



FLORIDA
HOSPITAL

best in care

The skill to heal. The spirit to care.®

SUMMER 2013

Sleep Soundly

Gary Traina is resting easy after a procedure to treat sleep apnea. Could it help you too?

PAGE 4

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

JULY
17



ALSO IN THIS ISSUE:

- After decades of shoulder pain, grandfather throws football again [PAGE 8](#)
- Marathon runner overcomes back pain [PAGE 9](#)
- Hysterectomy with a nearly invisible scar [PAGE 11](#)



The skill to heal. The spirit to care.®

Welcome to *Best in Care*, your source for health information and tips to help you reach a Healthy 100. We hope you find our focus on providing the latest treatment innovations valuable to your health.

After reading our moving patient success stories, check out the FREE health seminars we offer (on page 12) where you can learn even more about your options. There's a lot going on at Florida Hospital, and we don't want you to miss a thing! **If you have feedback on *Best in Care*, tell us at BICeditor@FLHosp.org.**



HEALTH ON THE GO

Florida Hospital wants to make taking care of your health a little more convenient.

Florida Hospital Healthy 100 Women's Mobile Wellness, a new fully loaded vehicle, is bringing health screenings to Central Florida women where they work, live and worship. The women's health center on wheels offers digital screening mammography, heel ultrasound bone-density tests, electrocardiograms (EKGs), and body mass index (BMI) and skin analysis. It also offers wellness and therapeutic services including massage and hand treatments.

There is no charge to bring Women's Mobile Wellness to your next event, and most insurance plans are accepted. Additionally, all services offered use the same advanced, high-quality technology that's available at all Florida Hospital and Florida Radiology Imaging locations.

BRING WELLNESS TO YOUR NEXT EVENT

To schedule Healthy 100 Women's Mobile Wellness, call **(407) 303-BEST (2378)**.



DID YOU KNOW?

7,689 miles

The distance over which researchers at the Florida Hospital Nicholson Center, with the US Department of Defense, are targeting robotic telesurgery across the world. The hope is that someday doctors stateside could perform surgery on wounded warriors in battlefield hospitals overseas.

Best in Care in Print, Online, Anytime

We know you're busy and may not have time to read *Best in Care* in one sitting. That's why we've taken our magazines online at **FHBestinCare.com**. Here you can read an e-version of *Best in Care*, just like the print version, by selecting a link at the top of the site.

The site also features *Best in Care: Women and Children*, which has been expanded so you can dive deeper into stories, see additional photos, view patient and physician videos, and browse past issues.

You're also able to register and view upcoming online seminars, grab tasty and healthy recipes, request appointments with featured physicians and learn more about their backgrounds in the bio section. You can view past online seminars as well.

If you're social, we are too! We've launched a new page at Facebook.com/FloridaHospitalBestinCare, where you can interact with us. No matter how you wish to receive the magazine, we're available for you in print, online and at any time!



CHECK IT OUT TODAY

Access this issue of *Best in Care* online at **FHBestinCare.com**.

Making the Connection

Is pacemaker wire removal something you need to consider?



George J. Palmer,
MD, Cardiovascular
Surgery

Over 2 million Americans rely on pacemakers to regulate their heartbeat.

A small battery-powered device, the pacemaker is tucked between the shoulder and the chest. The device's most important part isn't the small generator but rather special wires that deliver energy from the generator to the heart muscle.

These wires, called leads (pronounced LEEDS), constantly monitor the heart's rate and rhythm, along with other information about the body, and send it back to the generator.

Leads also send small, carefully timed electrical pulses to keep the heartbeat steady or, when needed, deliver a bigger jolt of energy to stop a potentially fatal rhythm — such as ventricular fibrillation — and restore a normal one.

THE PROBLEM WITH LEADS

As important as leads are, they also can fail. Because they flex every time the heart beats or the shoulder moves, they can twist, break and become infected.

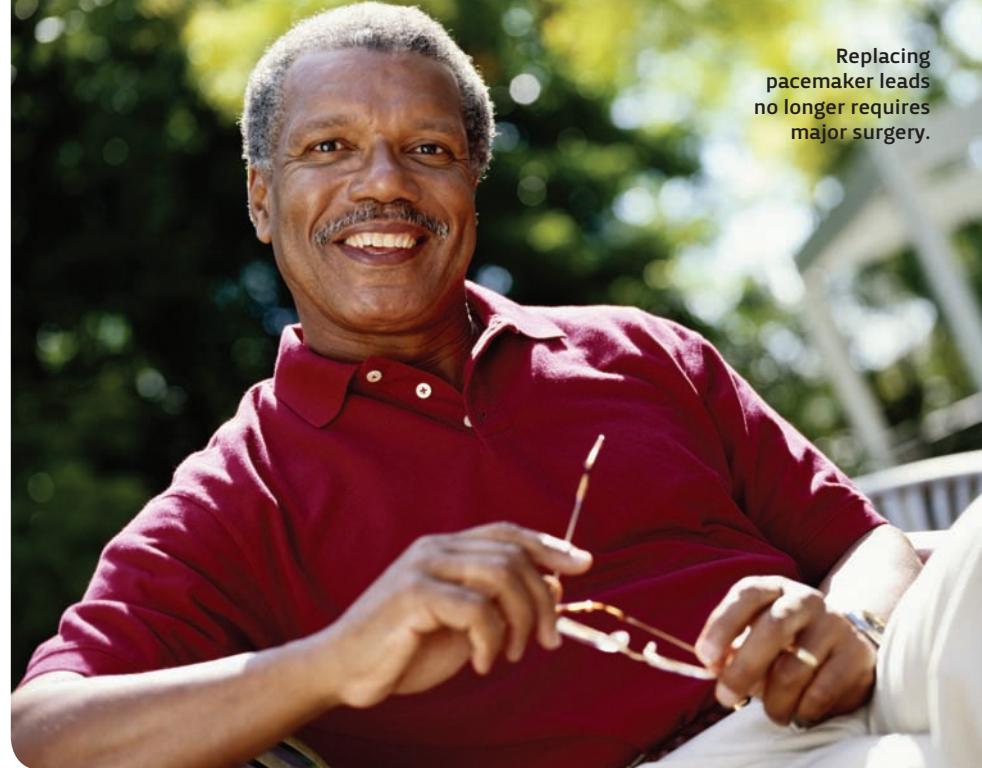
While it's impossible to fix broken, failing or obsolete leads, they can be replaced with new ones. When they are replaced, however, depends on several factors.

At Florida Hospital Orlando, lead extractions and replacements are performed by cardiovascular surgeons George J. Palmer, MD, and Joseph H. Boyer Jr., MD.

A BOOST FROM LASER TECHNOLOGY

"The challenge in removing leads from the heart," explains Dr. Palmer, "is the fibrous scar that can grow around the wire and adhere to it."

In the past, when leads malfunctioned, they were removed during major surgery that required a lengthy hospital recovery. With today's laser technology, that's no longer the case.



"The laser removes scar tissue around the vein so the lead wire can be easily removed. With this procedure, patients can usually go home after a short stay," says Dr. Palmer.

ONE PATIENT'S EXPERIENCE

In October 2008, James Toole, of Sebring, was diagnosed with congestive heart failure.

"My heart only functioned at 33 percent," remembers James. "I was short-winded, tired and couldn't do much."

Two months later, James received a pacemaker to help his heart. However, from January 2009 to November 2012, James suffered lead fractures and underwent several operations. Complications led to wire replacement this past February.

"Dr. Palmer made sure my husband had the leads replaced so he'd have a normal life," says Jan, James' wife. "We're very blessed and thankful."

Now, after surgery, James is back to enjoying his favorite pastime: golf.

AUG

8

CLEARING UP THE CONFUSION OVER PACEMAKERS

Join Dr. Palmer at 5:30 pm, Thursday, August 8, at Florida Hospital Orlando as he discusses pacemakers and implantable cardioverter defibrillators and your options for replacing old or defective wires. Call **(407) 303-BEST (2378)** to reserve your seat today!

HEALTHY
100 tips

LEARN SOMETHING NEW EVERY DAY

Read or listen to audio books, watch informative programs and find other ways to help you grow intellectually.



Rest Easy

Gary Traina benefits from a new way to treat sleep apnea.



**Jeffrey Lehman, MD,
Otolaryngology**

You've heard the jokes. Your spouse snores so loudly he or she wakes the neighbors.

People who snore loudly are often the target of late-night TV jokes as well as middle-of-the night elbow thrusts; but it's no laughing matter.

At best, snoring is a social problem that may strain relationships. At worst, it may signal a potentially life-threatening disorder: obstructive sleep apnea.

WHAT IS SLEEP APNEA?

Sleep apnea is a chronic and common disorder where breathing repeatedly starts and stops during sleep. Each pause, called an apnea, lasts from a few seconds to minutes, and may occur 30 times or more per hour. Sleep quality is poor, and most people feel tired during the day, even after a full night's sleep.

Gary Traina, 61, of Mount Dora, knows firsthand the seriousness of the condition. He suffered from severe sleep apnea for four years.

"I wasn't sleeping well," he remembers. "I was tossing, turning and even coughing. I thought it was my allergies that were waking me at night."

Obstructive sleep apnea, where the airway collapses or becomes blocked during sleep, is the most common form and frequently occurs in those who are overweight. However, it can affect anyone, including small children who have enlarged tonsils.

Most who have sleep apnea don't know they have it, and typically symptoms are observed by another person.



Gary's wife, Linda, quickly took notice of his disruptive sleeping patterns.

"I have the bruises on my side to prove it," he chuckles.

THE DANGERS OF SLEEP APNEA

Untreated sleep apnea can cause an increased risk of high blood pressure, heart attacks, stroke, obesity and diabetes. Also, it can increase the risk of arrhythmias, or irregular heartbeats, and even heart failure.

After trying different ventilation therapies, including continuous positive airway pressure (CPAP), Gary's doctor referred him to Jeffrey Lehman, MD, an otolaryngologist (ear, nose and throat doctor) who practices at Winter Park Memorial Hospital, a Florida Hospital. After undergoing a sleep study, Gary learned he had acute sleep apnea.

"I woke every 45 minutes and the study showed I would go 35 to 40 seconds without breathing," he says.

**HEALTHY
100 tips**

DON'T SACRIFICE SLEEP

Getting enough good sleep is very important. Studies show that for adults, seven to eight hours a night is best.



Gary Traina, pictured with his wife, Linda, slept better right away after surgery for sleep apnea.

Half of all middle-aged men suffer from sleep apnea, but only 20 percent realize they have it. If left untreated, sleep apnea can be deadly. Now there's a surgery that can help sufferers get the sleep they need.

BENEFITS OF THE NEW PROCEDURE

TransOral Robotic Surgery (TORS), an innovative, minimally invasive procedure, enables physicians to access areas of the throat, using the da Vinci® Robotic Surgical System, that are otherwise difficult to reach. Unlike traditional surgery, the procedure is performed strictly through the mouth, eliminating cosmetic disfigurement and ultimately improving a patient's quality of life. Other advantages include less loss of blood and faster recovery.

Patients with severe sleep apnea benefit because TORS can easily remove obstructive tissue in the tongue base. Swelling that typically accompanies traditional throat surgery, and placement of a

temporary tracheostomy (a surgically created air passage in the front of the neck to assist in breathing), can usually be avoided. Additionally, the robotic procedure doesn't interrupt a patient's ability to speak and swallow as much as traditional surgery.

"The base of the tongue is a difficult place to see and work with traditional techniques," says Dr. Lehman. "We use the TORS approach because it gives us a great improvement in visualization and an improved ability to work in the tight confines down there."

"Most patients experience better sleep quality right away," adds Dr. Lehman. "Once the postoperative pain goes away, we expect significant improvement in their daytime energy and a reduction or disappearance of headaches and other symptoms that accompany sleep apnea."

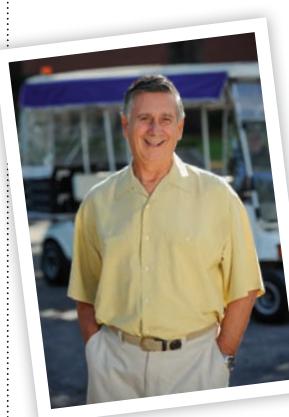
MAKING THE CALL

After doctors noticed Gary's blood pressure escalating and his heart enlarging, he decided to proceed with TORS in February.

Although he was sore after surgery, he slept better right away, even during his hospital stay.

"I'm very pleased and impressed with the job they've done," says Gary. "And my wife is extremely happy that I'm not snoring anymore."

TORS for sleep apnea also is offered at Florida Hospital Celebration Health.



"I'm very pleased and impressed with the job they've done," says Gary. "And my wife is extremely happy that I'm not snoring anymore."

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STOP YOUR SLEEPLESS NIGHTS

If you suffer from snoring, morning headaches, daytime sleepiness, irritability and memory loss, it could be sleep apnea. Join Kiran Tipirneni, MD, otolaryngologist, at 5:30 pm, August 21, at the Winter Park Community Center as he discusses a revolutionary new approach that uses tiny robotic tools to remove excess tissue and open airways to give you a good night's rest. Call **(407) 303-BEST (2378)** to save your seat!

Smiling Again

An advanced technique helps Daniel Lowery recover after tongue cancer.



J. Scott Magnuson,
MD, Otolaryngology



Hilliary White, MD,
Otolaryngology

In early 2012, 60-year-old father and grandfather Daniel Lowery noticed a small lump on the left side of his tongue. At first glance, the Kissimmee native thought it was only a small ulcer. After visiting his general practitioner, he was told the lump was an ulcer and was advised to rinse with salt water.

By November, Daniel noticed simple tasks like moving his tongue, eating and swallowing were becoming increasingly difficult. It was then that he was referred to the Head and Neck Surgery Program at Florida Hospital Celebration Health.

Under the care of J. Scott Magnuson, MD, medical director of Head and Neck Surgery, and Hilliary White, MD, otolaryngology head and neck surgeon, Daniel was diagnosed with advanced squamous cell carcinoma of the tongue, or tongue cancer.

TONGUE CANCER EXPLAINED

Several types of cancer grow in the tongue but squamous cell carcinoma is the most common. Squamous cells are thin, flat cells that line the mouth and other organs.

When cancer forms in the front two-thirds of the tongue, it's considered a type of oral cancer. Cancer that develops in the back third of the tongue is considered a form of throat (oropharyngeal) cancer.

Tongue cancer is a common and serious type of oral cancer. More than 10,000 Americans are diagnosed annually. However, oral cancers are about twice as common in men as in women. Tobacco, heavy alcohol use and exposure to human papillomavirus (HPV)

increase the risk. When detected early, however, it is highly curable.

COMING TO TERMS WITH TREATMENT

"I felt like the world was coming to an end," Daniel says. "We don't know for sure what caused the cancer, but it might have been the smoking."

Daniel's daughter Leslee explains that her father was a heavy smoker, smoking more than 30 years, but quit five years ago. "It was the aftermath that still caught him," she says.

"The large, locally advanced tumor on Daniel's tongue caused significant pain and difficulty swallowing and was growing large enough to eventually block off his airway," says Dr. White.

Treatment required removing the tumor (which would include removal of the left side of Daniel's tongue), removal of lymph nodes from the left side of his neck, reconstruction of his tongue and postoperative radiation and chemotherapy.

"I thought, 'It's probably not going to be a lot of fun, but let's go for it,'" remembers Daniel.

SUCCESSFUL SURGERY

"We use a team approach," explains Dr. White. "During surgery, Dr. Magnuson removed the tumor and I reconstructed Daniel's tongue."

Dr. White specializes in free-flap reconstructive surgery, which allowed the removal of a large portion of Daniel's cancerous tongue and the rebuilding of a new, functioning one.

"My goal was to restore his ability to talk and swallow and to improve the aesthetics and function of his tongue," Dr. White says.

After removing about 50 percent of Daniel's tongue, Dr. White took skin from Daniel's arm that she reshaped to the size of his tongue. The flap contained active blood vessels that she "rewired" under a microscope to help it flourish and function in its new location.

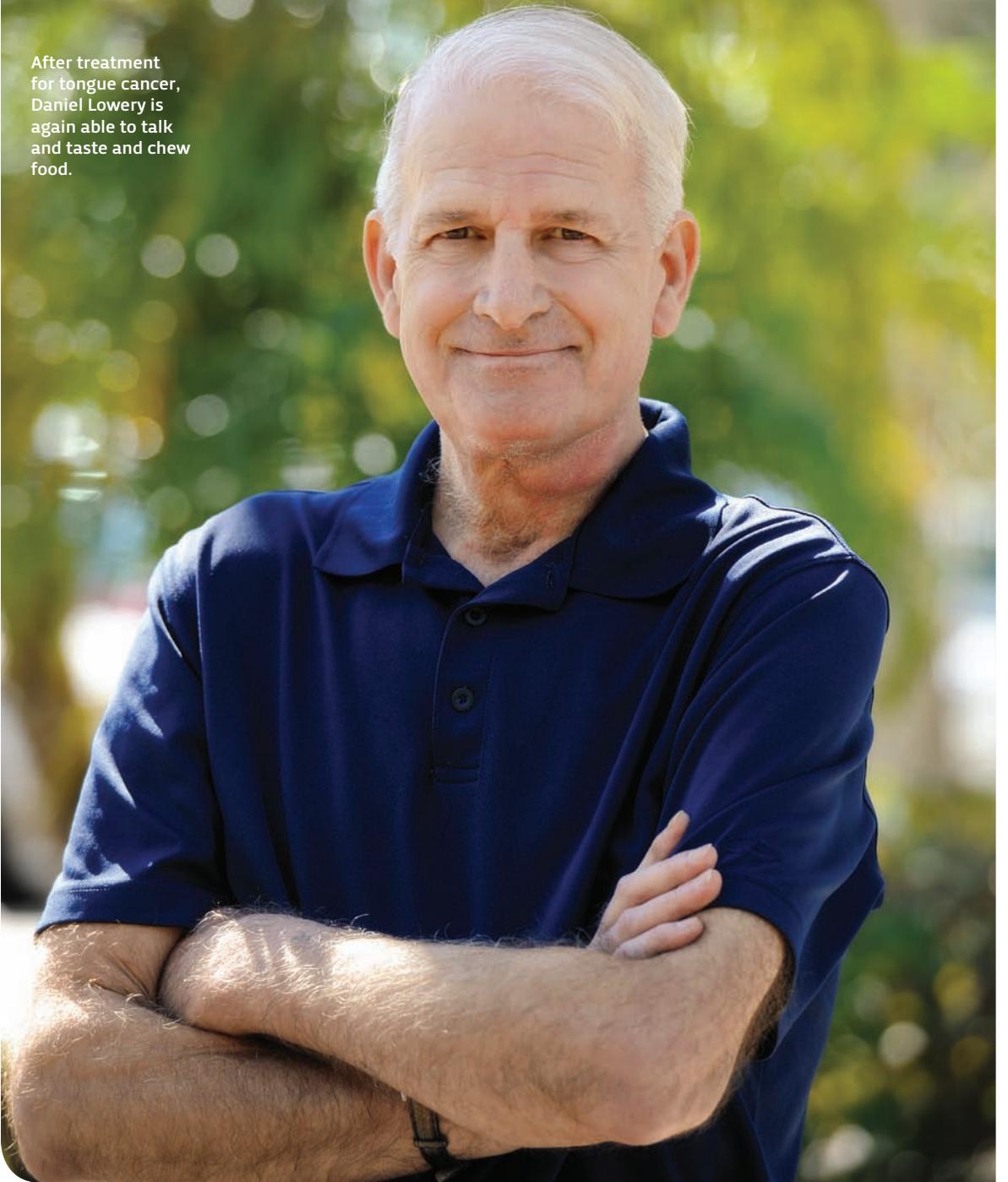
After surgery this past January, Daniel spent two

**HEALTHY
100 tips**

EAT YOUR WAY TO HEALTH

To fight the chance of getting cancer, eat healthy, cancer-fighting foods like spinach, carrots, mushrooms and tomatoes.





After treatment for tongue cancer, Daniel Lowery is again able to talk and taste and chew food.

About the Head and Neck Surgery Program

Florida Hospital Celebration Health provides a state-of-the-art otolaryngology and head and neck surgery program to Central Florida. Founded by otolaryngology and head and neck surgeons J. Scott Magnuson, MD, and Hillairy White, MD, the program offers a multidisciplinary approach for diagnosis, treatment and follow-up care. The goal of the program is to provide superior care to patients who are in need of advanced surgery, robotic surgery or reconstructive surgery.

weeks in the hospital, but went home without the need for feeding or tracheal tubes.

Though it was difficult immediately following surgery and during radiation treatments, Daniel now has the ability to talk and taste and chew food.

“We were very scared for our father,” says Leslee. “But he’s doing great now. His speech is improving rapidly and we’re happy that he gets to spend time with his three daughters and nine grandchildren.”

KEEP AN EYE ON YOUR HEALTH

Do you need a physician to help you stay in prime health? For a free referral to a Florida Hospital specialist, call us at **(407) 303-BEST (2378)**.

**HEALTHY
100 tips**

FIND THE GOOD

Hope for and believe in the best. Choose to find the good in every situation.

Back in the Game

Shoulder replacement lets Warren Moore enjoy activity for the first time in decades.

What Is Shoulder Replacement?

The shoulder joint is where the head (ball) of the humerus (upper arm bone) meets the glenoid (socket-like end) of the scapula (shoulder blade).

During surgery the entire ball and socket are replaced. Patients are usually home within two days, and after six weeks of therapy, most can move their arm as much as they feel comfortable doing. Full recovery takes about four months.



**Brian Leung, MD,
Orthopaedic
Surgery**

awake most nights.

A wrestling injury in college led to shoulder surgery in 1964. However, the relief Warren sought lasted only 10 years.

FINDING HELP

Warren eventually made his way to Brian Leung, MD, orthopaedic surgeon and hand, shoulder and elbow specialist at Florida Hospital East Orlando. Dr. Leung determined Warren suffered from extreme arthritis resulting from his college injury and repeatedly using his bad shoulder.

So they set off on a conservative treatment plan of physical therapy, anti-inflammatory medications

Throwing a football with his grandson is something Warren Moore doesn't take for granted. For nearly 50 years, the 71-year-old Longwood resident lived with debilitating shoulder pain.

He couldn't lift his right arm more than a few inches without experiencing excruciating pain in his shoulder, leading all the way to his neck. And the pain kept him

and steroid injections. When those treatments were unsuccessful, Dr. Leung recommended shoulder replacement surgery.

"Surgery is usually performed on patients, like Warren, who have severe pain and stiffness often from end-stage arthritis caused by an injury, heavy lifting and repetitive use over time," says Dr. Leung. "The main goal is pain relief, with a secondary benefit of restoring motion, strength and function."

Despite these potential benefits, Warren wasn't sure he wanted to go through surgery again.

WARREN'S DECISION

A hip replacement two years earlier at another hospital left Warren mentally and physically scarred. He experienced what he describes as "debilitating pain" in the incision area and groin. And his shoulder surgery from almost 50 years ago hadn't gone well either.

"During my second visit with Dr. Leung, I mentioned my hip replacement," recalls Warren. "He immediately diagnosed and cured the pain that I'd battled for two years, even when others couldn't. That helped me decide to have the shoulder surgery with him."

Dr. Leung performed Warren's shoulder arthroplasty in February 2012.

"I'm able to do anything with my arm and shoulder that I was able to do as a teenager," says a jubilant Warren. "I'm pain-free in my shoulder and neck and able to sleep comfortably through the night."



Warren Moore now enjoys every minute of throwing a football with his grandson Mason Moore, 10.

**AUG
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TREAT YOUR SHOULDERS RIGHT

Join Dr. Leung at 5:30 pm, Wednesday, August 28, at Florida Hospital East Orlando and learn about "wear and tear" conditions that commonly affect the shoulder, such as rotator cuff disease and arthritis, and available treatments (surgical and nonsurgical). Call **(407) 303-BEST (2378)** to reserve your space today.

**HEALTHY
100 tips**

MAKE TIME FOR REST AND RELAXATION

Daily relaxation is important in helping to refresh yourself when stress is high and the demands are great.

In Fine Form

Spine revision surgery keeps Diana Krupinski running marathons.



Chetan Patel, MD,
Orthopaedic
Surgery

my feet. I tried to ignore it, but it only got worse."

A local neurosurgeon told Diana that a bulging disk in her lower back, the result of degenerative disk disease, was the culprit. So she underwent spinal fusion surgery. Two years later, the pain returned and Diana underwent a second operation.

After experiencing no relief, she knew she needed another option to relieve her nagging lower back pain or running would be a distant memory. That's when Diana met Chetan Patel, MD, orthopaedic spine surgeon and medical director of the Spine Health Institute at Florida Hospital Altamonte.

PUTTING DIANA'S PRIORITIES FIRST

Diana explained to Dr. Patel how important running and Pilates were to her. "Running is how I relieve stress, and Pilates builds core muscles, which is important for runners, so I was happy when he said it was a goal we could work on," recalls Diana.

"I wanted to determine where Diana's pain was coming from and pair her with the least invasive treatment so she could return to her life and all the things she loved," recalls Dr. Patel.



Less than a year after spine surgery, Diana Krupinski is back to all the activities she loves.

JULY
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LIVING WITH BACK PAIN EVEN AFTER SURGERY?

If you've had a failed back or spinal surgery and been told you have to live with chronic pain, join Dr. Patel at 5:30 pm, Thursday, July 18, at Florida Hospital Altamonte as he discusses options including spine revision surgery. Call **(407) 303-BEST (2378)** to reserve your seat!

For six months, Dr. Patel and Diana exhausted all options including pain management. When nothing completely relieved Diana's pain, they decided it was time to correct the two failed previous surgeries.

Recognizing she was nervous, Dr. Patel told her they would go through it together. And they did. Immediately after surgery, Diana's symptoms improved. And after physical therapy to recondition her muscles, she was soon back to doing what she loves best.

"I'm grateful to Dr. Patel and his team," says Diana. "He always answered my questions, even sitting with my husband to explain the surgery, and he always had a positive outlook."

Diana recently completed three half-marathons in three consecutive weekends. Standing at the finish line of the OUC Half Marathon was Dr. Patel, cheering her on.

How Common Is Back Pain?

"About 80 percent of us have back pain at some point," says Chetan Patel, MD, orthopaedic spine surgeon and medical director of the Spine Health Institute at Florida Hospital Altamonte. "It's usually minor and comes from muscular or ligament strains or sprains. Over-the-counter pain medications, ice and rest usually work. If the pain lasts longer than a week, begins in your back and runs down the leg, or involves numbness or tingling, see a doctor."

HEALTHY 100 tips

A GREAT WAY TO GET ENERGIZED

Outdoor activities — hiking, rock climbing, running and team sports — are popular forms of recreation that expose you to sunshine and fresh air. Being outside and being active improves your outlook and your energy level.

Ahead of the Pack

Gallbladder removal is no sweat for Luanne Rutt.



Luanne Rutt was back to running a week after her procedure.



John Robertson,
MD, General
Surgery

During a routine checkup and ultrasound in 2011 for hemochromatosis (excess iron in the blood), Luanne Rutt, a 55-year-old marathon runner and nurse from Deltona, learned she had polyps on her gallbladder (the organ that collects and stores bile, a digestive fluid produced by the liver). Her gastrointestinal doctor confirmed the polyps and told her the chances they could become cancerous were only 10 percent.

The night before a marathon in Miami in November 2012, Luanne became ill. Her running partner and friend blamed the polyps but Luanne didn't think they were the culprit. A month later, while running another marathon in Mount Dora, Luanne overhead a woman talking about a friend with polyps on her gallbladder that turned cancerous.

"As a nurse, these were signs, and I knew I couldn't take any chances," explains Luanne. "I made an appointment to see Dr. Robertson to have my gallbladder removed."

A VIRTUALLY SCARLESS SURGERY

John Robertson, MD, a general surgeon at Florida Hospital Altamonte, successfully removed Luanne's gallbladder using robotic single-port surgery this past January.

"Traditional robotic surgery involves three to four incisions throughout the abdomen," explains Dr. Robertson. "Single-site da Vinci robotic surgery requires just one incision through the navel that leaves virtually no scar." The advantages, says Dr. Robertson, are less postoperative pain, reduced risk of infection and faster recovery.

Most importantly, use of the da Vinci® Robotic Surgical System gives surgeons the same 3-D view as multiple incisions in traditional robotic surgery, with enhanced vision and precision.

"The reason for gallbladder removal is due to pain," says Dr. Robertson. Other reasons can be gallstones, gallstone pancreatitis or just a dysfunctional gallbladder, he explains.

BACK TO HER PASSION

Luanne was in and out of the hospital in a matter of hours, back to work within a few days and running a week later. "Other than some tenderness and slight pain when I rolled over, it was a great experience."

"I'm very active, and this surgery couldn't have gone any better," says Luanne, beaming. "Dr. Robertson took great care of me."

JULY

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LEARN ABOUT VIRTUALLY SCARLESS SURGERY

Join Dr. Robertson at 5:30 pm, Thursday, July 25, at Florida Hospital Altamonte, as he discusses virtually scarless surgery for a variety of medical conditions, who is a candidate and advantages over traditional surgery. Call **(407) 303-BEST (2378)** to save your seat!

**HEALTHY
100** tips

GET PHYSICAL

Participating in regular physical activity will give you great rewards such as a healthier life full of energy and vitality.



Exceeding Expectations

Lori Fraas is proud to show off her nearly invisible incision.



Frederick A. Hoover,
MD, Gynecology

For five years, Lori Fraas, of Oviedo, suffered from severe menstrual bleeding.

"It was a huge hindrance. When my period came, it lasted for weeks, and I'd have to stay near a bathroom. I couldn't go to the beach or work out," remembers Lori.

The social worker, wife and mother of two tried several medications, to no avail. Over time, her condition worsened. Tests revealed fibroids were the cause of Lori's excessive bleeding.

"Dr. Hoover suggested I have them removed or undergo a single-incision laparoscopic hysterectomy," she says. After researching her options, Lori chose a hysterectomy. "I remembered reading there's a good chance that fibroids can return, and by this time I never wanted another period again!"

A LESS INVASIVE HYSTERECTOMY

Traditionally, hysterectomies have been performed with an open approach, requiring a 3- to 4-inch incision in the abdomen. However, doctors at Florida Hospitals throughout Central Florida are now performing single-incision laparoscopies.

"As its name implies, single-incision laparoscopy, also called single-port surgery, requires only a single incision slightly smaller than the diameter of a nickel," explains Frederick A. Hoover, MD, gynecologic surgeon at Florida Hospital Orlando.

"By hiding the small incision within the navel [belly button], the procedure helps eliminate visible scars, and because abdominal muscles and connective tissue are not touched, patients experience less pain and faster recovery," says Dr. Hoover.

The single-port technique is good for patients with abnormal bleeding, minimal endometriosis and adhesions. It's not used in complex cases.



A PLEASANT SURPRISE

"I researched several hysterectomy websites and prepared myself. I expected quite a bit of pain and a long recovery," Lori remembers.

But what really happened was much different.

Lori underwent the procedure in August 2011 and went home the same day.

"Afterward, I was walking within a couple of hours. I didn't experience much pain at all," says Lori. "I had some discomfort on one side, but by the third day, I was only taking aspirin and I was able to volunteer with my church music ministry. Within a week, I could drive."

And once the stitches were removed, she says there was absolutely no evidence she had a hysterectomy. "I show people all the time," exclaims Lori. "I still wear a bikini when I go to the beach. Since that time, my bleeding has stopped, and it's absolutely changed my life."

DID YOU KNOW?

Hysterectomies are the second most common surgeries for women in the US. More than 600,000 are done annually.

JULY

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SURGERY WITHOUT SCARS?

Join Dr. Hoover at 5:30 pm, Wednesday, July 31, at Florida Hospital Orlando as he discusses "virtually scarless" surgery for benign gynecologic conditions, including hysterectomy, fibroids, endometriosis, ovarian cysts, pelvic pain and abnormal menstrual bleeding. Call **(407) 303-BEST (2378)** to reserve your place.

**HEALTHY
100 tips**

ASK FOR ADVICE

Don't be afraid to seek counsel. It's a lesson in trust, and having another listen often gives you a different perspective.

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.



JULY

Surgery Without Scars

Wednesday, July 17 **APO**

Thursday, July 25 **ALT**

Wednesday, July 31 **ORL**

Learn how "virtually scarless" surgery is performed for many procedures. **See pages 10 and 11 for full story.**

Living with Pain Even After Back Surgery?

Thursday, July 18 **ALT**

Our specialist will discuss your options, including spine revision surgery. **See page 9 for full story.**

Why Diabetes Is a Heart Problem

Wednesday, July 24 **APO**

Have type 2 diabetes? Learn how blood sugar levels impact your blood vessels and how you can lessen your chances of heart disease.

Do You Have a Fat Liver?

Tuesday, July 30 **WP**

Nonalcoholic fatty liver disease is the fastest-rising cause of chronic liver disease in the US, and is often associated with hypertension, diabetes and hyperlipidemia.

AUGUST

Thyroid Trouble?

Thursday, August 1 **ORL**

Tired? Gaining or losing a few pounds? Having trouble sleeping? It could be a thyroid disorder.

SOURCE: BICMQ2

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Hoarseness: Common Causes and Treatments

Wednesday, August 7 **WP**

Learn what causes hoarseness, how your voice functions, tips for keeping it healthy and treatments including voice therapy.

Defective Pacemaker Leads: Should They Stay or Go?

Thursday, August 8 **ORL**

If you have an implantable cardioverter defibrillator or pacemaker and are wondering whether to leave the old, defective wires or remove them, join our specialist as he outlines your options.

See page 8 for full story.

Relief for Knees Besieged by Arthritis

Wednesday, August 14 **WP**

New advancements, improvements in pain management and longer-lasting implants are giving life back to folks in their 50s and up.

Little Lies That Hurt Your Health

Tuesday, August 20 **ORL**

Even if you've been blessed with good luck and good genes, join our specialists as they discuss good health at 50 and beyond.

Curing a Silent Killer: Sleep Apnea

Wednesday, August 21 **WP**

If you suffer from snoring, morning headaches, daytime sleepiness, irritability or memory loss, you may have sleep apnea. Join our specialist for solutions to help you get some ZZZs.

See page 4 for full story.



Shoulder Wear and Tear: Treatment Options

Wednesday, August 28 **EAST**

Learn about "wear and tear" conditions that commonly affect the shoulder such as rotator cuff disease and arthritis. Review symptoms and treatments.

See page 8 for full story.

SEPTEMBER

No More Knee Pain

Tuesday, September 10 **EAST**

If you're experiencing knee pain and self-treatments haven't helped, join our specialist for a Q&A on what you can do to alleviate your pain, and learn about new treatment options.

Ending Hip and Knee Pain

Thursday, September 12 **CEL**

Join our orthopaedic specialist and learn about the latest procedures that will have you back to your old self (or a new and improved self) in no time!

Surgical Advances in Breast Cancer Treatment

Tuesday, September 17 **CEL**

Learn about new innovative treatments for breast cancer, including surgical advances and clinical trials.

Burning to Know Everything About Heartburn?

Wednesday, September 18 **KISS**

Our specialist answers your questions about heartburn,

GERD and Barrett's esophagus and shares a simple test that may provide a permanent solution.

Specialized Hand and Wrist Care at Your Fingertips

Tuesday, September 24 **KISS**

From carpal tunnel syndrome to Dupuytren's contracture — and more conditions than you can count on one hand — you could be back in pain-free touch with the world around you.

CLASS LOCATIONS

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