



FLORIDA  
HOSPITAL

# best<sup>in</sup>care

The skill to heal. The spirit to care.<sup>®</sup>

SPRING 2013

## Straight Talk

Find out what the fuss is with digital mammograms — and if you should have one

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### ALSO IN THIS ISSUE:

- ▲ A new approach to angioplasty through the wrist [PAGE 3](#)
- ▲ Smiling again after treatment for facial spasms [PAGE 4](#)
- ▲ Keep your eyes healthy as you age [PAGE 8](#)

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

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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 reach a Healthy 100. We hope you find our focus on providing the latest treatment innovations valuable to your health.

In this issue, you'll learn about innovative treatments for facial spasms, eye disorders, fecal incontinence and more. And don't forget to check out the events calendar on the back cover, loaded with lots of FREE health seminars. There's a lot going on at Florida Hospital, and we don't want you to miss a thing! **If you have feedback on *Best in Care*, tell us at [BICeditor@FLHosp.org](mailto:BICeditor@FLHosp.org).**

#### DID YOU KNOW?

# 40

Percentage of women over age 50 who have dense breast tissue.

Recent advances in mammography make it easier to find cancerous tumors in dense breasts.

For side-by-side images of digital mammography compared with traditional, **turn to page 7.**



## Helping Families

New clinic cuts stress for *Alzheimer's* and dementia patients and caregivers.



**Luis Allen, MD,  
Psychiatry**

Don Canada is passionate when speaking about his wife, Barbara. Married 57 years, the retired Navy pilot is grateful they can live together comfortably in their East Orlando home.

Barbara, 78, has late-stage Alzheimer's

disease. The once-active mother of two no longer speaks and is completely dependent on Don.

Late last year, Don, 79, turned to the Maturing Minds Clinic, a new Florida Hospital program that's keeping patients in their homes and out of the hospital.

"Caring for a loved one with Alzheimer's can be tough and more so when a health crisis occurs," says Luis Allen, MD, psychiatrist and program medical director. "Whether it's a fall, pneumonia or an infection, these conditions, combined with Alzheimer's or dementia, can be complex to manage, and may lead to hospitalizations."

The clinic, which opened last July, offers a comforting environment where families can see a team of specially trained physicians — neuropsychologists, behavioral specialists, neurologists and geriatricians — along with social workers and nurse practitioners. The team works with families to diagnose issues and provide care plans, education and resources. It also offers a place to turn if caregivers are unsure whether a loved one should go to the hospital.

"The program has been wonderful," says Don. "Anytime I need assistance, they are immediately available to help."

## WOMEN: PROTECT YOURSELF FROM HEART DISEASE



**Patricia Guerrero,  
MD, Cardiovascular  
Diseases**

You're female and you're fit. You can't have a heart attack, right?

Wrong.

Beginning at 25, heart disease is the leading killer of American women. We're nearly four to six times more likely to die of heart disease than breast cancer, and more women over 65 succumb to heart disease than all cancers combined.

"As busy moms, caregivers and career women, we're often unaware of our risk," explains Patricia Guerrero, MD, medical director of Women and Cardiovascular Disease at Florida Hospital Orlando. "We've finally gotten

the message about mammograms and bone density tests, but heart screenings aren't yet on our radar."

"Heart disease is often preventable if we make the right choices, including a proper diet, exercise, reducing stress and refraining from smoking," adds Dr. Guerrero. "And the sooner heart disease is detected, the more treatable it is, which makes screening paramount."

Because prevention and education are always the best line of defense, Florida Hospital has launched a Women's Heart Initiative. At this site, you can calculate your risk of heart disease, learn what screenings are vital to good heart health, where to go to receive them, and what you can do to improve your health. Visit **[BICHeartSmartWomen.com](http://BICHeartSmartWomen.com)** to learn more.

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### WHY HEART DISEASE IS DIFFERENT FOR WOMEN

Join Dr. Guerrero at a FREE online seminar at 7 pm, Thursday, April 18, and learn why heart disease is different for women, the importance of your numbers, symptoms to be aware of and what you can do to prevent it. Register at [FHBESTinCare.com/webinar](http://FHBESTinCare.com/webinar).

# Straight to the Heart

Learn about a breakthrough in diagnosis and treatment for heart disease.



Rohit Bhatheja,  
MD, Interventional  
Cardiology

They are clogs that kill — plaque-hardened arteries that often lead to deadly heart attacks. Every year, more than 1 million Americans undergo a potentially lifesaving procedure, angioplasty, to reopen narrowed or clogged arteries to improve blood flow to the heart.

Now, a new technique for performing angioplasty is allowing doctors to diagnose and treat

blocked arteries faster and with great benefits for patients.

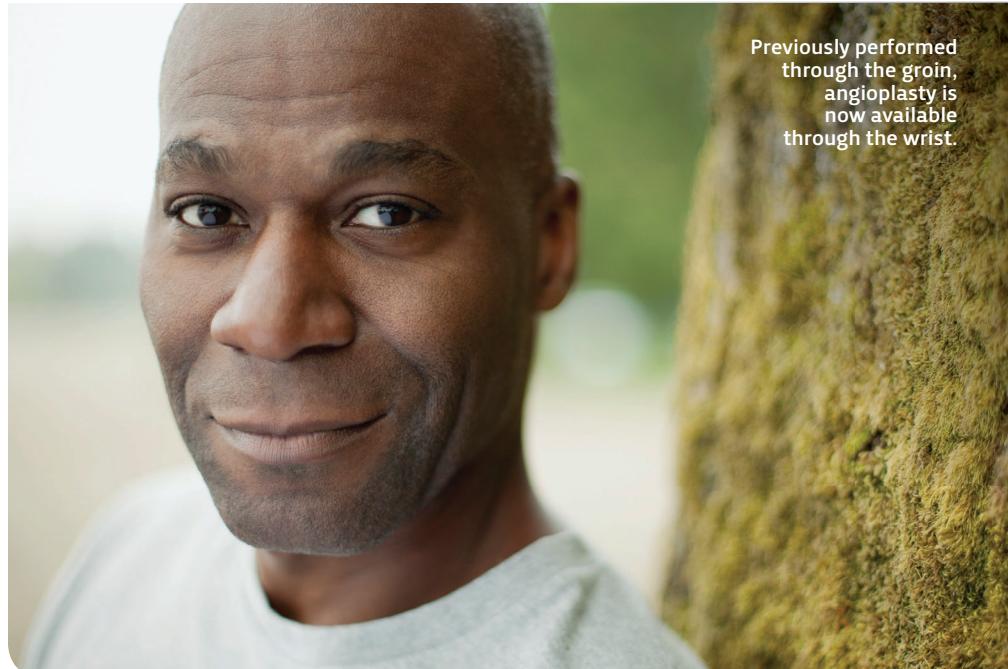
## THEN: ENTRY THROUGH THE LEG

Clearing a clogged or blocked artery normally requires inserting a catheter through the femoral (leg) artery in the groin to reach the heart. Because of a risk of bleeding (about two to three times higher for women) and nerve damage at the access point, patients must lie still for many hours after treatment and some are hospitalized overnight for observation. In obese patients, accessing the femoral artery can be challenging and risky.

## NOW: ACCESS THROUGH THE WRIST

Radial access artery angioplasty offers an alternative with a shorter recovery.

For patients whom doctors suspect have clogged arteries, the wrist is numbed and a sheath and catheter (a long IV) are inserted up through the arm to where arteries in the heart branch off from the aorta. Doctors watch this on a moving X-ray and can adjust the catheter to inject contrast dye for a better view of the arteries and determine whether blockages exist and need to be repaired.



Previously performed through the groin, angioplasty is now available through the wrist.

## THE BENEFITS OF A NEW APPROACH

“Because the artery in your wrist is on the surface, it’s easily visible,” says Rohit Bhatheja, MD, an interventional cardiologist with Florida Hospital Orlando. “It’s right next to a bone. You can easily stop any bleeding.”

Entry through the wrist means reduced back pain from lying still and, in many cases, patients can sit up, walk around, eat or use the restroom immediately after the procedure. Being able to go home the same day reduces treatment costs and allows patients to get back to their normal routine faster.

“Patients who aren’t good candidates for traditional angioplasty — those who smoke, have a high body mass index or have advanced diabetes or peripheral artery disease — may be better candidates for wrist angioplasty,” says Dr. Bhatheja. “However, after careful evaluation, your physician can best decide which procedure is right for you.”

About 10 percent of angioplasty procedures today are done through the wrist.

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## UNCLOGGING ARTERIES THROUGH YOUR WRIST

Each year, more than 1 million Americans undergo procedures to reopen clogged arteries. Join Dr. Bhatheja at 5:30 pm, Tuesday, May 28, at Florida Hospital Orlando as he describes how doctors are using a new pathway through the wrist to find and treat heart disease. To save your seat, call **(407) 303-BEST (2378)**.



**HEALTHY  
100 tips**

## EARLY BIRD GETS THE WORM

Those who go to bed early and get up early have healthier eating patterns and lower rates of heart disease and diabetes than those who stay up late and get up late.

# About Face

George Mercer overcomes facial spasms with help from neurological surgeon.



**Melvin Field, MD,  
Neurosurgery**

For eight long years, George Mercer suffered in silence. The 58-year-old resident of Panama City, Florida, experienced facial spasms that were seemingly impossible to diagnose.

Back in November 2003, George was a member of the US Army and was stationed in Iraq. During an early morning jog, everything was normal until he ran into a nearly invisible clothing line hanging between two buildings. The force of the impact knocked George completely off of his feet, and caused him to hit his head on the asphalt, rendering him unconscious.

"That's what I think happened," remembers George. "When I woke up, I was contorted on the ground and didn't know the extent of my injuries, but I knew that my neck and back hurt and I had a pretty good bruise on my face."

Unfortunately, there weren't any medical facilities available where George could determine whether he had suffered a concussion.

"The only thing I could do was recuperate as best as I could and move on," he says.

## NOTICING A PROBLEM

Two months after returning home to the Florida panhandle, George noticed a twitch in his left eye.

"At first, I didn't think much of it," George says. "I thought it had to do with fatigue from returning to the United States."

However, as time went on, the spasms became more frequent and more aggressive. "My eye and the surrounding area began to spasm repeatedly," George says. "Then it spread to my cheek and my eyebrow and eventually traveled from my forehead down to my neck."



During these spasm attacks, George remembers feeling his neck and face tightening up along with a lot of ticks and jerks.

"When it first started happening, people didn't notice it, including doctors," says George. "But as it got worse, it became evident, and people who knew me would ask what was going on."

Doctors in Panama City suspected it might have been a neurological issue, but no one could pinpoint exactly what was going on behind George's facial spasms.

Over time, writing and driving became difficult.

"I was basically being blinded," remembers George. "I just endured it. For eight years I didn't know what was wrong."



George Mercer and his wife, Vickie, enjoy Great Smoky Mountains National Park.

## FINALLY FINDING ANSWERS

Then last year during an Internet search, George found Melvin Field, MD, a neurological surgeon at Florida Hospital Orlando. Soon afterward, George visited Dr. Field and within 10 minutes, Dr. Field diagnosed George with hemifacial spasms.

"He looked at me and knew right away what it was," says George. "He told me that I was experiencing hemifacial spasms, more specifically trigeminal neuralgia. He said, 'We can fix you.'"

In March 2012, Dr. Field performed a minimally invasive procedure called endoscopic microvascular decompression to treat George's spasms.

**"My life since this surgery is indescribable. I look forward to doing things that I wasn't able to do for quite some time."**

"Endoscopic microvascular decompression is a minimally invasive surgical technique done through a small incision behind the ear to treat conditions like trigeminal neuralgia, hemifacial spasm and other forms of neurovascular compression syndromes," explains Dr. Field. "The neurosurgeon uses an endoscope [a device with a light attached that's used to look inside the body] alone to identify where a blood vessel is compressing the nerve of interest as it leaves the brainstem."

During surgery, the blood vessel is delicately separated from the nerve with a small piece of Teflon felt, leaving a space in between. By doing this, the abnormal compression of the cranial nerve is relieved.

### A BIG DIFFERENCE

"I had a very good recovery," says George. "Within a few days I was up and moving around and I was confident that I could go back to regular activities."

George hasn't experienced a facial spasm since his surgery. He watches sports and enjoys spending time with his wife, Vickie, who he says helped him immensely throughout this medical ordeal.

"My life since this surgery is indescribable," says George. "I look forward to doing things that I wasn't able to do for quite some time."

### GET A PRIORITY APPOINTMENT

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

## What Is Trigeminal Neuralgia?

Trigeminal neuralgia is a severe facial pain syndrome usually due to a blood vessel pressing on the trigeminal nerve where it emerges from the brainstem. This compression causes wearing away of the protective coating around the nerve (the myelin sheath). Trigeminal neuralgia attacks may be spontaneous or provoked by mild stimulation of the face. The condition affects women more often than men, and it's more likely to occur in people over 50.

## HEALTHY 100 tips

### SHOW YOUR SWEET SIDE

Be there for another person. Loving someone often means setting aside time to spend with that person.

# A Clear Answer

Do digital mammograms make a difference?



Jennie Yoon,  
MD, Diagnostic  
Radiology

**The American  
Cancer Society  
recommends  
mammograms  
every year  
for most women  
over 40. (Women  
at high risk may  
be advised to  
start earlier.)  
Breast self-  
exams are also  
recommended  
starting in  
your 20s.**

The call came one afternoon. "The physician would like to take more images of your breasts. Don't worry, it's just to have a better picture of your tissue."

If you've experienced this call, your mind races and chances are you're thinking the worst: cancer.

One tool helping remove some of the anxiety in diagnosing and treating cancer is digital mammography. Like conventional (analog) mammograms, digital versions take X-ray images. The difference is that digital mammograms create clearer images that can be displayed and enhanced on a computer for a closer look. Conventional mammograms store images on film, where they can't be manipulated.

Having trouble imagining this? Think of your new digital camera, versus an old 35 mm, that lets you crop images, enhance colors, zoom in from afar and see them immediately.

## DEMAND FOR DIGITAL

"The demand is occurring because for certain women — those with dense breast tissue, meaning lots of glandular and connective tissue — it's better than film at finding tumors," says Jennie Yoon, MD, board-certified diagnostic radiologist and medical director of Women's Imaging for Florida Hospital.

High breast density increases the risk of breast cancer, for reasons that aren't entirely clear. On a mammogram, cancer may be obscured by dense breast tissue. Also, tissue may be more vulnerable to malignancy, a possibility researchers are exploring. Although dense tissue is more common in younger

women, nearly 40 percent of women over age 50 have dense breasts.

Digital's also good at picking up tiny calcium deposits, or calcifications, which can be, but are not always, a sign of cancer.

Dr. Yoon says another digital advantage includes adjusting features such as contrast and magnification (as you do with digital images from your camera) and seeing things that were blurry or even invisible on film. This increased clarity should result in fewer callbacks of healthy women and increased detection of small cancers.

Additionally, radiation exposure is lower with digital mammograms. Florida Hospital strives to keep this as low as possible.

Other benefits include online storing and sharing of images, which isn't the case for older film versions. Images can even be sent electronically to your physician's office ahead of time for visits, eliminating the need to travel with bulky files.

Digital mammograms are offered at all Florida Hospital and Florida Radiology Imaging (FRI) centers throughout Central Florida.

## MAKE YOUR MAMMOGRAM APPOINTMENT

If you or a loved one needs to schedule a mammogram, call **(407) 303-BEST (2378)**. You'll receive expedited and prioritized scheduling, and all calls are confidential.

**HEALTHY  
100 tips**

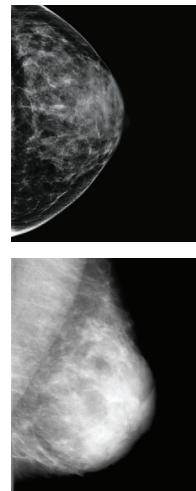
## STEPS TO FIGHT THE RISK OF CANCER

Drop your risk of developing any type of cancer by 10 to 15 percent by simply staying active. And not just exercise — any daily activity like cleaning the house or gardening can help.





Digital mammograms expose you to less radiation, among other benefits.



### Why Digital Mammograms Help

Digital mammography is a specific type of imaging that uses a low-dose X-ray system and high-resolution digital plates to examine the breasts. Using half the radiation dose of conventional mammography, digital mammography produces a crisper, more detailed picture than conventional mammography. You can see the increased clarity and detail of a digital mammogram in the image on top.

**HEALTHY  
100 tips**

#### A STEP AHEAD

Want to stay ahead of diseases such as cancer? Ask your doctor about the regular screenings you need for your age and gender.

# In Plain Sight

Your eyes change as you age. Here's what you can do to protect them.



Rebecca J.  
Kurzon, MD,  
Ophthalmology

Maybe you're having a hard time reading this article without holding it at arm's length. Or perhaps you've stopped driving after dark because you don't see as well as you once did.

"While everyone experiences some changes in vision as they age, glaucoma, cataracts, age-related macular degeneration and diabetic retinopathy are among the most common eye disorders," says Rebecca J. Kurzon, MD, a board-certified ophthalmologist who specializes in eye diseases at Winter Park Memorial Hospital, a Florida Hospital.

The American Academy of Ophthalmology recommends annual exams for everyone age 50 and older. If you have a family history of vision problems, you may want to be seen sooner and more frequently.

Here Dr. Kurzon describes four ailments that affect older eyes and the latest treatments.

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## YOUR EYES OVER TIME

It's easy to take your sight for granted, but if you're over 50 you could be affected by glaucoma, cataracts or age-related macular degeneration. Join Dr. Kurzon at 5:30 pm, Thursday, April 25, at the Winter Park Community Center, for a discussion of these conditions and available treatments. Reserve your seat today by calling **(407) 303-BEST (2378)**.

### HAVE YOU EXPERIENCED A BLIND SPOT IN THE CENTER OF YOUR VISION?

#### IT COULD BE: AGE-RELATED MACULAR DEGENERATION

Age-related macular degeneration (AMD) gradually destroys sharp, central vision necessary for seeing objects clearly and doing daily tasks such as reading and driving. In early stages, AMD may have no symptoms and be unrecognized until it progresses or affects both eyes.

AMD occurs in two forms: wet and dry. The first sign may be distortion of straight lines. Other symptoms include requiring increasingly bright light for close work, difficulty adapting to low light levels, blurred vision and reduced clarity of central vision.

"Many studies have shown lifestyle changes — consuming a diet rich in fruits and green, leafy vegetables, and especially not smoking — can reduce your risk," explains Dr. Kurzon. Advanced AMD can be treated with laser surgery, photodynamic therapy and injections into the eye.

### IS YOUR VISION CLOUDY?

#### IT COULD BE: CATARACTS

A cataract is the clouding of the natural lens inside the eye, causing a blockage of the passage of light needed for vision. Causes include trauma, diabetes, aging and certain medications such as steroids. Because changes happen gradually, it's not uncommon for people to be unaware they have cataracts. It's only when the condition affects daily living and enjoyment do people begin thinking about surgery.

"Of all potential eye problems, cataracts are the best thing to have go wrong because we have such great treatments now," says Dr. Kurzon. Surgery is a simple and relatively painless procedure and allows patients to regain vision quickly. Also, new technology offers many patients the opportunity to become free from glasses after surgery.

**HEALTHY  
100**tips

### FAMILY TIME

Learn about your family history. Best of all, spend personal time with each family member this week.



## HAVE YOU NOTICED A GRADUAL LOSS OF PERIPHERAL VISION?

### IT COULD BE: GLAUCOMA

Glucoma is associated with damage to the optic nerve that connects the eye to the brain. It's often caused by elevated eye pressure (not related to blood pressure) inside the eye called intraocular pressure. Early diagnosis is essential because vision loss from glaucoma is irreversible.

"Glaucoma is a disorder that's hard to diagnose on your own; you need to see an eye doctor to be properly diagnosed," says Dr. Kurzon. "You won't necessarily know you have it until it becomes really advanced." When detected early, glaucoma usually can be treated successfully with eyedrops, lasers or surgery.

## DO YOU HAVE DIABETES?

### IT COULD BE: DIABETIC RETINOPATHY

Diabetic retinopathy is an eye condition affecting people with diabetes who have high blood glucose (sugar) levels over a prolonged time. Poorly controlled diabetes (type 1 and 2) can cause permanent vision loss through destruction of the retina and can lead to other problems such as glaucoma and cataracts. It's the leading cause of blindness for people 55 or younger. Early diagnosis increases your chances of controlling the disease, so it's important that an ophthalmologist be consulted regularly; every person with diabetes should have an eye exam at least once a year.

"Controlling blood sugar levels and blood pressure can help combat diabetic retinopathy," advises Dr. Kurzon.

**HEALTHY  
100 tips**

### EASY ON THE EYES

Eating healthfully and getting the proper nutrients will help protect your eyesight and ward off vision loss.





It's estimated that more than 18 million Americans experience fecal incontinence.

## HEALTHY 100 tips

### THOSE WHO ARE POSITIVE ENJOY LIFE

Grateful people enjoy higher levels of positive emotions, life satisfaction and vitality than do pessimists. Those with a positive outlook experience less depression and stress.

# Reclaim Your Life

You can gain control over fecal incontinence with an advanced treatment.



**Matthew Albert,  
MD, Colon and  
Rectal Surgery**

It didn't matter what Theresa ate. In early 2012, the 70-year-old New Yorker, who now resides in Clermont, began experiencing an unusual urge to use the bathroom.

If she consumed anything, she'd need to have a bowel movement while eating or shortly afterward. This made traveling, even locally, impossible.

"My life revolved around bathroom visits. I tried everything — eating more fiber, eating less fiber, even supplements, but nothing worked," recalls Theresa. "If I told my husband, 'I need to find a bathroom,' he knew we needed to find one right then and there. We didn't have 10 minutes."

If Theresa left the house, which was rare, it meant taking an extra set of clothes.

"I declined social invitations because I didn't know when I would have an accident," remembers Theresa. "It was very embarrassing."

After visiting a local gastroenterologist, she was diagnosed with fecal incontinence and was referred to Matthew Albert, MD, a colon and rectal surgeon at Florida Hospital Altamonte.

## YOU'RE NOT ALONE

Fecal or bowel incontinence is the loss of bowel control, leading to an involuntary passage. This can range from an occasional leakage to completely losing control. It's more common in older adults, and although women are more commonly affected, men also can suffer from the disorder.

Causes of fecal incontinence vary. Some examples are:

- Damage to pelvic nerves or muscles from trauma such as childbirth, or anal or rectal surgery
- Diseases such as diabetes
- Complications from radiation

It's estimated that more than 18 million Americans have fecal incontinence.

"This is a debilitating condition in otherwise healthy individuals that drastically affects the quality of life," says Dr. Albert. "People often become housebound or live as hermits because of the stigma."

## ENDING THE EMBARRASSMENT

A series of tests revealed Theresa's anal sphincter, the muscle that controls the anus's opening and closing, was malfunctioning. Dr. Albert recommended InterStim Therapy.

The InterStim neurostimulator — a tiny device inserted under the skin, usually in the upper buttocks region — sends mild electrical pulses to the nerves that control the bowel, rectum and bladder. The device stimulates sacral nerves, helping patients regain control of bowel and bladder functions.

After a successful two-week trial, Theresa received a permanent implant last October.

An avid sudoku and chess player, she's grateful she had the procedure.

"I have control over my life that I didn't have before," says Theresa. "Now, I can go out with my husband and granddaughter. It's given me freedom that I haven't had in a long time."

## Treatment Answers

While no one likes talking about the loss of bladder or bowel control, both can have a profound effect on your quality of life. These issues can be signs of a pelvic muscle disorder, a problem associated with muscles underneath the pelvis. The good news: The symptoms are treatable.

The Pelvic Health Program of Florida Hospital Sports Medicine and Rehabilitation has a team of specially trained pelvic physical therapists who treat pelvic muscle disorders.

## GET A PRIORITY APPOINTMENT

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

## HEALTHY 100 tips

### FORGIVE, AND MOVE ON

Learning to forgive is a skill that takes practice. Today, try to accept the past and embrace a brighter future by releasing any grudges and hurts.

# 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.**



## APRIL

### Healthy Aging

Tuesday, April 9 **APO**

Our specialist will answer questions about aging and you'll enjoy tasty foods that may help lower your risk of dementia.

### Getting the Relief You Deserve

Wednesday, April 10 **ALT**

Tuesday, April 30 **ORL**

Tuesday, May 7 **WP**

Join our specialist and discover symptoms and treatment (including minimally invasive surgery options) for relief from heartburn and GERD (gastroesophageal reflux disease).

### Genetic and Hereditary Cancers: What's Your Risk?

Thursday,

April 11 **APO**

Thursday, June 6 **CEL**

Learn how knowing your family history and screening tools can help prevent cancer.



### When Is Back Pain Not Just "Back Pain"?

Wednesday, April 17 **ALT**

Our specialists will help you learn to tell the difference between everyday back pain and a sign of something more serious.

### Men's Health Panel

Tuesday, April 23 **WP**

Join our specialists as they discuss conditions that affect men over 50 and answer your questions.

### Pelvic Floor Disorders

Wednesday, April 24 **ORL**

Learn about the common yet bothersome problem of uterine and vaginal prolapse. Understand what can be done to treat it and prevent it from happening in the first place.



### Your Eyes Over Time: Glaucoma, Cataracts and Macular Degeneration

Thursday, April 25 **WP**

It's easy to take your sight for granted, but if you're over 50 you could be affected by glaucoma, cataracts or age-related macular degeneration (AMD). [See page 8 for full story.](#)

## MAY

### Treating Head and Neck Cancers

Wednesday, May 1 **WP**

Discover signs, symptoms and treatments. Come early for a complimentary risk assessment.

### Are You at Risk for a Stroke?

Wednesday, May 8 **ORL**

Our specialist will discuss signs, symptoms and risk factors of strokes, answer your questions and discuss treatments.

### When Bloating Is a Cause for Concern

Tuesday, May 14 **ORL**

Our cancer specialist will explain how to tell when bloating, abdominal pain or feeling full too fast could be something more than a stomachache.



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### Throw Away Arm and Hand Pain

Tuesday, May 21 **EAST**

If you're living with pain in your hands, wrists or arms, join us for a Q&A session about available nonsurgical and surgical treatments.



### Unclogging Arteries Through Your Wrist

Tuesday, May 28 **ORL**

Our heart specialist will describe how doctors are using a new pathway through the wrist to find and treat heart disease. [See page 3 for full story.](#)

### Overcoming ED

Wednesday, May 29 **EAST**

Avoid mixed messages about erectile dysfunction, which affects 15 million to 30 million American men annually. Learn how lifestyle changes may ease the problem or when medical intervention is necessary.

## JUNE

### MAKOplasty® Partial Knee Resurfacing

Thursday, June 13 **CEL**

Learn about partial knee resurfacing, an innovative new treatment option that may have you back to doing what you love faster and with less pain.

### Do You Have a Fat Liver?

Wednesday, June 19 **KISS**

Learn about nonalcoholic fatty liver disease, the fastest rising cause of chronic liver disease in the US, and available treatments.

## CLASS LOCATIONS

<b>WP</b>	Winter Park Community Center 721 W. New England Ave. Winter Park, 32789
<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

**SOURCE: BICMQ1**

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