



FLORIDA  
HOSPITAL

# best in care

The skill to heal. The spirit to care.®

SUMMER 2015

## Back on the Air

TV anchor Secily Wilson reports on how multiple strokes have affected her

PAGE 8

### ALSO IN THIS ISSUE:

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JULY  
8

Join Us ...  
for FREE health lectures!  
See the full calendar on  
back cover.



FLORIDA  
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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 health lectures we offer (on page 12) where you can learn even more about your options. There's a lot going on at Florida Hospital, and we don't want you to miss a thing! If you have feedback on *Best in Care*, tell us at [BICeditor@FLHosp.org](mailto:BICeditor@FLHosp.org).



## No Script? No Problem

Get your mammogram without a prescription.

Florida Hospital and Florida Radiology Imaging (FRI) have made it easier to get a screening mammogram. While we strongly encourage you to see your primary care physician, screening mammograms — annual routine mammograms for women not experiencing symptoms such as a lump, breast pain or nipple discharge — are available without a physician's prescription. You will receive the results within 30 days, and are responsible for following up with a physician if needed.

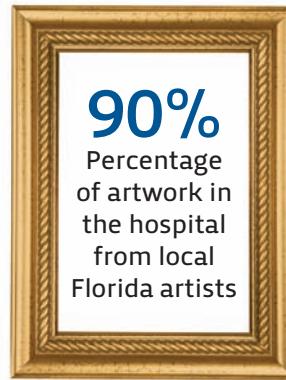
To make a priority appointment at one of our 11 Central Florida locations, call **(407) 303-BEST (2378)** or visit [FHBestinCare.com](http://FHBestinCare.com).

### BY THE NUMBERS

#### An inside look at the new Florida Hospital Kissimmee tower

80

All private rooms, each with an area for family to work, sit and sleep



100,000  
square feet

The size of the new Florida Hospital Kissimmee building



Number of concrete trucks needed, each carrying 10 cubic yards of concrete



LaTonya  
Watson-  
Woodruff



## SPEAKING UP, REACHING OUT



Jennie Yoon,  
MD, Diagnostic  
Radiology

After discovering painful masses in her right breast, LaTonya Watson-Woodruff, 50, of Orlando, scheduled a mammogram at Florida Radiology Imaging at Princeton Avenue. A biopsy revealed breast papillomas, or benign growths in the milk ducts. In May 2014, LaTonya had surgery to remove the noncancerous lumps. Since then, she has made it a priority to talk about mammograms at her Pine Hills beauty salon, Estah Locs and Hair Care. She hosts customer appreciation events and invites members of the Florida Hospital Cancer Institute to discuss breast health and screenings.

"Many ladies I talk with have misconceptions, so I try to dispel those and help them understand why early detection is so important," she explains.

Breast cancer is the most common cancer, and the second most common cause of cancer-related deaths among African American women, according to the American Cancer Society. When fewer women receive mammograms or they wait longer between mammograms, breast cancer isn't detected until the later stages, when it's harder to treat.

"The most important thing any woman can do is remain vigilant about her health, and that includes breast self-exams and mammograms," says Jenny Yoon, MD, radiologist with Florida Hospital.

Dr. Yoon is so passionate about mammograms that she started a fund to provide mammograms for women who are unable to afford them. To learn more, call **(407) 303-BEST (2378)**.

# Parting with Pain

A treatment for hip pain eliminated Georgia Stuart's suffering.



Juan Agudelo, MD,  
Orthopedic Surgery



J. Dean Cole, MD,  
Orthopedic Surgery

women and available treatments.

## TARGETING THE RIGHT AREA

Back pain often masquerades as hip pain, so the first step is confirming your hip is really the problem.

"The precise location tells us if your pain is caused by your hip, or if it's stemming from another part of the body," says Dr. Agudelo.

Problems within the hip joint often lead to pain on the inside of your hip or groin. Pain on the outside of your hip, upper thigh or outer buttock is usually from muscles, ligaments, tendons and other soft tissues that surround the joint.

Other conditions — such as hernias, gynecologic issues (including endometriosis) or a herniated disk — can be mistaken for hip pain, too.



Georgia Stuart, pictured with her dog, Teddy, underwent a successful hip replacement surgery.

## NEED EXPERT ORTHOPEDIC ADVICE?

Dr. Cole will discuss joint revision and replacement procedures, osteotomy (surgery to lengthen or shorten bones to realign joints to possibly relieve arthritis) on Wednesday, July 29, at Florida Hospital Orlando. Dr. Agudelo will identify symptoms, underlying causes, and available treatments to help your hips stay strong and pain-free on Wednesday, August 19, at Florida Hospital East Orlando. Call **(407) 303-BEST (2378)** to save your seat!

## WHAT CAUSES THE PAIN?

Common causes of hip pain in younger, active women include fractures, bursitis and tendonitis, says Dr. Agudelo, but these conditions can affect all ages.

"We're seeing cases in women as young as 40 because they're more active than previous generations," explains Dr. Cole.

Overuse injuries occur when the gliding surface of the hip joint becomes inflamed (bursitis). Too much of certain sports also can lead to tendonitis, or irritation of the tendons. Arthritis in the hips, caused by wear and tear, results in stiffness and swelling.

## HOW IT'S TREATED

"Overuse injuries, like bursitis and tendonitis, can be treated with anti-inflammatories, cortisone shots, ice, resting and stretching," says Dr. Cole. "Arthritis can be slowed by maintaining a healthy weight and staying active."

Conditions such as fractures, hernias and endometriosis require surgery. When hip joint damage from arthritis interferes with daily life, a hip replacement may be necessary.

That was true for Georgia. Her right hip was replaced by Dr. Cole. Today, she's walking with her dog, Teddy, again and contemplating replacing her left hip too!

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

**HEALTH  
TIPS**

## MAKE YOUR BED (YES, MOM WAS RIGHT)

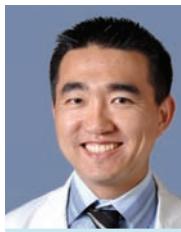
Making your bed in the morning has a simple but powerful mental impact. An organized environment promotes a positive mental state, so tidy those covers to start your morning out productively.

To preserve his brain function and vital organs, Richard Belanger received a treatment that lowered his body temperature after a heart attack.



# Life After Sudden Death

When Richard Belanger's heart stopped three times, a trained team saved his life.



Chin Kim, MD,  
Interventional  
Cardiology

Richard Belanger, now 51, of Orlando, was fulfilling a lifelong dream when he enrolled in the Orange County Sheriff's Office Academy in January 2014.

After receiving a clean bill of health, the former US Marine and executive chef had just passed the Academy's physical fitness test (back-to-back runs, sit-ups and push-ups) when he couldn't catch his breath, became dizzy and blacked out.

"When I came to, I was being cared for by EMTs and they told me I'd had a heart attack," recalls Richard. "Next thing I knew, we were on our way to the hospital."

**HEALTH  
TIPS**

## SET YOUR INTENTION

Are the distractions of life derailing your healthy lifestyle plans? Take 5 to 10 minutes at the end of the night to make your plans for the next day. Planning will help you stay on track.

**“The experience has made me re-evaluate many things and make lifestyle changes.”**

—RICHARD BELANGER

In the ambulance, Richard was laughing and joking when he went into cardiac arrest a second time and his heart stopped beating. EMTs shocked him and brought him back to life before arriving at Florida Hospital Orlando's emergency department.

When his wife, Charlene, arrived at the hospital, she didn't know whether she'd see her husband alive again. As the medical team rushed him to treatment, she leaned over and whispered to Richard during the chaos: "You better not leave me!"

#### A TEAM READY AND WAITING

As soon as Richard arrived, Chin Kim, MD, interventional cardiologist with the Florida Hospital Cardiovascular Institute, escorted him to the heart catheterization lab. Dr. Kim is part of the Code STEMI (ST-Segment Elevation Myocardial Infarction) team, a joint program between the emergency and cardiology departments. Code STEMI allows quick diagnosis and treatment for patients who have had a heart attack. Care is provided within minutes of arriving at the hospital.

If a heart attack is suspected, an electrocardiogram (EKG or ECG) is performed immediately to detect signs of poor blood flow, heart muscle damage, abnormal heartbeats and other heart problems.

Once a heart attack is diagnosed, the Code STEMI is activated, with a cardiologist and a trained cardiac catheterization team at the ready to provide emergency treatment such as primary angioplasty, thrombolytic therapy or even emergency bypass surgery.

#### TAKING STEPS TO SAVE RICHARD

During transport, Richard's heart stopped for a third time and the team quickly went into action.

Richard's left main artery, which supplies 80 percent of blood flow to the heart, was completely blocked and required a stent, Dr. Kim says. During the procedure, his heart wasn't beating by itself and the team worked feverishly to resuscitate him.

Once the stent was in place, Richard's heart began beating but he was unconscious and was placed on a ventilator to breathe. To preserve brain function and his vital organs, the team rapidly cooled his body temperature. Cooling patients after cardiac arrest helps control the extent of injury to the brain and

decreases the amount of damage to the heart.

Studies have shown that patients who receive this type of treatment have better outcomes and decreased mortality.

The treatment at Florida Hospital is performed with Medivance's Arctic Sun, a machine

that uses temperature-controlled, water-filled pads attached directly to the patient's skin, allowing doctors and nurses to cool body temperatures down to between 32 and 34 degrees Celsius (89.6 and 93.2 degrees Fahrenheit), inducing mild hypothermia.

Patients who come into the hospital with certain types of cardiac arrest, who are on a ventilator or who are unconscious are cooled as soon as possible for 24 hours before their body temperature is steadily increased. Typically, it takes eight to 12 hours to rewarm the patient.

Richard regained consciousness the next day, surprising everyone who had seen him the day before.

#### RICHARD'S RECOVERY

Within a few weeks, he began rehabilitation as part of his recovery. He first met with Carol Humes, lead cardiac nurse, to be assessed, and was monitored closely while slowly building his physical endurance.

"We spend a lot of time with patients during assessment to determine their goals," explains Carol. "We help them reach them as safely and quickly as possible."

Though Richard has a long road ahead, he's optimistic he'll be able to pursue his dream of becoming a sheriff's deputy.

"My heart's recovered," he says, "and the experience has made me re-evaluate many things and make lifestyle changes. Things are a lot clearer for me."

#### SAVE A LIFE BY KNOWING THE SYMPTOMS

Learn the important differences between cardiac arrest and a heart attack at

[FHBESTINCARE.COM](http://FHBESTINCARE.COM)

**HEALTH  
TIPS**

#### TAKE A CPR CLASS

Help increase the survival rate for sudden cardiac arrest by getting trained in CPR. It's especially important if you live with someone vulnerable to sudden cardiac death. Classes are offered through Florida Hospital.

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

# Two of a Kind

Judson and Barbara Stryker have shared their lives — and now, a rare condition.



Donald Behrmann,  
MD, Neurological  
Surgery

Jay Stryker thought his parents Barbara and Judson Stryker had been through it all. After 54 years of marriage and a multitude of life experiences, the pair have built a close-knit family with two adult children and three grandchildren.

In recent years, Jay's parents shared another — very unusual — experience. Both suffered from a neurological condition and underwent the same procedure at Florida Hospital Orlando.

## BARBARA'S STORY

In 2002, Jay noticed that his mother's health had taken a turn.

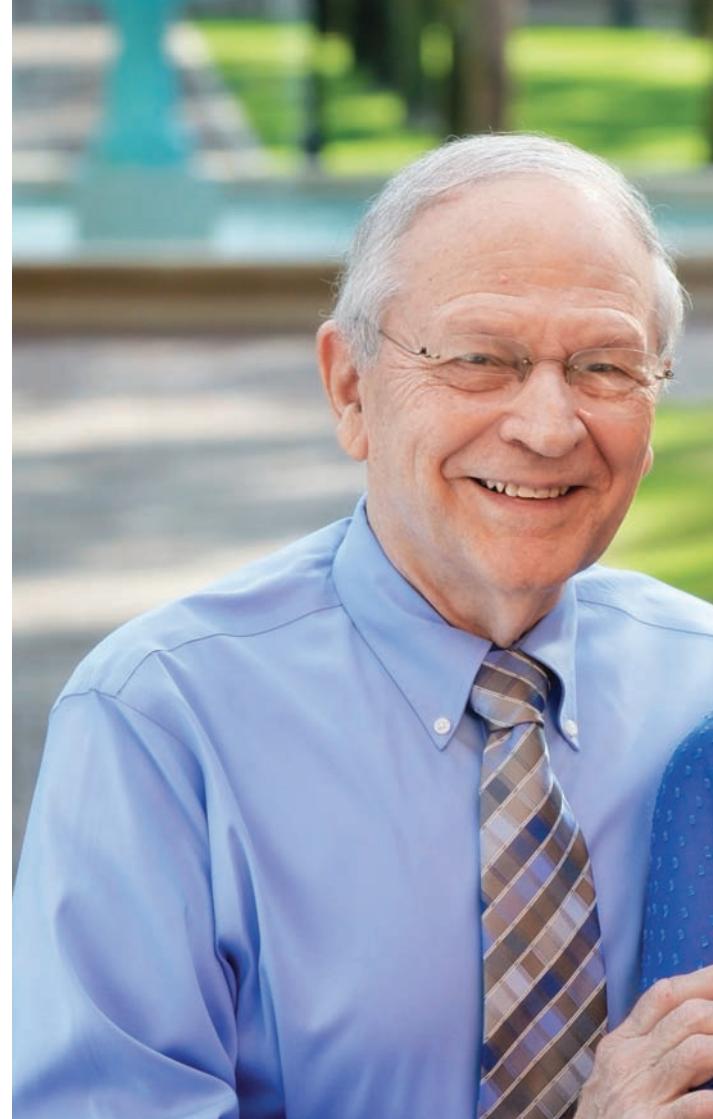
"She was kind of shuffling when walking," says Jay. "She had balance issues. There was a point when she brought me over to her oven, which she'd been using for 15 years, and asked me to help. She had forgotten how to work the oven, but she remembered I was good with electronics."

After a CT scan, a neurosurgeon at Florida Hospital Orlando discovered a tumor on Barbara's brain and had to act aggressively. The tumor was successfully removed and Barbara's quality of life returned.

All was well until 10 years later when the problems returned. In 2012, her symptoms came back with a vengeance and she returned to Florida Hospital Orlando.

"Her memory was getting worse," Jay says. "Her personality was draining away. And she couldn't remember things like how to play the piano, which she'd done for years."

After careful research, Barbara was diagnosed with normal pressure hydrocephalus (NPH). NPH occurs when cerebrospinal fluid cannot drain properly and causes swelling and pressure in the brain. The effects



range from slowing mental function to difficulty walking to loss of bladder control.

"NPH can oftentimes be difficult to diagnose. Sometimes people confuse it with Parkinson's disease, Alzheimer's, or just growing old," shares Donald Behrmann, MD, neurosurgeon and medical director of the NPH program at the Florida Hospital Neuroscience Institute. The program incorporates a multidisciplinary team of geriatricians, neurosurgeons, internal medicine specialists, nurses, neuropsychologists, physical therapists, and neuroradiologists.

Doctors typically ask NPH patients to undergo a series of tests to determine whether they would benefit from shunt implantation. Although there's no cure for hydrocephalus, a shunt can relieve some symptoms.

A shunt works by redirecting cerebrospinal fluid from the central nervous system to the abdomen, where it can be absorbed. This allows the brain's enlarged ventricles to return to a more normal size in an effort to relieve symptoms. Surgery generally takes less than an hour

## HEALTH TIPS

### SOOTHE YOURSELF TO SLEEP

Mind racing at bedtime? Take a few minutes after lying down to guide yourself through some relaxing breathing exercises. Try the 4-7-8 technique. Inhale for 4 seconds, hold the breath for 7 seconds, and exhale for 8 seconds.



Within a short time, Barbara and Judson Stryker were both diagnosed with NPH (normal pressure hydrocephalus).

to perform, and the symptoms of gait disturbance, mild dementia and bladder control issues may improve within days, weeks or months.

After extensive testing, it was determined that Barbara was a good candidate. She underwent surgery on March 23, 2012.

“Within a month or so, she went back to playing the piano,” Jay says. “She was able to play songs I hadn’t heard in years.”

#### JUDSON’S TURN

One year later, Judson, an accounting professor at Stetson University in DeLand, began experiencing similar symptoms. He was walking slower and he was unsteady. He was having cognitive issues.

“My dad’s a really bright guy,” says Jay, noting that his dad has taught for 39 years and previously served as vice president of finance, associate dean and department chair for the university. “He had gone from being one of the smartest people you ever



talked with to being just average.”

“It was gradually becoming difficult to walk and keep my balance,” Judson says. “I had pain in my legs and feet. I had to hold on to things

in the classroom because it was hard to get around. It didn’t stop me from teaching, but because NPH is a progressive-type condition, I know it would’ve become more of an issue.”

After consulting with doctors at Florida Hospital Orlando, Judson decided to undergo shunt implantation on December 19, 2013. These days, he’s able to walk much better. And Jay says his dad is back to being sharp again. That’s good news for Judson, who doesn’t plan on retiring any time soon.

“I enjoy helping my students learn. That’s the real pleasure in working,” Judson says. “When the joy goes out of it, that’s when it’s time to retire.”

“Florida Hospital really did a great job,” adds Jay. “I’m so thankful that they’ve been there to help my family. They gave me my parents back.”

**Florida Hospital is ranked No. 26 in the nation by U.S. News & World Report in Neurology and Neurosurgery.**

#### WATCH A VIDEO ON NPH TREATMENTS

Are you curious whether a loved one’s behavior could indicate NPH? To watch an informative video on NPH and learn more about treatments, visit [FHBESTINCARE.COM](http://FHBESTINCARE.COM) and look for the Strykers’ story.

#### 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.

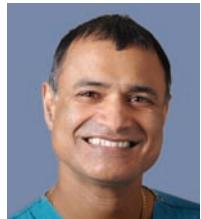


# Breaking News

A veteran TV anchor who suffered a stroke on air provides a full report on her experience.



Indrani Acosta, MD,  
Neurology



Pradip Jamnadas,  
MD, Interventional  
Cardiology

Secily Wilson, 50, of Lake Mary, had all the warning signs: recurring headaches, blurred vision, fainting episodes and confusion. As most people do, however, she explained them away. Her life as a morning television anchor was challenging enough, and at that time she was also going through a divorce and taking care of her two daughters, ages 5 and 15 at the time.

But at 5:30 am one day in 2005, when her floor director cued her to go on air, she couldn't ignore the signs anymore.

"It was lights, camera, but no action," Secily recalls. Her words were slurred and unrecognizable. What was happening?

## A FATEFUL ASSIGNMENT

Incredibly, Secily had recently interviewed a stroke survivor. So a few minutes after going off the air, she went to her computer to listen to that interview. That's when she knew she must have experienced a stroke. At the hospital, doctors confirmed it. Secily, just 39 at the time, had suffered several mini-strokes, also known as transient ischemic attacks (TIAs).

"I was unable to speak for about six weeks," Secily says. She didn't let that get her down, however. She worked with a speech pathologist and eventually returned to work.

Little did she know, nine years later it would happen again.

## THE SECOND TIME AROUND

Secily was working in her office on November 10, 2014, when she noticed something didn't feel right. It was difficult to formulate her words.

She mentioned it to a friend but shrugged it off as the result of a long day at work. The next morning, the right side of her face was drooping. When she began brushing her teeth, she couldn't hold the saliva in her mouth. And when she went to wake her daughter, Secily's speech was garbled.

When she arrived at Florida Hospital Orlando, medical scans and tests confirmed it was a stroke. She was treated by neurologist Indrani Acosta, MD, who prescribed a clot-busting medication called tissue plasminogen activator, commonly called tPA.

The medication dissolves the clot and improves blood flow to the portion of the brain being deprived of blood. If given within three hours of symptoms beginning, tPA may improve the chances of recovery. Sadly, many stroke victims don't get to the hospital in time for treatment, which is why it's so important to identify a stroke immediately.

## HOW TO REDUCE THE RISK OF STROKE

"When it comes to prevention, patients must take things into their own hands," says Pradip Jamnadas, MD, medical director of cardiovascular interventions at Florida Hospital Orlando. "After the fact, it's too late."

The No. 1 thing Dr. Jamnadas encourages patients to do is eat right. "A plant-based diet reduces your risk across the board," he says. "It reduces high blood pressure, weight, high cholesterol. Studies show if you adjust your diet, you get better results than with medicine."

Also on Dr. Jamnadas' list of recommended steps are exercising daily, managing stress, sleeping at least seven hours each night and getting regular checkups. "At your medical visit, ask: How's my blood pressure? How's my cholesterol? Is my body weight ideal? What more can I do to reduce my risk?"

## GETTING BACK ON THE AIR

"Communication is my life," Secily says, "and not having the ability to effectively do that wasn't just frustrating, it was scary. However, I'm a fighter, and I wasn't going down like that."

Determined to regain her "air quality" voice again, Secily worked aggressively with a speech therapist. Today, her communication skills are better than ever.

She has also become a community advocate, taking every opportunity to educate others about taking care of themselves, recognizing the symptoms of stroke and seeking immediate medical attention.

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.

A professional headshot of Secily Wilson, a Black woman with short, curly hair, smiling warmly at the camera. She is wearing a vibrant red, long-sleeved, wrap-style top and a silver cross necklace. The background is a bright, airy outdoor setting with greenery and architectural elements.

After her stroke, Secily Wilson is back on the air as an advocate for stroke prevention.

**Florida Hospital is ranked No. 26 in the nation by U.S. News & World Report in Neurology and Neurosurgery.**

### What Causes Strokes?

"Strokes can happen to anyone at any time," says Indrani Acosta, MD, neurologist. "But several factors can put you at higher risk, including being over age 70, African-American or a smoker, or having high blood pressure, atrial fibrillation (irregular heartbeat), diabetes or high cholesterol."

Strokes are caused by a blockage or leaking of a blood vessel in the brain that interrupts blood flow, causing cell injury and death.

"Strokes are an emergency and can be treated if you get to the hospital fast enough," Dr. Acosta says.

AUG

6

### WHEN TIME MEANS BRAIN

The sooner you recognize symptoms of a stroke, the better your chances of preventing brain damage. Join Dr. Acosta, neurologist, at 5:30 pm, Thursday, August 6, and hear more about emergency clot-busting medications and other available treatments. Call **(407) 303-BEST (2378)** to reserve your seat.

**HEALTH  
TIPS**

#### CHOOSE TIME COMMITMENTS WISELY

Most of us have days filled beginning to end with commitments. When possible, release yourself from time commitments that aren't in line with your primary values.

# You've Got a Friend

Care coordinator provides support to Deb Beck during multiple health crises.



James Kendrick,  
MD, Gynecologic  
Oncology

"I'm going to be okay."

That's what Deb Beck said to herself as she entered the Florida Hospital Cancer Institute and met Deenie Cochran, gynecologic oncology care coordinator. The last few days had been tumultuous for the Astatula (Lake County) resident. What started as a visit to her physician for a stomachache turned into a diagnosis of cancer.

Deb was overwhelmed, until she found Deenie.

## HOW THE ROLLER COASTER BEGAN

In October 2013, Deb, then 55, began experiencing abdominal bloating. She saw her gastroenterologist, and a CT scan showed a pelvic mass. After a biopsy, the mass was determined to be stage 3 ovarian cancer.

"This all happened late on a Friday, so I spent a sleepless weekend doing research," Deb explains. "I read positive reviews and statistics for the cancer institute and I knew that's where I wanted to go, but I had no doctor referral."

On Monday morning, Deb spoke with Deenie for the first time. "When Deb called, I could hear fear in her voice," Deenie says. "As a care coordinator, I quickly assess each patient's situation — in Deb's case, her pathology report and family history of ovarian cancer — and expedite appointments. We're here to calm patients, helping them through the process."

After just that one call, Deb felt a measure of relief. "Deenie's concern was immediate and sincere," she

Deb Beck experienced two medical crises in quick succession. Care coordinator Deenie Cochran (inset) helped her through both.



says. "She assured me they'd take care of me. I felt a burden had been lifted."

Within a few days, Deb met James Kendrick, MD, a gynecologic oncologist, and was scheduled for surgery to remove her ovaries, fallopian tubes, uterus, omentum and lymph nodes.

"Deb's scans showed that we needed to expedite surgery," says Dr. Kendrick. "Fortunately, the cancer was contained and didn't require additional procedures."

Surgery went well and Deb began the process of recovery, but her adversity was far from over.

## A SECOND MISFORTUNE

During recovery, Deb experienced another devastating blow: Her husband died of a heart attack.

"I was three months post-op," Deb says. "I'd forged a close relationship with Deenie, so she was one of the first people I reached out to after my husband passed. She helped me get through this new hardship."

"These relationships are a two-way street," Deenie says. "Deb blessed me in many ways. Her faith and perseverance are a great inspiration."

The kinship between Deb and Deenie is a testament to the care patients at the cancer institute receive. The institute approaches each patient as an individual and involves him or her in treatment. And it's working. Five-year survival rates for patients even with advanced-stage ovarian cancer are significantly higher at Florida Hospital than the national average.

Dr. Kendrick says patient attitude is also an element of success: "Deb has such an optimistic outlook," he says. "She's managing this disease and has an excellent prognosis."

SEPT  
10

## OVARIAN CANCER 101

Join Lorna Brudie, DO, on Thursday, September 10, at Florida Hospital Celebration Health, to learn the types of ovarian cancer and how they occur, as well as causes, symptoms, screenings and available treatments. Call **(407) 303-BEST (2378)** to register!

HEALTH  
TIPS

### BE SOCIAL IN PERSON, TOO

Relationships with others are good, but constant streams of distraction are bad. Learn when to power off social media on your phone or computer and focus on those around you.





Dottie Atkinson (center) with her sister Norma and niece Cindy, who encouraged her to seek treatment for a painful hernia.

# Help with Hernias

Age was no obstacle in Dottie Atkinson's surgery to treat a hiatal hernia.



Creighton Fiscina, MD, General Surgery

Dorothy Atkinson, or Dottie, as she likes to be called, is an 82-year-old Florida transplant. Originally from California, she lives with her sister, Norma, in Apopka. Dottie loves doing word puzzles and reading Danielle Steele and Mitch Albom novels.

But when a stinging pain arose in her side one day, all the words in the world couldn't transport

her away from it. "I kept pushing in on [my abdomen] with my fist," Dottie says. Finally, my sister and my niece Cindy coaxed me into going to the doctor."

Soon she was diagnosed with a hiatal hernia.

## TREATING A HIATAL HERNIA

In a hiatal hernia, the stomach bulges up into the chest through the hiatus, an opening in the diaphragm. Dottie figured that surgery wouldn't be possible at her advanced age.

But Creighton Fiscina, MD, a surgeon with Florida Hospital Altamonte, assured her that robotic-assisted surgery was not only possible—it was a good option.

"He pulled up a stool and talked like we were friends," Dottie recalls. "After that I felt very good about surgery. He said he would treat me like I was his own grandmother."

Dr. Fiscina did have one concern, but it wasn't Dottie's age. His main worry was how involved the dissection might be if the hiatal hernia had been developing for many years. Sometimes, the hernia can accumulate a thick sac around it that's filled with fluid.

After an MRI, an endoscopy, some swallowing tests and 24 hours of a clear-liquid diet, Dr. Fiscina

determined Dottie was ready for surgery.

Using the da Vinci® Robotic Surgical System, he successfully repaired the hernia using the robot's pristine 3-D imaging. The sac that Dr. Fiscina feared had formed around the hernia was present, and he dissected it laparoscopically during the procedure.

The robotic-assisted approach is beneficial to patients, too, because it's minimally invasive and the discomfort after surgery is much more manageable than with traditional methods.

## FEELING GOOD AGAIN

Two weeks after surgery, Dottie came to her follow-up appointment with her incisions healed and only thin scars. "She was tolerating a full liquid diet with no discomfort or dysphagia (problems with swallowing), and she was back to her daily life," Dr. Fiscina says.

"Nobody likes the idea of the word 'surgery,' especially at my age," Dottie says, "but I just couldn't get over the difference in how I felt. Other women my age need to know that surgery is what you really need to get through the pain. You don't need to live with [a hiatal hernia] if you can feel the way I feel now."

**Florida Hospital is ranked No. 19 in the nation by U.S. News & World Report in Gastroenterology and GI Surgery.**

## GET YOUR PRIORITY APPOINTMENT

Florida Hospital's priority scheduling helps reduce wait times and quickly matches you to the physician you need. Call **(407) 303-BEST (2378)** today.

## 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.

# Health *Events* for You

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



## JULY

### GI Changes During Menopause

Wednesday, July 8 **AP0**

As we get older our digestive health changes. Understand what conditions may affect you at different stages of life and how your body changes.

### Taking Care of Your Over 40 Body

Thursday, July 9 **ALT**

Learn the latest about urologic conditions and treatments, including ways to keep your kidneys stone-free.

### Get Answers to Your Stomach Troubles

Tuesday, July 14 **ALT**

Wednesday, July 22 **WP**

Diverticulosis or diverticulitis? Learn how lifestyle changes, including diet and exercise, and minimally invasive surgery may relieve your symptoms.

### The Rhythm of Your Heart

Wednesday, July 15 **AP0**

Do you have an irregular heartbeat? Join us for an informative Q&A on this condition and learn about treatments.

### Chronic Facial Pain? It May Not Be a Dental Problem

Tuesday, July 28 **ORL**

Living with TMJ or trigeminal

neuralgia? Learn the difference and discover minimally invasive treatments to find relief.

### Advances in Orthopedic Medicine

Wednesday, July 29 **ORL**

Learn about joint revision and replacement procedures, osteotomy (surgery to lengthen or shorten bones to realign joints, possibly relieving arthritis), and orthopedic recovery after traumatic injuries.

### Resurfacing Creaky and Painful Knees with MAKOplasty

Thursday, July 30 **WP**

If you're suffering from early to mid-stage osteoarthritis, don't live with pain! Learn about partial knee resurfacing, a minimally invasive treatment that may have you back to doing what you love best faster and without pain.

## AUGUST

### His and Her Hernias

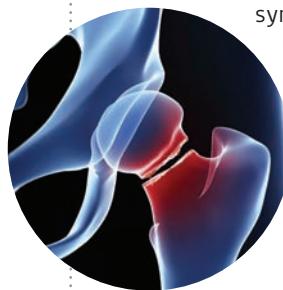
Tuesday, August 4 **WP**

Hernias can affect anyone regardless of age. Get details on different types of hernias, common signs and symptoms in women vs. men, and how hernias are repaired.

### When Time Means Brain

Thursday, August 6 **ORL**

Did you know the sooner stroke symptoms are recognized, the better your chances are of preventing brain damage? Learn about available treatments, including clot-busting medications.



symptoms,  
underlying  
causes, and  
available  
treatments  
to keep  
hips strong  
and pain-  
free.

### Free Yourself from Back Pain

Thursday, August 27 **CEL**

Don't let chronic neck or back pain keep you from enjoying life. Join our specialist as he sheds light on the latest treatments, including minimally invasive, robotic-assisted spine surgery.

## SEPTEMBER

### Thyroid 101

Wednesday, September 2 **KISS**

Learn about thyroid disease, including hypothyroidism, hyperthyroidism, thyroid cancer and goiters, plus some ailments that you may not realize can affect your thyroid.

### Caring for Your Hands

Tuesday, September 8 **KISS**

Discover signs, symptoms and treatments for today's common hand ailments including carpal tunnel syndrome, arthritis, fractures and sprains.

### Ovarian Cancer 101

Thursday, September 10

**CEL**

Learn about the most effective screenings and what you need to know to lower your chances of developing ovarian cancer.

### CLASS LOCATIONS

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