my eyes were open."

"I would recommend this surgery to anybody who has droopy eyelids," she says. "It will change your life."

**"All five of my sisters say I look younger!"**

—Rita Franz

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## SAVING FACE: DROOPY EYELIDS NO MORE

Join Dr. Kurzon at 5:30 pm, October 15, at Winter Park Memorial Hospital. She'll discuss conditions that may lead to sagging eyelids and walk attendees through new procedures to correct the condition. Reserve your seat by calling **(407) 303-BEST (2378)** today!

**HEALTHY  
100 tips**

### FIVE IDEAS TO DESTRESS NOW

Feel rushed, busy and overloaded? Try these ways to reduce stress: exercise regularly, make time for yourself, get plenty of rest, eat nutritious foods and build strong relationships.



# Freedom to Travel

New technology allows Marcia Moylan to perform missionary work while her doctors monitor her heart anytime, anywhere.

**Florida Hospital is ranked No. 38 in the nation by U.S. News & World Report in Cardiology and Heart Surgery.**



**Naushad Shaik, MD, Cardiac Electrophysiologist**

Toys for children, Imodium® and a Bible are some of the “must pack” items that missionary Marcia Moylan takes on her journeys. For her most recent trip to Brazil, she also brought a lifesaving device that she didn’t even need to pack in her suitcase.

It’s a type of heart monitor called a loop recorder that records the activity of a person’s heart to help doctors diagnose cardiac rhythm problems while people perform daily activities.

A full-time missionary teaching English and assisting those translating the Bible into other languages, Marcia has an elusive heart arrhythmia that has been challenging for her doctors to diagnose for several years. A monitor that can be read by a doctor anywhere in the world is an answer to her prayers.

## THE IDEAL CANDIDATE

Naushad Shaik, MD, cardiac electrophysiologist with Florida Hospital Orlando, immediately thought of Marcia when he learned about Medtronic’s Reveal® Insertable Loop Recorder (ILR), the world’s first implantable cardiac monitor. As a missionary with a difficult heart rhythm to replicate, Marcia would be ideal to receive this small, USB-key-sized monitor. It is inserted just underneath the skin and can pick

up on irregular heart activity anytime, anywhere, even if the patient doesn’t feel the symptoms of irregular heartbeat.

“Thanks to this new device, I can monitor Marcia from even the most remote area of the world, receive an alert whenever her heart has an irregular palpitation, analyze the data, and send it back to her so she can seek immediate help from a local doctor if necessary,” explains Dr. Shaik.

For Marcia, the news was welcome, as she says “she wasn’t going to sit still at home.”

## BETTER TECHNOLOGY SAVES THE DAY

Traditionally, the patient had to wear a halter monitor while performing daily activities in order for doctors to record a heart rhythm. Made of electrodes attached to the chest and a battery back to record heartbeats, the device can be cumbersome. Plus, it requires the patient return to the doctor’s office to have the recorded information analyzed. Now, as long as Marcia is within range of a cell phone tower, her implantable loop recorder can transmit the collected data back to her doctor’s office.

When Dr. Shaik presented the option last March, Marcia, a former critical care cardiology nurse, researched the device and found the procedure was incredibly simple and low-risk.

“We just numb the local area, inject the device right under the skin, and it heals on its own,” says Dr. Shaik. “There is minimal risk of infection or bleeding and the patient can immediately go about their normal daily routine.”

## THE BIG PICTURE

“I’m so happy to be living in an age of technology where we have these devices available,” says Marcia. “Twelve years ago my husband and I sold everything we owned and said ‘Yes Lord, we want to be full-time

**HEALTHY  
100 tips**

## MAKE LIFE WORTH LIVING

Today, identify a goal or dream that inspires you, and take one positive action toward achieving it.

Marcia Moylan and her husband have been full-time missionaries for more than a decade. Their most recent trip was to Brazil, where they taught 17 students this summer.



**“I’m so happy to be living in an age of technology where we have these devices available.”**

— Marcia Moylan

missionaries.’ And we’ve been there ever since. It is important for me and my health to have something that I can travel around the world with, so I’m very thankful for the personal interest taken in me by the doctors at Florida Hospital.”

Marcia, who has suffered from elusive arrhythmias for over 20 years, can now continue her life’s mission without worrying about her heart condition. She is now packing supplies for her next mission trip back to Brazil next January.

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## TINY HEART MONITORS FOR ATRIAL FIBRILLATION

Join Dr. Shaik at 5:30 pm, October 28, at Florida Hospital Orlando, as he discusses how tiny heart monitors – smaller than a triple-A battery – are helping patients with irregular heartbeats. Space is limited so save your seat by calling **(407) 303-BEST (2378)** today!

**HEALTHY  
100 tips**

### PRAYER PROMOTES HEALTH

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

# Perfect Timing

A trio of dancers work together at every step to find a solution for their knee pain.



Sean McFadden,  
DO, Orthopedic  
Surgery

**“Dr. McFadden is great. You’re not just a number with him and he seems very concerned about his patients.”**

— Carol Kohler

**Florida Hospital is recognized as high performing in Orthopedics by U.S. News & World Report.**

To watch their fluid movements, you would never think that longtime friends and dance mates Agnes Bruefach, Carol Kohler and Rosalind Silpe, all of Clermont, were affected by severe knee pain for years.

The trio are members of a community dance group called the Royalettes. The Royalettes are made up of around 20 women who perform at retirement homes, spreading happiness to residents throughout.

As they laugh together and finish each other's sentences, they act more like sisters than friends. And like sisters, they've shared the same health issues. Agnes and Rosalind endured knee pain for six years and Carol suffered for three years before seeking surgery. They tried everything from pain medication to numbing shots, to no avail.

Carol described the sensation as being a sharp pain that would come and go.

“It got so bad that I had to pop pills morning, noon and night,” she remembers.

Rosalind, who works as a hairdresser, says her knee was swollen and hurt as well, although she decided to work through the pain.

Agnes' knees would swell and hurt so much that she could no longer dance.

“That's when I knew it was time to make a decision,” says Agnes.

## ONE FOR ALL

Aware of his mother's knee pain, Carol's son, Craig, recommended orthopedic surgeon Sean McFadden, DO, at Florida Hospital East Orlando. Dr. McFadden suggested Carol undergo a total knee replacement surgery, and she quickly passed the information on to Agnes and Rosalind.

After some consideration, the trio decided to undergo surgery, performed by Dr. McFadden, on the same day.

“Misery loves company,” Agnes laughs. “We thought that we would all suffer together.”

On August 12, 2013, Agnes, Carol and Rosalind underwent a total knee replacement. Rosalind was scheduled first, then Carol, followed by Agnes.

## HOW KNEE REPLACEMENTS WORK

A total knee replacement is a surgical procedure that replaces the diseased knee joint with artificial material. It is most commonly performed for osteoarthritis and also for diseases such as rheumatoid arthritis and psoriatic arthritis.

The knee is a hinge joint that allows motion at the point where the thigh meets the lower leg. The thighbone (or femur) abuts the large bone of the lower leg (tibia) at the knee joint. During a total knee replacement, the end of the femur is resurfaced and replaced with a metal shell. Also, the end of the tibia is resurfaced and replaced with a channeled plastic piece with a metal stem. And the knee cap is even resurfaced with a plastic button. The artificial components of a total knee replacement are referred to as the prosthesis.

Postoperative pain is treated with medication, and vigorous physical rehabilitation is part of the recovery process. Patients are up and walking within hours of surgery and typically leave the hospital in two to three days. The full recovery period can be six weeks or longer and may include the use of a walker or cane to enable the patient's return to mobility.

## TACKLING IT AS A TEAM

Carol says going through the operation and physical therapy with Agnes and Rosalind brought them all closer and helped them track each other's recovery progress.

“Not only did we encourage each other, but we formed a bond,” says Carol.

After a few months of recovery, the group was ready to put the groove back in their moves.

“People were amazed at our quick recovery,” says Agnes. “We've definitely recommended this surgery to others.”

“Dr. McFadden is great,” says Carol. “You're not just a number with him, and he seems very concerned about his patients. And the hospital was superb.”

## YOU ARE WHAT YOU LISTEN TO

Choose uplifting, positive, happy and peaceful music to please your ears. You can't go wrong with music that makes you think of good things and creates positive energy!





From left: Carol Kohler, Rosalind Silpe and Agnes Bruefach opted to have Sean McFadden, DO, perform their knee surgeries on the same day.

## Return to a Pain-Free Life

The Orthopedic Center of Excellence at Florida Hospital East Orlando provides a full continuum of care for patients suffering from joint pain. The center features a dedicated care coordinator as a patient resource, pre-operative classes, minimally invasive surgical procedures and a post-operative unit with dedicated orthopedic caretakers, including nurses and rehabilitation specialists – all to help you get back to a pain-free life as quickly as possible.

### DON'T LIVE WITH SUFFERING

If you're in pain, make an appointment with your doctor today. If you don't have one, we can help. Florida Hospital's priority scheduling helps reduce the wait time for new-patient appointments to within 5 working days for most specialties. Based on your insurance, location and language preference, we can quickly match you to the physician or specialist you need at **(407) 303-BEST (2378)**.

## HEALTHY 100 tips

### CONNECT MORE, LIVE LONGER

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

# Good Catch

A carotid stent can stop strokes before they occur.



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



Mark Ranson, MD,  
Vascular Surgery

Jim Kaminer, 69, of Palm Coast, prides himself on being active. A lifelong military man and Orlando native, Jim was always on the go, handling maintenance issues around the house and fishing in his spare time.

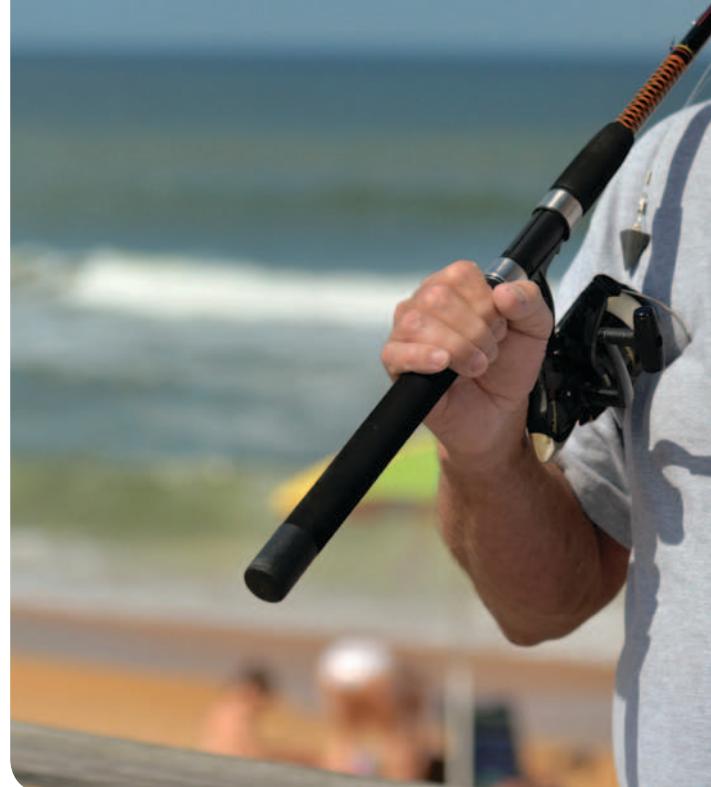
Two years ago, after installing new wiring in his attic, he came down from the ladder, red faced, and was ordered by his wife, Carol, to rest. The next day he went for a routine health check-up.

During the examination, Jim's physician placed a stethoscope to his neck and didn't like what she heard. She sent him immediately to a local hospital, where tests revealed his carotid artery was blocked. Three days later, he had a procedure to clear it.

Two months later, Jim began experiencing numbness in his left arm and shoulder. He shrugged it off, not realizing it could be something more serious. During physical therapy for an unrelated back injury, the pain became unbearable and he was taken straight to the local hospital's emergency department.

More tests were ordered and Jim learned that arteries to his heart were blocked, requiring double bypass surgery, and that his carotid artery had become

Jim underwent carotid stenting immediately before open-heart surgery.



blocked again, about 90 percent. For treatment, Jim turned to Donald Botta, MD, cardiovascular surgeon, and Mark Ranson, MD, vascular surgeon, who had cared for others in his family.

## JIM'S TREATMENT OPTIONS

If the narrowing of a carotid artery isn't severe, medication may be prescribed to manage the condition. In more serious cases, the blockage can be removed during an operation called an endarterectomy. A third option, the one Jim chose, is carotid stenting.

A stent is a small tube made of metal mesh that's inserted into a vein or artery to hold it open. "It's approved for patients who aren't good candidates for

**HEALTHY  
100** tips

## TARGET YOUR GOALS WITH OPTIMISM

An optimistic outlook can improve your life. If you believe your dreams are achievable, it's easier to work hard to make them a reality.





**“Patients are fully awake during the procedure and experience little or no discomfort.”**

— Mark Ranson, MD, vascular surgeon

the balloon is inflated to flatten plaque against the arterial wall, where the stent is then deployed.

“The stent acts like a scaffold to help prevent the artery from narrowing again. The catheter and the filter—which catches any debris that may break off during the procedure—are removed,” explains Dr. Ranson. “Patients are fully awake during the procedure and experience little or no discomfort.”

#### STOPPING STROKES IN TIME

Jim underwent carotid stenting immediately before his open-heart surgery. He says he's grateful to have had the two procedures together because he learned that a blocked carotid artery can lead to a stroke during surgery.

If one or both carotid arteries — large blood vessels in the neck — become narrowed or blocked with plaque, the brain can become starved for oxygen, resulting in a stroke. Carotid artery disease develops slowly and often without symptoms. Blockages account for half the strokes recorded annually in the United States, yet many people are unaware they have it.

Strokes also can occur if plaque within an artery breaks away or ruptures. The resulting clot can travel through the bloodstream and become lodged in a smaller artery, blocking blood flow to the brain. Fortunately, many tests can pinpoint narrowed carotid arteries, including ultrasound, magnetic resonance angiography, computed tomography and others.

These days Jim says if something feels wrong, he won't ignore it. He says he's glad his physician was aware enough to listen to his body, even if he didn't.

**Florida Hospital is ranked No. 38 in the nation by U.S. News & World Report in Cardiology and Heart Surgery.**

traditional surgery, or are at high risk of complications from a traditional operation,” says Dr. Ranson.

Although the stenting technique can't be used on all patients, it provides some advantages over endarterectomy, according to Dr. Ranson: “There's no incision, either in the neck or the groin, the hospital stay is typically less than 24 hours, and it allows prevention of stroke in patients who might otherwise do poorly with surgery.”

#### HOW STENTING WORKS

To place a carotid stent, a balloon catheter (a long, hollow tube) is inserted into the femoral artery in the groin, and threaded to the blockage. Once in position,

#### GET A SNEAK PEEK INSIDE

To see what a carotid stent looks like and how it opens the carotid artery, visit [FHBESTINCARE.COM](http://FHBESTINCARE.COM).

**HEALTHY  
100 tips**

#### GET 15 MINUTES OF SUNLIGHT A DAY

It stimulates the whole body and helps you sleep better by increasing production of serotonin, an important brain chemical.

# Speaking Up

A battle with throat cancer leads Robert Hutson to deliver a powerful health message.

## See the Warning Signs

Most head and neck cancers begin in the squamous cells that line the surfaces inside the head and neck. Typical symptoms include a lump or sore (for example, in the mouth) that does not heal, a sore throat that does not go away, difficulty swallowing and hoarseness or other changes in the voice.

**Florida Hospital is ranked No. 45 in the nation by U.S. News & World Report in Cancer.**



**Henry Ho, MD,  
Otolaryngology**

It was during a business meeting in January 2013 that Robert Hutson, now 53, of Oviedo, noticed a lump in his throat. While it wasn't painful, it wouldn't go away.

A healthy, active nonsmoker, Robert didn't think much about it until a neighbor insisted he see a doctor. He made an appointment with Henry Ho, MD, medical director of the Head and Neck Cancer Program at Winter Park Memorial Hospital, a Florida Hospital.

Robert learned he had throat cancer that had spread to his tonsils and his tongue.

### A TIMELY TREATMENT DEVELOPMENT

Although Robert would need surgery, Dr. Ho was able to offer him a less invasive alternative to a conventional procedure: transoral robotic surgery.

"Traditional surgery requires an open incision in the neck that may result in speech or swallowing difficulties," he says. "Robotic surgery, done through the mouth, is minimally invasive. It's been shown to improve long-term swallowing function while speeding up the recovery time."

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### THE HPV CONNECTION TO ORAL CANCER

Join Dr. Ho at 5:30 pm, October 22, at Winter Park Memorial Hospital, as he explains which cancers are HPV-related and outlines new treatments. Arrive at 5:00 pm for a quick, painless head and neck cancer risk assessment. Reserve your seat by calling **(407) 303-BEST (2378)** today!

Robert Hutson was treated twice for throat cancer.



Robert underwent surgery that March and didn't require radiation, chemotherapy or speech therapy after a portion of his tongue was removed. Then in November, during a regular follow-up visit, Dr. Ho noticed an abnormality near the surgery site.

"Dr. Ho set up a CT scan right away because he was concerned," Robert says. "Sure enough, the cancer had returned."

Again, Robert underwent robotic surgery, and because the cancer had reappeared so quickly, he also underwent radiation and chemotherapy. Dr. Ho doesn't foresee him needing additional treatment.

### A SURPRISING CANCER SOURCE

Robert learned his cancer was caused by HPV, the human papillomavirus. Most women know strains of HPV can cause cervical cancer, but there are also strains that can lead to cancer of the middle throat.

Robert's case highlights the growing trend of HPV-caused head and neck cancers. (More commonly, the cancers have been associated with tobacco use.) Dr. Ho says the number of men in their 50s, like Robert, with HPV-related cancers in their throat and tonsils, is increasing. It's estimated by 2020, HPV will cause more oral than cervical cancer in the U.S.

The good news, says Dr. Ho, is that 90 percent of HPV throat cancers are curable.

### SHARING THE KNOWLEDGE

Robert now makes an effort to educate his community about preventing HPV.

"I had no idea men could develop cancer from HPV, so I tell my friends they should have their sons as well as their daughters vaccinated against HPV," says Robert. "This is preventable."

**HEALTHY  
100 tips**

### YOU CONTROL YOUR ENVIRONMENT

Make your home an oasis by surrounding yourself with things that nurture your sight, hearing, smell, touch and taste in a positive manner.

# In a League of His Own

Dominick Guido reaches the century mark with heart care.

An ace bowler for decades, Dominick Guido celebrated his 100th birthday in May, thanks in part to a minimally invasive aortic heart valve procedure performed at Florida Hospital Orlando.

Otherwise healthy and active for his age, Dominick was 99 when he required medical help because of aortic stenosis, a narrowing of the aortic valve in the heart that obstructs blood flow. Left untreated, the condition is fatal.

For patients with severe aortic stenosis, open-heart surgery used to be the only option. At his age, Dominick wasn't a good candidate for that surgery. But a relatively new procedure, called transcatheter aortic valve replacement (TAVR, pronounced "TAY-var"), allows a specially trained cardiac team to treat older but otherwise healthy aortic stenosis patients.

## TALKING TAVR

The minimally invasive TAVR approach replaces the aortic valve, restoring the valve's normal function. The new valve can either be inserted through an artery accessed via a small incision in the leg, or through a small incision between the ribs.

"TAVR is wonderful because we can help someone like Dominick who is functionally and mentally young, but chronologically elderly," says Kevin Accola, MD, cardiovascular surgeon and medical director, Valve Center of Excellence at the Florida Hospital Cardiovascular Institute. "Often the extremely elderly aren't good candidates for open-heart surgery, so TAVR is the only option."

Just three days after his 99th birthday, on May 15, 2013, Dominick became the second oldest patient in



Dominick Guido was treated for aortic stenosis with a new procedure.

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23

## HEART TREATMENT OPTIONS WITH TAVR

Join Dr. Accola at 5:30 pm, October 23, at Florida Hospital Orlando, as he discusses TAVR and treatment options for older cardiac patients. Call **(407) 303-BEST (2378)** today to reserve your seat.

the nation to undergo TAVR. His successful procedure was performed at Florida Hospital Orlando by Dr. Accola; Andrew Taussig, MD, cardiologist; Jorge Suarez-Cavelier, MD, thoracic and cardiovascular surgery; and Jose Arias, MD, cardiovascular disease, in collaboration with the cardiac catheterization, cardiac surgery, imaging and anesthesia teams.

## A HAPPY OUTCOME

After a stay in the hospital, where his age and attitude earned him star patient status, Dominick returned home to Longwood.

"Dominick's an amazing guy," says Dr. Taussig. "He's not frail for his age, and he was a perfect patient for TAVR. He wanted to return to his full, active life and TAVR has allowed him to do exactly that."

Dominick says he feels great, enjoys having an active lifestyle again and is looking forward to 105!

"The doctors keep telling me I'm amazing," Dominick says. "I guess I am!"



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

## HEALTHY 100 tips

### ALWAYS BE LEARNING

Read or listen to audiobooks; watch informative programs; find ways that appeal to you and your lifestyle that can help you grow intellectually.

# Health Events for You

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



## OCTOBER

### Facing Breast Cancer: What Every Woman Should Know

Tuesday, October 7 **APO**

Thursday, November 6 **EAST**

Join our breast health surgeon and learn the questions to consider before surgery.

### Uterine Fibroid Embolization: A Hysterectomy Alternative

Wednesday, October 9 **APO**

Learn about procedures to remove fibroid tumors that can cause heavy bleeding, pelvic pain and a swollen abdomen.

### Dishing on Kidney Stones

Thursday, October 9 **ALT**

Discover new minimally invasive treatments for kidney stones, and our Healthy 100 chef will teach you to prepare meals to fend off future problems.

### Heartburn or Acid Reflux?

Tuesday, October 14 **ALT**

If you have repeated bouts of acid reflux, it could be GERD (gastroesophageal reflux disease), a more serious condition. Learn about new treatments and get relief this holiday season.

### Saving Face: Droopy Eyelids No More

Wednesday, October 15 **WP**

Sagging eyelids can age us prematurely and wreak havoc on our sight. Our eye specialist discusses blepharoplasty,

a procedure to correct the condition. **See page 3 for full story.**

### Preventing Thanksgiving Heartburn

Tuesday, October 21 **ORL**

Holiday feasts can cause trouble for the estimated 30 million Americans with gastroesophageal reflux disease (GERD), but there are things you can do to be comfortable.

### The HPV Connection to Oral Cancer

Wednesday, October 22 **WP**

Some head and neck cancers can be linked to the human papillomavirus, once thought to only cause cervical cancer in women. Our specialist explains which cancers are HPV-related and outlines new treatments.

**See page 10 for full story.**

### New Options for Treating Aortic Stenosis

Thursday, October 23 **ORL**

Learn about an innovative procedure for patients with severe aortic stenosis who are not eligible for traditional open-heart surgery. **See page 11 for full story.**

### Tiny Heart Monitors for Atrial Fibrillation

Tuesday, October 28 **ORL**

Smaller than a triple-A battery, a new implantable heart monitor is helping patients with irregular heartbeats. **See page 4 for full story.**

### Keeping Your Bones Stronger Longer

Wednesday, October 29 **WP**

Hormonal changes around menopause often lead to



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rapid bone loss and continue during our postmenopausal years. Discover ways to avoid osteoporosis and resulting fractures, and how to keep osteoporosis from worsening.

## NOVEMBER

### Good News for Sinus Sufferers

Tuesday, November 4 **EAST**

If you suffer from chronic sinus infections and nothing has worked to alleviate your symptoms, join our specialist as he explains balloon sinuplasty so you can breathe freely once again.

### Thyroid 101

Tuesday, November 11 **CEL**

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

### Your Feet and Diabetes

Thursday, November 13 **CEL**

Learn about basic foot care; what to look for in shoes and orthotics; proper treatments for corns, calluses and infections; and how to monitor your circulation to prevent neuropathy.

### The Brittle Truth: Osteoporosis and Your Bones

Tuesday, November 18 **KISS**

Learn how bone health relates to osteoporosis, osteoarthritis and fractures. Find out how advances in hip and knee

replacements are decreasing pain and improving mobility.

### Stroke 101

Wednesday, November 19 **KISS**

Discover what happens when a stroke occurs, when it might not be stroke, and the importance of blood pressure and early intervention. Come at 5:00 pm for a FREE blood pressure check.

## CLASS LOCATIONS

<b>WP</b>	Winter Park Memorial Hospital Medical Library 1911 Mizell Ave. Winter Park, 32792
<b>APO</b>	Florida Hospital Apopka 201 N. Park Ave. Apopka, 32703
<b>CEL</b>	Florida Hospital Celebration Health 400 Celebration Place Celebration, 34747
<b>EAST</b>	Florida Hospital East Orlando 7727 Lake Underhill Orlando, 32822
<b>ALT</b>	Florida Hospital Altamonte 601 E. Altamonte Drive Altamonte Springs, 32701
<b>KISS</b>	Florida Hospital Kissimmee 2450 N. Orange Blossom Trail Kissimmee, 34744
<b>ORL</b>	Florida Hospital Orlando 601 E. Rollins St. Orlando, 32803

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