

# best<sup>in</sup>care

FALL 2013 | The skill to heal. The spirit to care.®

## Women and Children

## Smiling Again

Concerned a scar would affect her career, Robin Reed-Hicks found a way to go scarless

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The skill to heal. The spirit to care.®

**Welcome** to *Best in Care*, a publication designed with you in mind. With a focus on women's and children's health, you can look forward to issue after issue about the things that matter most to your family.

After you've perused our features on childhood birthmarks, sleep apnea and asthma, don't forget to check out our free events on page 8. 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).**



## Connect with *Best in Care* on Facebook!

Becoming actively involved in your health is the key to living a longer, healthier and happier life. At Florida Hospital, we're committed to being a partner in improving health through publications like *Best In Care*, your quarterly resource for healthy lifestyles.

*Best in Care* empowers you to manage your health through nutrition tips, quizzes, articles featuring Florida Hospital specialists, and in-person seminars and webinars on topics such as epilepsy, sleep apnea and urinary incontinence.

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Join us online at [facebook.com/FloridaHospitalBestinCare](http://facebook.com/FloridaHospitalBestinCare) to receive the latest medical, health and wellness news, information and insights from Florida Hospital specialists. You'll find additional content, not seen in our magazines, plus a few extras! We look forward to connecting with you.



## In Good Hands

Our proudest achievements are made possible by our caregivers — 18,000 people working together for the betterment of our patients and the future of medicine. *U.S. News & World Report* understands this level of care and has ranked Florida Hospital as the #1 hospital in the state. Florida Hospital is also ranked nationally in eight specialties:

- Cardiology and Heart Surgery – #32
- Diabetes and Endocrinology – #28
- Gastroenterology and GI Surgery – #47
- Gynecology – #10
- Nephrology – #31
- Neurology and Neurosurgery – #38
- Pulmonology – #34
- Urology – #36

The following programs were recognized as high-performing:

- Cancer
- Ear, Nose and Throat
- Geriatrics
- Orthopedics

Complete rankings and methodology, published annually by *U.S. News*, are available at [health.usnews.com/best-hospitals](http://health.usnews.com/best-hospitals). *U.S. News* surveyed nearly 10,000 specialists and 5,000 hospitals. Fewer than 150 hospitals nationally ranked in even one of 16 medical specialties.



## CARING FOR YOUR LITTLE ONES

In a perfect world, you'll never need to save the life of your child. But emergencies can happen, even when you're vigilant.

The best way to safeguard little ones is by completing a class that teaches lifesaving techniques: the Heimlich maneuver and infant and child CPR (cardiopulmonary resuscitation, a way to get the heart and lungs to work after a life-threatening trauma or injury).

Florida Hospital Orlando offers pediatric CPR classes where you'll learn proper techniques for compressions, breaths, back blows, chest thrusts and more. Also, you'll practice these emergency techniques. (Studies have shown that the more people practice, the more confident they are in a true emergency.) Upon completion, you'll receive a certificate from Florida Hospital and the American Heart Association for Family & Friends® CPR.

### SIGN UP FOR A CPR CLASS TODAY

To register for a CPR course, call **(407) 303-BEST (2378)** or go to **FHBestinCare.com** for a list of available classes and costs.

# Prime Time

Jessica McKinney's hysterectomy gave her a new lease on life.



Steven McCarus,  
MD, Gynecology

Jessica McKinney, 45, of Windermere, is a busy, stay-at-home mom of three who is always rushing from one school or sporting event to the next. A few years after her last child was born, her period became extremely heavy, to the point of being uncomfortable and inconvenient.

"I had to plan my life around my period," explains Jessica.

In November 2010, Jessica met with Steven McCarus, MD, chief of the Division of Gynecologic Surgery at Florida Hospital Celebration Health and medical director for Gynecologic Surgery at Winter Park Memorial Hospital, to discuss her options.

"Dr. McCarus was so kind and caring and reassuring," remembers Jessica. "I found him to be approachable, warm and professional. I felt I was getting the best care possible."

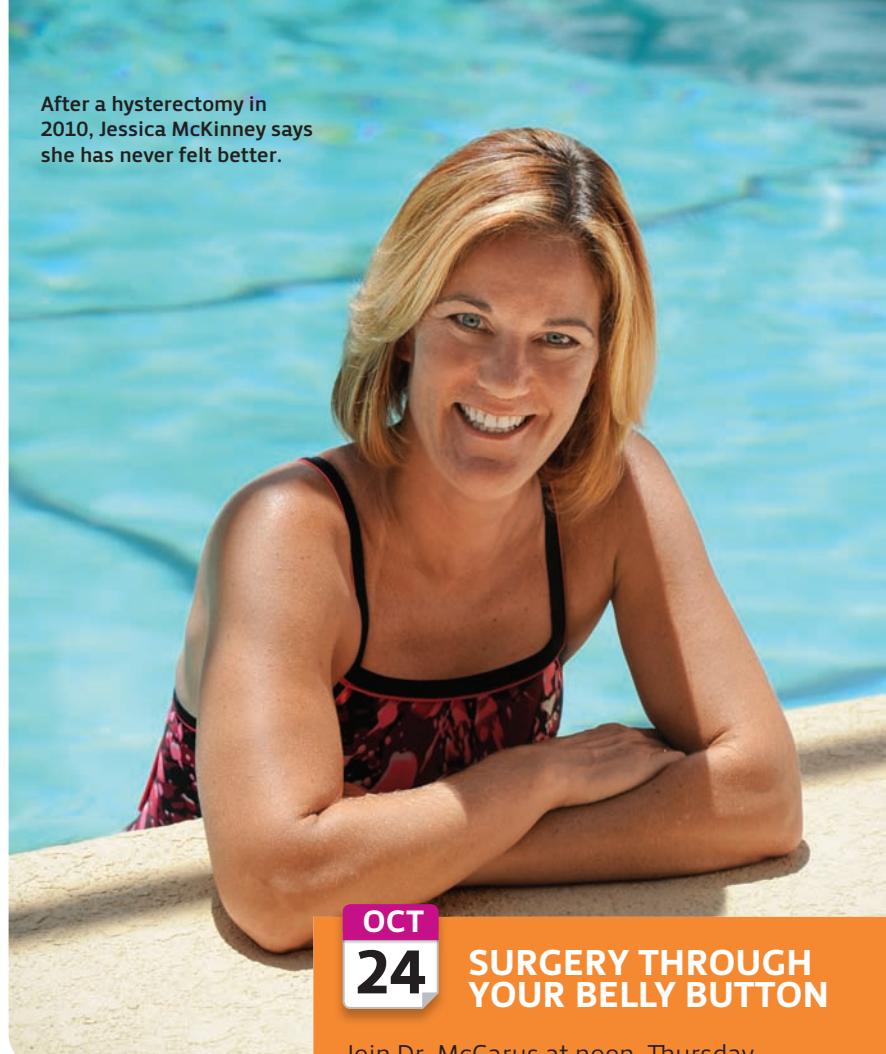
Jessica chose to have a LessVasive hysterectomy, a cosmetic surgery that was developed by Dr. McCarus. This technique takes place through the belly button, leaving little to no visible scarring. She underwent the surgery in December 2010.

## HOW LESSVATIVE IS DIFFERENT

"The traditional approach to hysterectomy requires three to four incisions in the abdomen, with the instruments and light being inserted through each," explains Dr. McCarus. With the McCarus Cosmetic Hysterectomy™ technique and the McCarus-Volker FORNISEE® SYSTEM, which illuminates the area of the surgical field, patients experience reduced pain and scarring and faster recovery time.

"I expected my recovery to take a full two weeks, but I was feeling better within three days," says Jessica. "I was back on my feet and out and about seven to 10 days after surgery. There was very little postoperative

After a hysterectomy in 2010, Jessica McKinney says she has never felt better.



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## SURGERY THROUGH YOUR BELLY BUTTON

Join Dr. McCarus at noon, Thursday, October 24, for a FREE webinar as he discusses "virtually scarless" surgery for benign conditions including fibroids, endometriosis, ovarian cysts, pelvic pain and abnormal menstrual bleeding. Register online at [FHBESTINCARE.COM/WEBINAR](http://FHBESTINCARE.COM/WEBINAR).

pain, and my nurses had to remind me to take my pain medications."

Jessica was feeling so good that she took up running just one month after surgery and ran her first half-marathon a year later. "I have never felt physically better!" she says, smiling. "I can't even see the surgical [scar] in my belly button."

## WHO IS A CANDIDATE?

The cosmetic hysterectomy technique is good for patients with abnormal bleeding, minimal endometriosis and adhesions. It's not used in complex cases. Hysterectomies are the second most common surgeries for women in the US. More than 600,000 are performed annually.

"I tell all my friends who are done having children and complain about their periods being miserable to see Dr. McCarus," says Jessica. "I truly feel it was the best thing I could have done for myself in my 40s."

HEALTHY  
100 tips



## KEEP THE FOCUS

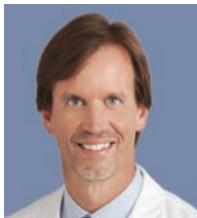
Choose to focus on the positive and not the negative things. An optimist sees an opportunity in every calamity.

Concerned that a large scar would affect her career, Robin Reed-Hicks discovered an alternative.



# Picture Perfect

Robin Reed-Hicks gets the surgery she needs — without a huge scar.



J. Scott Magnuson,  
MD, Otolaryngology

At 42, Robin Reed-Hicks developed a small lump on her neck. Always healthy, she didn't think about it until her mother noticed it last September. So Robin sought medical advice. An ultrasound uncovered a nodule on her left thyroid gland.

Shaped like a butterfly at the base of the neck, the thyroid produces hormones to regulate metabolism. Whether Robin's nodule was potentially cancerous could only be determined after removal.

Robin wanted it gone. Her only hesitation came from the thought of a 4- to 5-inch scar on her neck.

"My livelihood comes from commercials, voice-overs and my talk show, so I was concerned surgery would affect my career," reflects Robin. "After further research, I discovered robotic thyroidectomy might spare me from a scar across my neck."

## A SCAR-FREE SOLUTION

Thyroidectomy — partial or full removal of the thyroid gland — is performed for thyroid disorders, including cancer, noncancerous enlargement (goiter) and overactive thyroids (hyperthyroidism). A robotic approach eliminates neck scarring because the gland is accessed through an incision in the underarm.

Robin was preparing to travel 400 miles from her Ocoee home for treatment when she discovered J. Scott Magnuson, MD, an otolaryngologist with Florida Hospital Celebration Health, performs the procedure.

"I postponed my trip, met Dr. Magnuson, who said I'd be a great candidate, and was overjoyed!"

Robin was comforted knowing Dr. Magnuson had successfully performed robotic thyroidectomies on other African-American women.

"That's huge, because we have a tendency to produce keloids [scars that spread beyond the original injury and develop into growths]. Even if I had a scar, nobody would see it," explains Robin.

## ADDRESSING PATIENTS' CONCERN

"For young women, a population where thyroid tumors are increasing, there's no skin crease in the neck to hide the incision. Knowing they'll be left with visible scarring may be a deterrent for some patients," says Dr. Magnuson. That's why he offers robotic surgery through the underarm, or axilla.

"During surgery, we make a tunnel that goes over the collarbone and exposes the thyroid," says Dr. Magnuson. "Then it's removed through the tunnel and armpit, leaving a small incision under the arm."

After surgery, Robin was back to work within a week.

"It was a simple procedure, and I didn't experience any vocal damage. It was a blessing," remembers Robin. "As a spiritual person, I thanked God every day, and I still do."

## INTERESTED IN LEARNING MORE?

Visit us at [FHBESTinCare.com](http://FHBESTinCare.com) to watch a recent WOFL Fox 35 interview with Dr. Magnuson and Robin Reed-Hicks. Think this procedure might be right for you or someone you love? Call [\(407\) 303-BEST \(2378\)](tel:(407)303-BEST) for an expedited medical appointment.

## HEALTHY 100 tips

### OPTIMISM AND LIFE

An optimistic person identifies something to live for and then takes positive action in achieving that dream. This makes life worth living.

Zoe Agapito, pictured with her parents, was treated with a gentle burst of light to eliminate a benign tumor.



# Ready for Anything

A quick procedure can minimize a type of childhood birthmark.



**Tace Rico, MD,  
Dermatology**

To look at Zoe Agapito, a 21-month-old Altamonte Springs toddler, you'd never guess she's undergone treatment for a benign tumor.

Two weeks after Zoe's birth, her mother, Krista, noticed small red marks on her newborn's forehead and abdomen. Worried, she consulted her pediatrician who told her they weren't serious and would eventually disappear.

The marks were hemangiomas, common birthmarks appearing during the first year as a bright red patch or nodule of benign blood vessels growing on or near the skin's surface. As a child ages, the hemangioma stops growing and usually resolves by age 10.

Occasionally, a hemangioma can break down and develop a sore, leading to pain, bleeding or infection. Depending on where the hemangioma is located, it may interfere with a child's vision, breathing, hearing or elimination.

## TAKING ACTION

As Zoe's hemangiomas grew, so too did Krista's concerns. Ultimately she consulted Tace Rico, MD, a dermatologist with *Florida Hospital for Children*.

While Dr. Rico assured Krista the marks were not indicative of a more serious medical condition, she monitored Zoe closely, and understood the new

mother's concerns. So she suggested using Candela's Vbeam Perfecta® laser treatment.

The Vbeam works by delivering an intense but gentle burst of light to blood vessels below the epidermis (outermost layer of skin), leaving superficial layers untouched.

"Essentially, the laser goes through the skin, into blood vessels below and destroys them," explains Dr. Rico.

## ENJOYING A NORMAL CHILDHOOD

Through visits that lasted only seconds, Zoe began treatments at three months. Now, at 21 months, Krista says it's hard to tell her daughter ever had a tumor.

"She's great; it's quite a difference from when we started," says Krista.

"It's life-altering. Children who undergo treatment feel different about themselves, and longterm, they won't have the medical or social consequences of a birthmark," elaborates Dr. Rico.

## IS THIS NORMAL?

Visit [FHBESTINCARE.COM](http://FHBESTINCARE.COM) and learn about birthmarks, from angel kisses to stork bites to port-wine stains and more. Dr. Rico answers our questions and those you may have as well.

## An Eye on Birthmarks

Hemangiomas may occur anywhere on the body, though 30 percent occur on the face. They are more common in females, Caucasians and babies born prematurely. Many of these lesions may resolve by the time a child is 10 years old; however, they can occasionally leave scarring or create other risks. To learn more about various types of birthmarks, including port-wine stains, and to see before and after photos, visit [FHBESTINCARE.COM](http://FHBESTINCARE.COM).

**Nearly 40,000 children are born annually with vascular birthmarks that require the attention of a specialist.**

## HEALTHY 100 tips



### LISTEN TO NONVERBAL MESSAGES

Many messages children send are communicated nonverbally by their tone of voice, their facial expressions or changes in their behavior patterns.



Sleep apnea is very common, affecting more than 18 million Americans.

## Michael's Moment

Michael Johnson, 44, of Celebration, says he has never slept well. "I'd wake during the night and have trouble going back to sleep. The next day I'd drink six energy drinks to stay awake."

After hearing his snoring and abrupt awakenings on a camping trip, a friend suggested it might be sleep apnea. Michael had two sleep studies and sinus surgery and tried a CPAP (continuous positive airway pressure) machine, but nothing worked. Then he saw Jeffrey J. Lehman, MD, and learned about the TORS procedure (see right), which was performed in September 2012.

"I could breathe better immediately," says Michael. "The procedure has been life-changing. Now when I sleep, I wake well-rested and alert."

# Rest at Last

Are you tired during the day? Find out if you might have sleep apnea — and what to do.



J. Scott Magnuson, MD, Otolaryngology



Jeffrey J. Lehman, MD, Otolaryngology

If you snore loudly, chances are you've been the target of bad jokes and a few middle-of-the-night elbow thrusts. Yet habitual snoring is no laughing matter. It may signal a life-threatening disorder: obstructive sleep apnea.

### WHAT'S SLEEP APNEA?

Sleep apnea is a chronic and common disorder where pauses in breathing or shallow breathing occur. Each pause, called an apnea, can last from a few seconds to minutes, and may occur 30 times or more per hour.

Typically, normal breathing starts again, sometimes with a loud snort or choking sound. But the result is poor sleep quality, making you extremely tired during the day.

Left untreated, it may lead to high blood pressure, heart attack, stroke, obesity and diabetes. And it poses an increased risk of arrhythmias (irregular heartbeats) and even heart failure.

"More than 18 million Americans are affected, and continuous positive airway pressure [CPAP] is the most common treatment," says J. Scott

Magnuson, MD, otolaryngologist with Florida Hospital Celebration Health.

Worn during sleep, the devices resemble something out of a science fiction movie. Using mild air pressure, CPAPs keep airways open. Over time, patients may grow frustrated with CPAPs or stop using them, causing sleep apnea to return and leaving them anxious for a better solution.

### A NEW OPTION

TransOral Robotic Surgery (TORS) — an innovative, minimally invasive technique — may be an option for those who prefer not to use CPAPs or aren't getting the results they desire.

Using the da Vinci® Robotic Surgical System, areas of the throat once difficult to reach can now be accessed. Unlike traditional open surgery, TORS provides surgeons with enhanced agility, precision and a 3-D advanced imaging system. Because the procedure is performed through the mouth, there is no visible scar, less blood loss and a faster recovery.

For patients with severe sleep apnea, obstructive tissue in the tongue base can be removed via TORS. Also, placement of a temporary tracheostomy (because of swelling typical of open-throat surgery) can usually be avoided. And the patient's ability to speak and swallow is not interrupted. The procedure is offered at Florida Hospital Celebration Health and Winter Park Memorial Hospital.

"Before, surgery was a last resort," says Dr. Magnuson. "Now, we're able to remove tissue that contributes to airway blockage with no external incisions, and patients go home the next day, sleeping healthfully."

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## WAKE UP TO SLEEP APNEA

Join Dr. Lehman at noon, Wednesday, October 30, for a FREE webinar where he'll discuss treatments and the long-term health benefits of a good night's sleep. Register online at [FHBESTinCare.com/webinar](http://FHBESTinCare.com/webinar).

## HEALTHY 100 tips

### TOSSING AND TURNING AT NIGHT?

It can keep you from functioning well during the day. To get better sleep, stick to a regular bedtime, even on weekends. Keep your bedroom dark, quiet and cool, and avoid eating or drinking close to bedtime.

Angel Sanchez now enjoys two-hour bicycle outings without asthma riding along.

# Breathing Easy

A new procedure is helping Angel Sanchez grab life by the handlebars.



Tabarak Qureshi,  
MD, Pulmonology

If you've never imagined what living with asthma is like, try running up several flights of stairs while breathing through a straw. For Angel Sanchez, 47, of Deltona, it was all he knew.

"My lifetime struggle with asthma frequently hospitalized me and caused me to lose jobs because of the time I've had to be out of work," explains the married father of two. "Simple tasks that people take for granted — like taking a shower — have been difficult."

Now, a breakthrough procedure recently approved by the US Food and Drug Administration called bronchial thermoplasty (BT) is helping Angel live without breathing problems.

## FINDING THE RIGHT DOCTOR

"It's difficult to explain what asthma feels like, but I knew Dr. Qureshi was listening," Angel says of Tabarak Qureshi, MD, pulmonologist with Florida Hospital Altamonte. Dr. Qureshi began treating Angel in 2008 and was always looking for new procedures to help him.

When Dr. Qureshi learned of BT, an experimental technique for severe, persistent asthma, he approached Angel about being the first candidate in Central Florida to undergo the procedure. Angel jumped at the chance for relief. His last surgery was in March.

**HEALTHY  
100 tips**

## DURING ADVERSITY, KEEP A POSITIVE ATTITUDE

You can't always change your circumstances, but you can change your attitude, and sometimes that makes all the difference in the world.



## HOW THE PROCEDURE WORKS

Performed on an outpatient basis, BT involves three separate procedures on different sections of the lungs, three weeks apart. "As the lungs heal after each procedure, it typically takes three weeks for the benefit to be felt," says Dr. Qureshi.

People with asthma have excessive smooth airway muscle in the bronchial tubes, which contract and narrow during an asthma attack. BT uses a small, flexible tube inserted into the airway through a bronchoscope via the mouth or nose. When expanded, the tip has contact with airway walls and emits controlled radiofrequency energy for 10 seconds to heat the smooth muscle. This reduces the muscle's ability to contract and narrow during an attack.

"I'm now able to go on two-hour bike rides," says Angel. "Before this, I tried every pill, inhaler and shot. Only since this surgery do I feel as if I'm living!"

## See It in Action

To watch an animation of the bronchial thermoplasty procedure, go to [FHBESTinCare.com](http://FHBESTinCare.com).

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## CONTROL YOUR ASTHMA

Learn about bronchial thermoplasty, a revolutionary procedure that can help clear airways and restore your quality of life, during a FREE seminar at 5:30 pm, Wednesday, October 9, at Florida Hospital Altamonte or Thursday, November 14 at Florida Hospital Celebration Health. Call **(407) 303-BEST (2378)** to RSVP!

# Health Events

for you at Florida Hospital

Join us for FREE health discussions of interest to your family.

**OCT  
9**

## Take Control of Your Asthma

Learn about bronchial thermoplasty, a revolutionary procedure that can help clear airways and restore your quality of life, during a FREE seminar at 5:30 pm, October 9, at Florida Hospital Altamonte or November 14, at Florida Hospital Celebration Health. Call **(407) 303-BEST (2378)** to register. See page 7 for full story.


**OCT  
24**

## Surgery Through Your Belly Button [WEBINAR]



Join Steven McCarus, MD, gynecologist with Florida Hospital Celebration Health, at noon, October 24, for a FREE webinar as he discusses "virtually scarless" surgery for benign conditions including fibroids, endometriosis, ovarian cysts, pelvic pain and abnormal menstrual bleeding. Register online at [FHBESTinCare.com/webinar](http://FHBESTinCare.com/webinar). See page 3 for full story.

**OCT  
30**

## Waking Up to Sleep Apnea [WEBINAR]

If you or a loved one suffers from sleep apnea, join Jeffrey Lehman, MD, otolaryngologist with Winter Park Memorial Hospital, at noon, October 30, for a FREE webinar, as he outlines treatment options and discusses long-term health benefits that come from a good night's sleep. Register online at [FHBESTinCare.com/webinar](http://FHBESTinCare.com/webinar). See page 6 for full story.

## Healthy Recipe



## Sweet Potato "Fries"

Yields four servings. Prep time: 15 minutes; cook time: 30 minutes.

### INGREDIENTS

3 large sweet potatoes (about 1 1/2 pounds), peeled, cut into 2-inch slices	1/4 c. light sour cream
2 Tbsp. olive oil	1/4 c. low-fat plain yogurt
	2 tsp. maple syrup
	1/4 tsp. ground cinnamon

### DIRECTIONS

- Preheat oven to 425 F. Line baking sheet with foil and coat with nonstick gluten-free cooking spray. In large bowl or large resealable plastic bag combine sweet potatoes, oil, and salt and pepper to taste; toss to coat. Place in single layer on baking sheet.
- Bake 10 minutes; stir; bake 10 minutes more. Increase heat to 450 F and bake 10 minutes more.
- For dip, combine sour cream, yogurt, maple syrup and cinnamon in small bowl. Serve with fries.

**Serves 4.** Nutrition information per serving: 195 calories, 7g fat, 2g saturated fat, 5mg cholesterol, 85mg sodium, 31g carbohydrate, 4g fiber, 8g protein