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HOSPITAL

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FALL 2015

Health in Bloom

How Pru Mabry
beat pancreatic
cancer at age 70

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Join Us ...

SEPT
29

for FREE webinars and
in-person health events! See
full calendar on back cover.

ALTAMONTE | APOPKA | CELEBRATION | EAST ORLANDO | KISSIMMEE | ORLANDO | WINTER PARK



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The skill to heal. The spirit to care.®

Welcome to Best in Care, your source for health information and tips to help you live life to the fullest. We hope you find our focus on providing the latest treatment innovations valuable and inspiring.

After reading our patient success stories, check out the FREE webinars and events 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.

DID YOU KNOW?



We're Social

Visit us at FHBESTinCare.com or at facebook.com/FloridaHospitalBestinCare to get the latest in local health news!



5.1 million

More than 5.1 million Americans have heart failure, and 670,000 new cases are diagnosed annually, according to the Centers for Disease Control and Prevention.



Turn to page 4 to read about a new device about as big as a dime that can help those with heart failure.



Rae Miller

Mammography Goes *Mobile*



Lori Boardman,
MD, Obstetrics and
Gynecology



Rhonda Harmon,
MD, General Surgery

Rae Miller, 63, of Inglis (Levy County), is a busy career woman, which means it can be tough to take time away from work. So when Florida Hospital for Women's Mobile Wellness showed up at her office, it was a no-brainer.

"I had my mammography in 20 minutes and went back to work," she recalls. "My schedule's not a normal 9 to 5,

so this was extremely convenient."

She's thankful she did. Although she has a family history of breast cancer (paternal grandmother and cousin), she didn't think much about it. However, upon reviewing Rae's results, a Florida Hospital radiologist noticed something suspicious.

Further testing — two breast ultrasounds and a breast biopsy — revealed a cyst with cancerous cells.

"It could have become breast cancer if the mobile unit hadn't caught it," she says. "I made an appointment in April to see Dr. Rhonda Harmon. She was absolutely wonderful. She could not have made the whole process any easier."

By May 14, Rae had a lumpectomy. After a post-op appointment, she was back to work May 27.

"Access to and availability of mammography services is clearly problematic for many Central Florida women," says Lori Boardman, MD, executive director, Florida Hospital for Women. "Mobile mammography helps bridge this gap by bringing services directly to those less likely to get screened."

Now, Rae is back to one of her favorite stress-relieving hobbies — fishing for snapper and trout. And she's planning for retirement.

"I love the water, so I fish when it's sunny out, and I have a stained-glass shop where I work on rainy days," she says.

GET YOUR CONVENIENT SCREENING

Florida Hospital for Women Mobile Wellness screenings provide the same high-quality digital screening mammograms that you receive at all of our hospital and imaging locations. To schedule yours, call **(407) 303-BEST (2378)**.

Cool Relief

New pain management technique provides alternative to surgery.



Rick Nieves-Ramos, MD, Anesthesiology and Pain Medicine

Experts say nearly 80 percent of all Americans will experience some form of back pain during their lifetime. And while surgery may provide relief, it's not for everyone.

This was the case for Mary Sobek, a resident of The Villages in Sumter County, who suffered from knee and lower back pain. Because of her pain levels, rehabilitation wasn't an option, but she found an alternative to surgery.

TAKING CARE OF BACK PAIN

"Mary came to me with debilitating lower back pain and was suffering from arthritis of the small joints in the back," says Rick Nieves-Ramos, MD, an anesthesiologist and pain medicine physician at Florida Hospital.

Mary underwent radiofrequency ablation for her back pain. Dr. Nieves-Ramos applied heat to certain nerve pathways to "shut off" transmission of pain signals to the brain. Offered on an outpatient basis, the procedure only required a local anesthetic with sedation, and she went home the same day.

NO MORE KNEE PAIN

As for the arthritis in Mary's knees, Dr. Nieves-Ramos recommended a cooled radiofrequency device, technology so new that Florida Hospital is the only facility in Central Florida to offer it. The procedure is available at three campuses: Florida Hospital Orlando, Florida Hospital Altamonte and Florida Hospital Celebration Health.



Mary Sobek was able to avoid invasive surgeries to treat her pain.

A minimally invasive, outpatient treatment, cooled radiofrequency energy is used to target sensory nerves causing pain. During the procedure, water is circulated through the device while heating and cooling nervous tissue to create a treatment area that is larger than conventional radiofrequency treatments. This combination targets pain-causing nerves without excessive heating, leading to pain relief.

FINDING HER PREFERRED OPTION

"Mary wasn't interested in knee surgery because of the recovery time and rehabilitation that was necessary," Dr. Nieves-Ramos says. "She wanted another option."

As a result of her procedures, Mary should be pain free for a good amount of time. Dr. Nieves-Ramos says it depends on how fast her nerves grow back, which can take anywhere from six months to two years.

"The great advancement here is this device decreases the possibility of post-procedure side effects and increases the success rate," he adds. "It's truly an option that most people didn't think was possible."

These days, Mary is feeling great and resuming activities she once gave up.

WATCH AN ANIMATION OF THE PROCEDURE

To see how cooled radiofrequency works, visit FHBESTINCARE.COM and look for Mary's story.

NO. 1

Lower back pain is the single leading cause of disability worldwide, according to the Global Burden of Disease 2010.

HEALTH TIPS

COUNT YOUR BLESSINGS

Research has shown that people who regularly list what they are thankful for experience higher levels of optimism, alertness, enthusiasm, determination, attentiveness and energy than those who don't.

Catch and *Release*

Lifesaving device lets John Kinser enjoy quality time far from the hospital.



Nirav Raval, MD,
Cardiovascular
Disease/Internal
Medicine



Simon Shakar, MD,
Cardiovascular
Disease/Internal
Medicine

It was summer 2009 when fatigue finally got the best of John Kinser, now 48, of Winter Springs.

For more than a year, he'd struggled to keep up with his two teenage daughters, Ashley and Mikki, as they roller-skated around the neighborhood. Shortness of breath was nothing new to him, nor out of the ordinary. Yet climbing the stairs of his home seemed more difficult with each trip. And fishing, whether on the St. Johns River or off Florida's east coast near Daytona Beach, became more tiring.

Then one day while standing in his kitchen, John felt worse than he'd ever felt, and extremely weak. He told his wife, Peggy, that he needed to go to the emergency department at Florida Hospital Altamonte. From there, he was taken to Florida Hospital Orlando. He spent the next 36 days in the cardiac intensive care unit undergoing tests to determine the cause of his symptoms and then the extent of his heart problems.

The diagnosis: heart failure. His heart was simply unable to pump enough blood to meet his body's demands, creating shortness of breath and extreme fatigue.

SETTING HIS OWN PATH

John had always been in perfect health (he never smoked and he exercised regularly), but his family had a history of heart disease. His father and paternal grandfather died of the disease in their 50s, his uncles in their 60s.

John didn't want that to be his fate. So he and his medical team, led by Nirav Raval, MD, and Simon Shakar, MD, both cardiologists/internal medicine specialists, worked together to come up with a game plan.

For the next few years, John would be in and out of the hospital every three months, often staying for days or weeks at a time as doctors worked to combat the effects of heart failure. He would be closely monitored, but he was unable to work or to enjoy many of his favorite activities. Worst of all, he was missing out on quality time with his girls and wife.

That is, until this past February, when John became the first patient in Central Florida — and among the

first in the state — to receive the CardioMEMS™ HF System, a dime-sized wireless sensor that is implanted in the left pulmonary artery of patients with heart failure. The device is implanted during a 30-minute, one-time minimally invasive procedure.

HOW IT WORKS

The sensor measures pressure in the pulmonary arteries, which send blood from the heart to the lungs. Every morning, John lies on a special pillow for 20 seconds, presses a button and the sensor takes his pressure. The readings are then sent daily to members of his medical team, who respond to any changes by calling John and adjusting his medication to prevent potential hospitalizations.

For John, that's been a blessing.

"In the past I'd have to undergo heart catheterizations for them to get this kind of information," he says. Since receiving the device, he hasn't been in the hospital once. Plus, he's back to enjoying hobbies he thought he'd have to forgo, including fishing and even canoeing with family on the Wekiva River in Seminole County. "I've even lost about 9 pounds of fluid buildup," he adds.

A MAJOR ADVANCEMENT

"This is a novel technology in the field of heart failure," says Dr. Raval, medical director of thoracic transplant at Florida Hospital Transplant Institute, who performed the procedure on John. "The device helps us to understand what's happening in his body and provide daily data that was previously unavailable. We can now detect small changes in blood pressure between the heart and the lungs that predict an impending crisis and hopefully help keep them out of the hospital."

The CardioMEMS sensor is designed to last the lifetime of the patient and doesn't require batteries.

"This whole experience has been fascinating, and the doctors have been phenomenal," John remarks. "We're Christians, and I believe Jesus has given my doctors the technology to keep me alive and feeling better. I'm so happy Dr. Raval and Dr. Shakar are part of my medical team."

HEALTH TIPS

NATURALLY GOOD

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





About as big as a dime and needing no batteries, this novel technology can help those with heart failure, like John, to stay out of the hospital.



John Kinser became the first patient in Central Florida to receive a wireless sensor for patients with heart failure.

OCT
20

HOW YOUR HEART REALLY WORKS

Join Dr. Raval at noon, Tuesday, October 20, for a FREE webinar as he explains how healthy hearts work; heart conditions and genetic factors that may lead to heart failure; how to understand your risk of heart disease; and available treatments — from pacemakers to defibrillators to the CardioMEMS HF System. Register and view online at FHBESTINCARE.COM/WEBINAR.

Florida Hospital is ranked No. 44 in the nation by U.S. News & World Report in Cardiology and Heart Surgery.

**HEALTH
TIPS**

LEAVE IT TO THE LORD

Don't carry the burden of worrying about a situation you can do nothing about. Instead, pray about it and trust God.

Sam Hoffman was walking several miles just days after his knee resurfacing procedure.



Not Slowing Down

Sam Hoffman had knee resurfacing to preserve his active, outdoor lifestyle.



J. Dean Cole, MD,
Orthopedic Surgery

Humans were never meant to be sedentary. Since the dawn of time, we've moved and migrated in a constant state of activity. Those yearnings for motion have faded recently as technology makes it easier to get everything you need at the touch of a button.

Just don't tell that to Sam Hoffman.

Sam is a rare breed, a 65-year-old who could leave a younger person sucking for air on a hike or long bike ride. He's spent most of his life doing the kind of things reserved for outdoor lifestyle magazines. He rode motorcycles, swam, kayaked — basically anything that could get his blood flowing and adrenaline rushing. But after 20-plus years of wear and tear on his body, osteoarthritis plagued his left knee.

"I dreaded every step," he says. "The pain worsened, and it began to limit my activities. In late 2012, I decided I'd had enough and began to search for an answer, which led me to Dr. Cole."

J. Dean Cole, MD, orthopedic surgeon and medical director of the Florida Hospital Fracture Care Center, has seen thousands of patients, but he speaks of Sam with a reverence you can hear in his voice.

"Occasionally you have these standout patients," Dr. Cole says. "Exercise is important to him, and when he saw the pain was interfering with that, instead of slowing down, he had surgery so he could maintain it."

**HEALTH
TIPS**

BE BOLD AND COURAGEOUS

To have the best outlook on life, choose to embrace life. Let go and embrace the moment.

FINDING THE RIGHT SOLUTION FOR SAM

After a careful diagnosis, Dr. Cole recommended MAKOplasty® knee resurfacing. It's an ideal, less-invasive procedure for people living with early to mid-stage osteoarthritis of the knee that only affects one or two components. Typically, a full knee replacement involves disease that presents damage to ligaments as well as the tibia, femur and patella.

One of the main advantages of MAKOplasty knee resurfacing is having the assistance of computer modeling in the pre-surgical plan to specify the exact positioning and placement of the prosthesis. It's complex work because knees don't deteriorate in balance. Replacing a partial knee is akin to finding the perfect number of pebbles to balance a scale. If ligament tension increases on one side of the knee, it loosens on the other. Wear and scar tissue can further compound ligament tension and cartilage deterioration. Throw in other health issues such as obesity and traumatic injuries, and the complexities of joint repair grow even more.

Luckily for Sam, the same active lifestyle that contributed to his knee pain made him an optimal candidate for MAKOplasty knee resurfacing. It also gave him the chance to get back on his feet right after his surgery.

"One common denominator among patients who have uncommon outcomes like Sam is they exercise before surgery," remarks Dr. Cole. "He didn't even have therapy. He did all his post-op exercise on his own. His motivation level was his extremely high."

Yet Sam defied even Dr. Cole's expectations for recovery.

Days after surgery, Sam was walking — not to the bathroom or the kitchen, but several miles — without pain. He says the most difficult part of his post-op experience was finding a comfortable way to sleep. He offers advice for other patients: "I'd recommend having a comfortable recliner rather than trying to sleep in a bed."

EVALUATING THE DECISION

Despite the less-invasive nature of the partial-replacement procedure, Dr. Cole says there are significant concerns that knee resurfacing candidates should consider before surgery. Pain and swelling management is necessary, along with strict adherence to an exercise regimen and careful dietary choices. Ideally, he says, knee resurfacing should be a small bump in the road for a patient.

Sam's experience with Dr. Cole left him impressed and grateful.

"I told him it was important to me to continue my lifestyle," says Sam. "My decision to have the procedure is helping me maintain a healthy weight and I can enjoy all of the activities I feared would be lost to knee pain."



GET THE INSIDE SCOOP

Hear Dr. Cole describe MAKOplasty by visiting FHBESTINCARE.COM and clicking on Sam's story.

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

HEALTH TIPS

WALK THERE

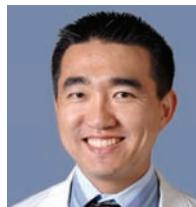
Are there places you need to go to that are close enough to reach on foot? If so, use the opportunity to get a little more activity out of your day and walk there.



When Jeff Sweeney showed the classic symptoms of a heart attack, his wife, Alicia, didn't hesitate to call 9-1-1.

Knowing Is Half the Battle

Because heart attacks don't discriminate, learn the telltale signs.



Chin Kim, MD,
Interventional
Cardiology

It was the Monday before Thanksgiving in 2013. Jeff Sweeney, then 55, of Winter Park, was running on his home treadmill. As someone who exercised regularly, he'd just received a clean bill of health a month earlier during an annual physical — including perfect cholesterol readings.

So the words "heart attack" never crossed Jeff's mind.

Yet he was having chest discomfort and tightness, both classic symptoms. In disbelief, Jeff's wife, Alicia, called 9-1-1. EMS personnel quickly arrived, and as they were driving Jeff to the hospital, he had a second heart attack in the ambulance.

**HEALTH
TIPS**

REACH OUT AND CHANGE A LIFE

Social support is one of the most powerful influences on health. If someone you know is dealing with a difficult situation, a kind word and soft shoulder often do wonders.

TREATING A BLOCKAGE

When Jeff arrived at Florida Hospital Orlando, Chin Kim, MD, interventional cardiologist, performed an emergency heart catheterization with stent placement in Jeff's right coronary artery.

"The procedure allows us to look at his coronary arteries (arteries that provide blood flow to the heart) to locate the blockage that's causing the heart attack," explains Dr. Kim. "Once the blockage is identified, in this case in his right coronary artery, we can open the artery with a balloon and place a stent to restore blood flow to the heart and abort the heart attack."

The cause of any heart attack is almost always from ruptured plaque. In Jeff's case, he had mild plaque buildup in his artery.

"The plaque became unstable, and then a piece broke off," says Dr. Kim. "This leads to a reaction that causes a clot to develop that eventually completely occludes the artery, causing the heart attack."

But Jeff was in exceptional health. What would have caused this?

WHY 'HEALTHY' PEOPLE HAVE HEART ATTACKS

"All too often we see heart attacks occur in very healthy people who have no risk factors," says Dr. Kim. "One of the main reasons is the difficulty in predicting who is at risk for having a heart attack. In general, risk factors for heart attacks include smoking, high cholesterol, diabetes and family history. Age is also a risk factor. As we get older, our risk of heart attacks increases, generally starting at the age of 50 in men, and 60 in women."

Luckily, in this situation, Jeff reacted immediately to his symptoms. "The main reason he did so well was because of how quickly we were able to get the artery open from the time that it occluded," Dr. Kim says. "The quicker we can get the artery open, the less heart muscle is damaged, the less severe the heart attack is."

Despite all the advances that have been made in evaluating and treating heart attacks, it still remains

"Dr. Kim was able to treat me with the utmost care, and 30 days later I was back on the treadmill at home. Florida Hospital caregivers are unique. I am forever grateful."

—JEFF SWEENEY

the No. 1 killer of American men and women.

So what's the best way to prevent a heart attack? Have a health professional assess your risk factors for heart disease and discuss ways of modifying those risk factors. And the best way to survive one? Never be too cautious or careful, Dr. Kim says. If you suspect that something might be going on with your heart, seek medical attention immediately.

FEELING GRATEFUL

Jeff says he's fortunate to be only 10 minutes away from Florida Hospital Orlando and even more so that he was in the right place when his heart attack occurred. He's thankful it didn't happen on I-95 the night before, when he and his 16-year-old son, Hamilton, were driving back from a soccer tournament in South Carolina.

"Dr. Kim was able to treat me with the utmost care, and 30 days later I was back on the treadmill at home," Jeff says. "Florida Hospital caregivers are unique. I am forever grateful."

Now, as a member of the Florida Hospital Foundation Cardiovascular Institute board of directors, Jeff shares his passion for health and ensures others in our community have access to the same great care he received.

OCT
13

PREVENTING HEART DISEASE

Did you know that one in three adults has some form of heart disease? Join Rakesh Shah, MD, on Tuesday, October 13, as he discusses simple steps you can take to help protect yourself. Call **(407) 303-BEST (2378)** today.

These Are the Symptoms

The signs of a heart attack include:

- Chest tightness or discomfort with associated shortness of breath
- Nausea and profuse sweating
- Discomfort often radiating down the left arm or to the jaw, usually as a sensation of dull pressure or heaviness

Florida Hospital is ranked No. 44 in the nation by U.S. News & World Report in Cardiology & Heart Surgery.

HEALTH TIPS

BE A SMART PATIENT

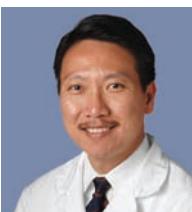
Help your doctor keep you in good health. Keep a written medical history, and educate yourself on any family problems. Find out exams, screenings and immunizations you need and when to get them.



Fanny Andrade (center) with her daughter, Tanya, and granddaughter, Nichole.



Indrani Acosta, MD,
Neurology



Lee Chan, MD,
Emergency
Medicine



Frank Hellinger, MD,
Neuroradiology,
Interventional
Radiology

It was a beautiful late November day and Fanny Andrade, 68, was taking down Thanksgiving decorations and putting up Christmas ones. When Fanny learned that her granddaughter had a school project to photograph a local hospital, she decided to tag along.

Fanny's daughter, Tanya, picked her up and the trio was off to the new Florida Hospital for Women and looking forward to a fun experience.

Then, as they were driving, Fanny sneezed.

"It was the funniest sneeze," Tanya recalls. "'Mom, that's a really funny sneeze,' I told her. And she didn't react."

That's when Tanya knew something was off. It wasn't like her mother not to giggle or have a witty comeback. Because Tanya is a nurse practitioner, she quickly recognized the stroke-like symptoms. Also, Fanny had had a stroke 25 years prior, so many in the family knew what to look for.

"I turned around, and saw she wasn't reacting," says Tanya. "She wouldn't talk to me; she looked very lost."

QUICK TREATMENT

At the hospital, Fanny was rushed to the emergency department and given IV tPA (a clot-busting medication) within 37 minutes and underwent an interventional neuroradiology procedure to break up and remove the clot within one hour.

Fanny had experienced a severe ischemic stroke.

"Time is critical for treating acute strokes," says Frank Hellinger, MD, neuroradiologist and chief of Interventional Radiology at the Florida Hospital Neuroscience Institute. "The longer the brain is ischemic, meaning the blood supply is cut off, the more brain dies. Permanent brain damage can occur in as little as a few minutes to many hours."

When Time Is Critical

Fanny Andrade's speedy treatment leads to a speedy recovery.

STROKE CHAPERONES PLAY A ROLE

Because time is critical, Florida Hospital has stroke chaperones who work with physicians. Highly trained in neurology, they meet patients like Fanny upon arrival.

"Chaperones are critical in collaborating care between departments," says Erin Bonwit, RN, Florida Hospital Orlando. "They're highly trained to assess patients, understand their needs and forecast potential treatments."

A stroke chaperone and Lee Chan, MD, emergency medicine physician, assessed Fanny. She was referred straightaway to Indrani Acosta, MD, neurologist, and Dr. Hellinger.

"Strokes are more common in older adults, but all ages are affected," says Dr. Hellinger. "Many are related to atherosclerosis, plaque buildup in the arteries. The only way to prevent strokes related to that condition is to control blood pressure, diabetes, hypertension and cholesterol and not smoke."

THE BIG PICTURE

These days, Fanny is doing very well.

"She's talking, walking and driving," says Tanya. "Knowing the signs and symptoms will save your loved one's life."

KNOW THE SIGNS OF STROKE

Would you recognize the warning signs of a stroke? Visit FHBESTinCare.com and look for our informative infographic.

HEALTH TIPS

DURING DIFFICULT TIMES, LOOK TO GOD

When you face emotional challenges, talk to God. His love and mercy will calm your soul. By focusing on Him and His transformational love, you will be lifted above your challenges.

A Journey to *Inspire*

Complex procedure saves Pru Mabry from pancreatic cancer and allows her to keep helping others.



**Pablo Arnoletti, MD,
General Surgery**

At 70, Pru Mabry, of Melbourne, was diagnosed with stage III pancreatic cancer. At the time, she was a special needs teacher with no plans to retire. "Before the cancer, I probably would have worked until I was 80."

However, discoloration in her urine, along with a case of jaundice and unexpected weight loss, led her to seek medical testing, including a biopsy.

Her gastroenterologist placed a stent into her bile duct and referred her to Shyam Varadarajulu, MD, gastroenterologist with Florida Hospital's Center for Interventional Endoscopy. He detected a pancreatic mass during an endoscopic ultrasound.

She then met Pablo Arnoletti, MD, pancreatic cancer specialist with the Florida Hospital Cancer Institute. Having a team of doctors collaborating across different specialties and with community physicians "is a fundamental component of successful treatment," says Dr. Arnoletti.

TREATING THE CANCER

"I recommended surgery, as her tumor appeared to be localized and resectable," says Dr. Arnoletti. (Resectable means that the tumor can be fully removed through surgery.)

In May, Pru underwent a pancreaticoduodenectomy. "It's a complex operation where the pancreatic head is removed with the bile duct, gallbladder, first part of the intestines (duodenum) and surrounding lymph nodes," says Dr. Arnoletti. "To restore digestive function, the pancreatic duct, bile duct and stomach are reattached to the intestines."

Another concern was that Pru has a rare disorder called paramyotonia congenita that can cause severe muscle spasms. During the surgery, her body

temperature and potassium levels were monitored closely to avoid spasms.

HELP FROM CONNECTIONS FAR AND WIDE

In the end, Pru's cancer was completely removed. The unique procedure, a strong team of doctors and overwhelming support from family and friends contributed to her survival.

Her friends even set up a website that logged more than 2,000 well wishes. "Colleagues as far back as high school got in touch," reminisces Pru. "I definitely had guardian angels looking out for me."

HELPING MORE PATIENTS SURVIVE

One difficulty with pancreatic cancer is that symptoms are often nonspecific. "And when they appear, they're caused by more advanced tumors," says Dr. Arnoletti. "If a pancreatic tumor is suspected, prompt evaluation by a team of dedicated and experienced physicians is recommended."

At Florida Hospital, Dr. Arnoletti is involved in ongoing research initiatives for pancreatic cancer to help others gain a better understanding of the disease, which in turn, can lead to better outcomes.

As for Pru, she is feeling much better these days and spends time gardening, volunteering and playing with her grandchildren. She is thrilled to be cancer-free.



Pru Mabry, who works with special needs children, survived pancreatic cancer because of a complex procedure.

Florida Hospital is ranked No. 33 in the nation by U.S. News & World Report in Gastroenterology & GI Surgery.

FIND OUT MORE ONLINE

To learn how a pancreaticoduodenectomy — or a Whipple procedure as it's commonly called — is performed, visit FHBESTINCARE.COM and look for Pru's story.

HEALTH TIPS

KEEP A POSITIVE OUTLOOK

Most major accomplishments are made by people who keep trying even when there seems to be no hope at all. Always think positively and the best will happen.

Health *Events* for You

RSVPs required. To save your seat, call (407) 303-BEST (2378), or register online at FHBESTinCare.com. Refreshments at 5:30 pm; lectures at 6:00 pm. FREE parking provided.

SEPTEMBER

Do You Have a Bossy Bladder?

Tuesday, September 29 APO

If you are suffering from urinary incontinence, you are not alone. Nearly one in three women experiences urinary incontinence, including pain, frequency and urgency. Learn about the causes and your treatment options.

Constipation: When The Going Gets Tough

Wednesday, September 30 ALT

It's one of those topics few like to talk about. If you've concluded it's not from medications, lifestyle or diet, join our specialist as he explores health concerns that may lead to the condition and treatments to find relief.

believe. Join our breast health specialist as she separates facts from fiction.

Preventing Heart Disease

Tuesday, October 13 ORL

Did you know that more than 80 percent of heart disease and strokes are preventable? Our cardiovascular medicine specialist will discuss simple steps you can take to help protect yourself.

Impaired Balance? It Could Be Your Ears

Wednesday, October 14 WP

Did you know your ears help you maintain balance? Learn how they, along with your vestibular system, aid in balance and what can be done if you're experiencing balance issues.



Mysteries of Pelvic Pain

Tuesday, October 20 WP

Chronic pelvic pain can greatly decrease a woman's quality of life. Learn about complex conditions that may cause pelvic pain, including endometriosis, pelvic organ prolapse, adhesions and uterine fibroids, and discover advanced treatments, including minimally invasive surgery.

OCTOBER

5 Health Conditions That Can Cause Heartburn

Wednesday, October 7 APO

It could be stress, too many trips to the coffee shop or spicy chili from the food truck. About 22 million Americans experience daily bouts of heartburn, but acid-blocking medications may not work for everyone.

Breast Cancer Myths Debunked

Thursday, October 8 ALT

So many rumors and controversies surround breast cancer — what really causes it, what really prevents it — that it's hard to know what to

NOVEMBER

Shoulder Wear and Tear

Tuesday, November 3 EAST

Learn about "wear and tear" conditions that commonly affect the shoulder, such as rotator cuff disease and arthritis, and surgical and non-surgical treatments for relief.

Breast Cancer Breakthroughs

Wednesday, November 4 EAST

Join our specialist as she discusses breast health, including genetic testing and new breakthroughs in breast cancer detection and treatment.

No More Knee Pain

Tuesday, November 10 CEL

Learn how new side-incision knee replacements spare muscle tissue, leading to less pain and faster recoveries.

It's Not Your Mother's Hysterectomy

Tuesday, November 17 CEL

If you're facing hysterectomy, learn how treatments have improved greatly in recent years. You'll hear about new treatments that offer faster recovery times and less scarring.

Dishing On Kidney Stones

Wednesday, November 18 KISS

Discover new minimally invasive treatments for kidney stones, while our executive chef teaches you to prepare meals to help fend off future problems.

Get Answers to Your Stomach Troubles

Thursday, November 19 KISS

Do you know the difference between diverticulosis and diverticulitis? Learn about risk factors, what you can do to prevent or slow the progression, and available treatments.

WEBINAR

**OCT
20**

**HOW
YOUR
HEART
REALLY
WORKS**

Explore heart conditions, genetic factors, heart disease risk, and available treatments. Register and view online at FHBESTinCare.com/webinar.

CLASS LOCATIONS

WP	Winter Park Memorial Hospital Medical Library 1925 Mizell Ave. Winter Park, 32792
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

SOURCE: BICMQ3

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