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Women and Children

Being Mom

Mandy Gibbs
conceived naturally
after endometriosis

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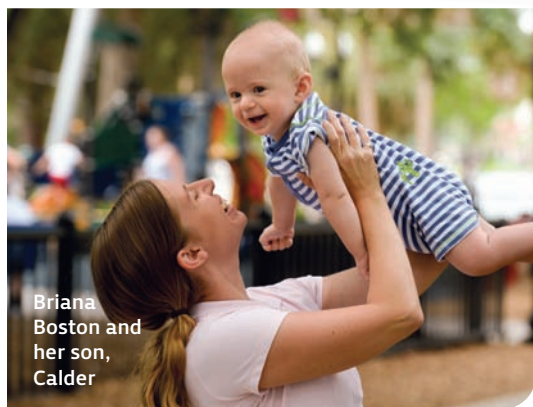
Join Us ...
for FREE events and
online health discussions!
See calendar on back cover.

OCT
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Welcome to *Best in Care*, a publication designed with you in mind. With a focus on women's and children's health, you'll find inspiring stories of your neighbors and the professionals who strive to heal them.

After you've perused our features on local families and their success stories, don't forget to check out page 8 for our FREE webinars. 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 BIEditor@FLHosp.org.**



Briana Boston and her son, Calder

CHOOSING HER SPACE

Briana Boston, 33, of Lakeland, knew she wanted to breastfeed right away after her son was born. She also wanted him to stay in the room with her and not be given a pacifier. And she wanted assistance from knowledgeable lactation consultants and nurses. For these reasons and more, she decided to deliver at the Baby Place at Florida Hospital Celebration Health.

"My husband and I chose Celebration Health because their values and standards were in line with ours," says the mother of two.

The Labor and Delivery nursing team worked diligently over four years to become a "Baby-Friendly Hospital" — one of only 248 nationwide. A global initiative created by the World Health Organization and UNICEF, the designation stresses practices that protect, promote and support breastfeeding.

"The criteria gives moms and babies the best start in life," says Shezel O'Neal, director of Women's and Children's Services. "This aligns with values that are already part of our culture."

And if a mom is unable to or chooses not to breastfeed, that's OK, too, she notes. "The L&D team is more than ready to make sure mom and baby have all the support they need."

DID YOU KNOW?



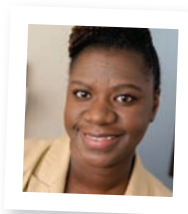
We're Social

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



25%

Polycystic ovarian syndrome is an endocrine disorder affecting up to 25 percent of women of reproductive age.



See page 6 to read how Carmina Charles, MD, supports women with PCOS.



KID-FRIENDLY ED OPENS

Waves, whales and an underwater-themed, kid-friendly emergency department will soon greet patients at Florida Hospital East Orlando.

Staffed 24/7 by specially trained pediatric doctors and nurses from *Florida Hospital for Children*, the facility will treat patients ages 18 and under who have minor ailments or less-severe injuries.

"We're parents too, and we know an adult ED can be scary for little ones, especially when they don't feel well," says Dennis Hernandez, MD, medical director, pediatric emergency medicine. "That's why we're committed to caring for young patients in a compassionate, child-friendly environment with a high-level of care and expertise."

The new center features 12 private examination rooms with child-friendly artwork and colors to relieve anxiety and make the experience as comfortable as possible.

Child life specialists are available to explain procedures and conditions in creative ways that kids can understand. For those who need to be monitored, Florida Hospital East Orlando will offer an observation unit as well.

GET A SNEAK PEEK

For an inside look at the new pediatric emergency department, visit FHBestinCare.com.

A Kid with Heart

Eight-year-old Evan Dargis overcomes the odds.



Agustin Ramos,
MD, Pediatric
Cardiology



Michael Keating,
MD, Pediatric
Urology

When Evan Dargis was born at Winter Park Memorial Hospital, a Florida Hospital, doctors noticed several serious health issues right away.

Evan had a cardiac murmur and was cyanotic (blue), indicating a congenital heart defect. An echocardiogram showed a double outlet right ventricle, transposition of the greater arteries, pulmonary stenosis, and atrial and ventricular septal defects. On top of that, he had a severe case of torticollis (a painfully twisted and turned neck), a single kidney, multiple but non-functioning spleens, a severe form of left radial club hand and other medical conditions.

“As soon as the doctors realized the severity of his defects they put us in an ambulance bound

for *Florida Hospital for Children*,” says Brett Dargis, Evan’s father. Understandably, he and Rebecca, Evan’s mother, were alarmed.

GETTING A HANDLE ON THE SITUATION

“Almost 1 percent of children are born with congenital heart disease,” says Agustin Ramos, MD, medical director of Pediatric Cardiology at *Florida Hospital for Children*. “Sometimes these defects go away on their own, or don’t require any treatment. But sometimes they are more significant and require intervention.”

For Evan, the temporary solution was to insert a tube called a shunt between the aorta and the pulmonary artery, until he was old enough to undergo open-heart repair when he was 10 months old. At 18 months, he developed a left-ventricle obstruction, so a surgeon had to remove it.



CALL FOR YOUR PRIORITY APPOINTMENT

If you or a loved one needs to see a physician, Florida Hospital’s priority scheduling helps reduce wait times and quickly matches you to the physician you need. Call **(407) 303-BEST (2378)** today to see how we can help.

“As the issues piled up, we became overwhelmed,” Brett says.

Complex cases like Evan’s bring special challenges, according to Michael Keating, MD, medical director of Pediatric Urology at *Florida Hospital for Children*. “Since a variety of different body systems can be affected, the solution to a problem with one can have implications for another,” he explains. “The key to management is communication between the child’s different health care providers and the family.”

FAST-FORWARD TO TODAY

Now, Evan is 8 years old and doing well. He lives with his parents in Montverde in Lake County.

“Other than getting fatigued on warm days, he does everything his friends do,” Brett says. “Evan likely has two more open-heart surgeries to go, and we are at ease knowing that *Florida Hospital for Children* will continue to take care of him,” Brett adds.

“We are very proud of Evan,” says Dr. Ramos. “He’s one of my favorite patients.”



The Dargis family. Back row: Blake, 17, Connor, 15, Evan, 8; front row: Dylan, 9, Brett and Rebecca

HEALTH
tips

SURROUND YOURSELF WITH POSITIVE PEOPLE

Keep company with those who think positively. This is a powerful way to keep yourself in a positive frame of mind that will lift you up rather than bring you down.

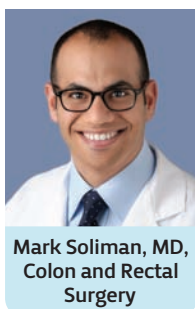


Anthony Roman is back to "normal life" after undergoing a robotic colectomy to treat diverticulitis.

Going Strong

Even diverticulitis couldn't stop busy dad Anthony Roman.

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



Mark Soliman, MD, Colon and Rectal Surgery

Anthony Roman, 39, of Lake Mary, is always on the move. As valet manager for a local theme park, he's always running, crouching and going places in a hurry. It's part of his job. But as late as 2014, Anthony was suffering from abdominal attacks that brought discomfort, pain and many days away from work.

In 2009, the married father of two was diagnosed with diverticulosis, a condition where small, bulging pouches (diverticula) form in the lining of the digestive system. They are found most often in the lower part of the large intestine (colon). Diverticula are common, especially after age 40, and seldom cause problems.

Sometimes, though, one or more of the pouches become inflamed or infected. This condition, known as diverticulitis, can cause severe abdominal pain, fever, nausea and a noticeable change in bowel habits.

Mild diverticulitis can be treated with rest, changes in diet and antibiotics. Severe or recurring diverticulitis may require surgery.

READY FOR A CHANGE

"I suffered every six to eight months and needed antibiotics," recalls Anthony. "Sometimes it was just uncomfortable, but my last bout was really bad and I was fed up with it."

Fear of a colostomy bag had kept Anthony from seeking medical treatment for years. In pain, he couldn't prolong treatment any longer. In late 2014, Anthony sought out Mark Soliman, MD, a colon and rectal surgeon at Florida Hospital Altamonte.

Dr. Soliman addressed Anthony's fears and suggested a robotic colectomy to remove the section of colon that repeatedly became infected. He recommends that patients have the surgery electively, before a catastrophic failure of the colon occurs.

"If you imagine the colon as a pipe, the premise of surgery is to remove the bad section and hook the two good sections back together," explains Dr. Soliman. "If you don't remove the bad section, it's going to get infected repeatedly."

Colectomies performed using robotic surgery require only small incisions in the abdomen. The benefits of a robotic colectomy include shorter recovery time and less pain. Currently, 1 to 2 percent of colectomies are performed using robotic surgery, but that number is increasing.

After Anthony's infection cleared in January, he underwent the procedure. He spent four days in the hospital and was able to return to his physically demanding job a few weeks later.

"Dr. Soliman was so good at explaining everything beforehand," Anthony says. "The outcome could not be better for me. I'm back to my normal life."

SEP
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**DON'T SUFFER
IN SILENCE**

Dealing with constipation can be painful and frustrating. At a FREE in-person event, Dr. Soliman will explore health concerns that cause it and treatments to find relief. Call **(407) 303-BEST (2378)** to RSVP today.

HEALTH
tips

REST ISN'T JUST FOR SLEEP

Rest revitalizes and re-energizes the mind, body and spirit. Use mini-breaks to sit still and focus attention on slowing your breathing and relaxing your muscles.

The Key to Recovery

Misty Walker says surgery changed her life for the better.



Chetan Patel, MD,
Orthopedic Surgery

Misty Walker's back pain began at age 30 and slowly worsened.

She sought help from a chiropractor and a physical therapist. And although those treatments provided some relief, eventually the pain returned, sometimes stronger.

"When I was 38, if I moved a certain way, I'd end up in bed for a week, or longer, because the pain also affected my leg," Misty

explains. "It was like lightning shooting through my spine, down my leg and out my foot."

TOO PAINFUL TO WALK

Soon Misty was in constant pain. It was so bad that she couldn't go to the grocery store or run multiple errands on the same day.

"That much walking was just too painful," she recalls. It worsened to the point that she bought a cane.

One day, the pain was so intense that Misty called 9-1-1 and was rushed to the emergency department. That's when she was referred to Chetan Patel, MD, an orthopedic surgeon and medical director of the Spine Health Institute at Florida Hospital Altamonte.

"She had back and leg pain, and a large herniated disk in her lower back," says Dr. Patel. "The disk caused shooting pain down her leg, and treatments she'd tried weren't working, so surgery was her best option."

GETTING A LIFE BACK

After considering her options, Misty underwent a microdiscectomy, a minimally invasive procedure used to relieve pressure on spinal nerve roots.

"I went into surgery screaming and crying because of the pain, and I came out smiling," says Misty. "Dr. Patel made me feel like there was hope."

Now, Misty feels like she has her life back.

"It was so bad before, and now I can do almost anything I want," she says. "Being able to walk and enjoy life again, it's amazing."



Misty Walker says she "came out smiling" after her procedure.



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WHEN IS BACK PAIN NOT 'JUST BACK PAIN'?

Join Dr. Patel for a FREE webinar at noon, Tuesday, October 20. He'll offer tips to treat and prevent backaches and discuss available treatments. Register and watch online at FHBestinCare.com/webinar.

Misty thinks of Dr. Patel as handing her the keys back to a pain-free life. She even had a symbol of a key tattooed on her arm as a reminder.

Dr. Patel offers advice for others in discomfort: "If you have back pain shooting down your leg, you should be concerned about a pinched nerve; that's not something to ignore," he says. "It's important to seek treatment before the weakness becomes permanent."

As for Misty, she's performing exercises prescribed by Dr. Patel to help prevent future injuries and get her back to what she loves. Already, she can spend a full day walking around Orlando's theme parks and Cranes Roost Park in Altamonte Springs.

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

HEALTH
tips

SEEK THE GREAT OUTDOORS

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

Hope and Help

Her own experience inspires Carmina Charles to lead a program for women with polycystic ovarian syndrome.

Florida Hospital is ranked **No. 16** in the nation by U.S. News & World Report in Diabetes and Endocrinology.



Carmina Charles, MD, Endocrinology



Sejal D. Patel, MD, Reproductive Endocrinology

Endocrinologist Carmina Charles, MD, is passionate about helping women who suffer from polycystic ovarian syndrome (PCOS), an endocrine disorder affecting 12 to 25 percent of women of reproductive age. She founded the PCOS Clinic at the Florida Hospital Diabetes and Endocrine Center to help women manage this chronic condition, which has also affected her personally.

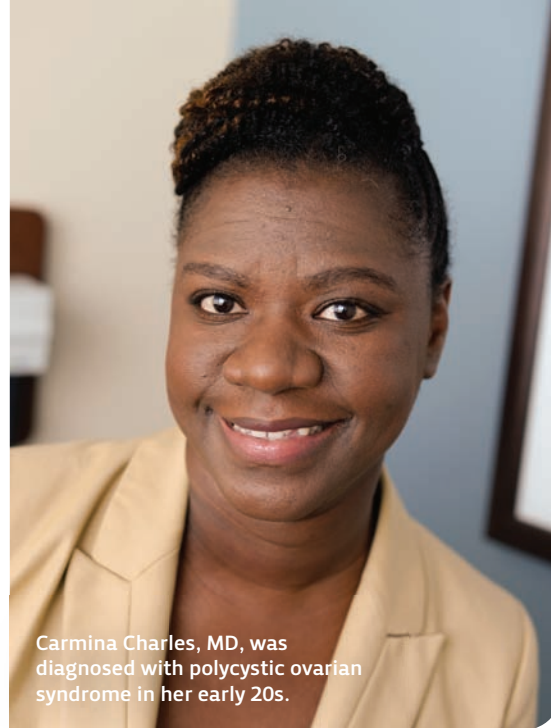
Now 36, Dr. Charles was diagnosed with PCOS at 22. But because the disease can be difficult to pinpoint, it was a long journey getting there.

DR. CHARLES' JOURNEY

After battling Hodgkin lymphoma at 19, her menstrual cycles grew more irregular. So, at 20 she started birth control. She began

to gain weight but chalked it up to late-night meals while studying. It wasn't until her diagnosis and subsequent study in medical school that she really learned about the vast complications of PCOS.

"At first glance, it appears that the biggest complication associated with PCOS are menstrual



Carmina Charles, MD, was diagnosed with polycystic ovarian syndrome in her early 20s.

irregularities. However, there are other considerations," she says.

If left untreated, women with PCOS are at risk of developing diabetes, hypertension, cardiovascular disease and endometrial cancer (due to an imbalance between estrogen and progesterone).

Dr. Charles experienced much of this firsthand.

"I had a severe attack of acne in my late 20s, and I was losing my hair," she says. "I was diagnosed with insulin resistance, then prediabetes, and my husband, Emmanuel, and I experienced our first miscarriage in February 2008. We miscarried again about three months later." The couple has experienced several miscarriages during 12 years of marriage.

Although Dr. Charles says it's been frustrating, she says she's in a much better place now physically and emotionally. "I decided there needed to be a change. I began exercising and changed my diet," she explains. "My hair loss has stopped, and my weight is pretty stable."

EXTENDING SUPPORT TO OTHERS

Dr. Charles says she designed the PCOS Clinic to provide hope, instruction and comprehensive care. Ultimately, she says that many complications can be prevented if patients are given something to look forward to instead of being told nothing can be done. For many, having a baby is still possible.

Sejal D. Patel, MD, a reproductive endocrinologist who practices at Florida Hospital Celebration Health, works with PCOS patients to help them conceive.

"There is effective fertility therapy, which can help address many of these concerns and help a couple start or complete their family," she says.

OCT
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WHAT YOU NEED TO KNOW ABOUT PCOS

Join Dr. Charles at noon, Wednesday, October 28, for a FREE 20-minute webinar on causes and symptoms, fertility, insulin resistance and treatments. Register and watch at FHBestinCare.com/webinar.

HEALTH
tips

HAVE HOPE

Being hopeful in the face of challenges is a powerful way to turn positive thinking into action.

Not Giving Up

Mandy Gibbs conceived naturally after being treated for endometriosis.



Steven McCarus, MD, Gynecology

Mandy Gibbs, 38, and her husband, Matthew, tried for years to get pregnant. The Apopka couple walked a long road of infertility treatments and in vitro fertilization (IVF) cycles without luck.

Mandy had been diagnosed with endometriosis, a disorder in which tissue that normally lines the uterus grows outside the uterus. The tissue can irritate structures that it touches, causing pelvic or abdominal pain and adhesions (scar tissue). After two laparoscopic (also called minimally invasive) surgeries, she was told she'd never be able to conceive and carry a baby without IVF.

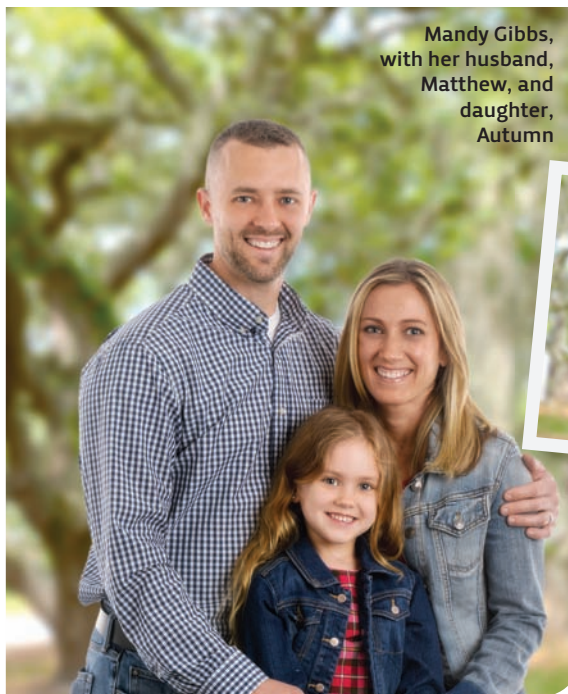
"I realized I needed to try something different when infertility treatments weren't working, and I needed to take care of my body since I was having so much pain," Mandy says.

FINDING THE RIGHT DOCTOR

Because her case was complex — she had quite a bit of endometriosis and uterine fibroids (noncancerous muscular tumors that grow in the uterine walls) — a friend suggested she see Steven McCarus, MD, medical director for advanced gynecology at Winter Park Memorial Hospital, a Florida Hospital.

Dr. McCarus, who treats patients with complex conditions, scheduled Mandy for two additional laparoscopies to remove the endometriosis, help relieve her pain and improve her chances for conception.

Laparoscopy can provide useful information to help determine how to get pregnant and when to undergo fertility therapy. With more advanced endometriosis, as in Mandy's case, surgery may help restore the normal pelvic anatomy to allow the ovaries and fallopian tubes to work better.



Mandy Gibbs, with her husband, Matthew, and daughter, Autumn



What Is Minimally Invasive Surgery?

Instead of large incisions, surgeons make tiny ones and insert miniscule instruments and a camera into a site, such as the abdomen, to view internal organs and repair or remove tissue. Benefits include faster recovery and healing with less pain and scarring. Minimally invasive surgery — also called "key hole" or "laparoscopic surgery" — is usually done on an outpatient basis or requires only a short hospital stay.

LIFE TAKES A NEW DIRECTION

"After surgery I felt like a new person," explains Mandy. "I could do all the activities I couldn't do before. I was much happier mentally and physically."

Better yet, about three months later she got pregnant without IVF. Her daughter, Autumn, was born January 14, 2010. These days, Mandy is hopeful for a second child and is passionate about educating women about endometriosis.

"If you can find the right doctor, it can change everything for you," says Mandy. "I thank God daily that I researched and found out exactly what was wrong with me, and didn't stop until I found the right fit."

Today, Mandy tells others that they're not alone. "Take charge of your body and research and find a doctor and treatment that works best for you."

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COMMON GYN CONDITIONS EXPLAINED

Join Michael Cacciatore, MD, as he discusses endometriosis and other common gynecologic conditions, at noon, Wednesday, October 21, during a FREE 20-minute webinar. Register at

FHBestinCare.com/webinar.

Florida Hospital is ranked **No. 13** in the nation by U.S. News & World Report in Gynecology.

HEALTH
tips

TRUST IN GOD AND YOUR DOCTOR

Optimism helps you trust in God and believe that He has your best interests at heart. It also helps you trust others and gives you peace of mind.

For the third year in a row, Florida Hospital has been named the No. 1 hospital in the state as well as in the Orlando Metro Area by U.S. News & World Report.



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Health Events

for you at Florida Hospital

Join us ONLINE for FREE 20-minute health discussions. All take place at **noon**. Register in advance at FHBESTINCARE.com/webinar and then watch on your computer.

Can't make it that day? Watch anytime on demand! Check out all of our webinars and in-person events under the Events tab at FHBESTINCARE.com

OCT
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When Is Back Pain Not 'Just Back Pain'?

Join Chetan Patel, MD, Tuesday, October 20, to learn the difference between everyday back pain and something more serious. Dr. Patel will offer tips to treat and prevent backaches and discuss diagnosis and available treatments. See page 5 for Misty Walker's story, then [register and watch at FHBESTINCARE.com/webinar](http://FHBESTINCARE.com/webinar).

OCT
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Common GYN Conditions Explained

Join Michael Cacciatore, MD, Wednesday, October 21, as he discusses common and not-so-common conditions, including endometriosis, fibroids and cysts in pre- and post-menopausal women, and when treatment may be necessary. See page 7 for Mandy Gibbs' story, then [register and watch at FHBESTINCARE.com/webinar](http://FHBESTINCARE.com/webinar).

OCT
28

What You Need to Know About PCOS

Join Carmina Charles, MD, Wednesday, October 28, as she covers must-know facts including causes and symptoms, the impact on fertility and insulin resistance, and treatments, from medications to simple lifestyle changes. See page 6 for Dr. Charles' personal story, then [register and watch at FHBESTINCARE.com/webinar](http://FHBESTINCARE.com/webinar).

Chef Edwin's Table

Each issue, we provide delicious dining ideas from the kitchen of Edwin Cabrera, Florida Hospital's executive chef. Let's get cooking!



Tunisian Vegetarian Medley with Rustic Quinoa

INGREDIENTS

Harissa condiment:

- 2 cloves fresh garlic, minced
- 1 1/4 cups pimento, drained
- 1 1/2 tablespoons olive oil
- 1/4 teaspoon coriander
- 3/4 teaspoon caraway seeds
- 1/4 teaspoon cumin
- 1/4-1/2 teaspoon cayenne
- 1/8 teaspoon kosher salt

Quinoa:

- 1 1/2 cups quinoa
- 3 cups water
- 2 teaspoons olive oil
- 1 cup yellow squash, diced
- 1 cup zucchini squash, diced
- 1 1/2 cups eggplant, diced
- 1 whole red bell pepper, diced
- 2 Roma or plum tomatoes, diced
- 1/4 teaspoon fresh ground pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon coriander
- 1/2 teaspoon granulated garlic
- 1/4 teaspoon kosher salt
- 1 tablespoon fresh parsley



Nutrition facts per serving

(yields 8 3-ounce servings):

Calories: 66; fat 1.3 g;
sat fat 0.2 g; cholesterol
0.0 mg; sodium 34.2 mg;
carbohydrates 15.1 g; fiber
1.0 g; sugar 0.2 g; protein 2.3 g

DIRECTIONS

1. In food processor, puree ingredients for harissa. Set aside.
2. In small pot, boil water. Add quinoa, bring back to a boil, cover and reduce heat to low simmer. Cook until water is evaporated. Remove from heat and fluff. Set aside.
3. Meanwhile, heat olive oil in sauté pan. Sauté peppers, then eggplant and yellow and zucchini squash. If needed, add water to prevent sticking.
4. Add spices and desired amount of harissa. Keep sautéing, and fold in tomatoes and water if needed. Fold in cooked quinoa and serve.

Prep time: 10 minutes, cooking time: 20 minutes