



FLORIDA
HOSPITAL

best in care

SPRING 2014 | The skill to heal. The spirit to care.®

Women and Children

Time to Thrive

Baby Isaiah is growing stronger after tests led to a rare diagnosis

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

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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 back pain, salivary stones and Hodgkin lymphoma, 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.**



A NEW CLINIC ESPECIALLY FOR KIDS

If you live in Southwest Orlando and have wee ones or even teens up to age 18, health care for your family is even closer with the opening of *Florida Hospital for Children*'s pediatric clinic.

Located at 1530 Celebration Blvd., Celebration, the clinic holds three exam rooms, a procedure room and a waiting area. As the first *Florida Hospital for Children* clinic in Southwest Orlando, your family and small patients can meet with renowned pediatric specialists in the convenience of your own backyard.

At the clinic, children receive specialty care in cardiology, endocrinology, general surgery and urology. Soon, the clinic will expand and provide allergy and immunology, otolaryngology (ENT), neurology and gastrointestinal services.

Our specialists conduct all visits in the clinic, including before and after surgery appointments if surgery is needed, to provide more convenient access for moms and dads.

The new facility marks the third opening by *Florida Hospital for Children*, which has clinics in Brevard and Volusia counties.

DO YOU KNOW?

100 MILLION AMERICANS

Chronic pain affects 100 million of us — more than diabetes (25.8 million), heart disease (16.3 million) and cancer (11.9 million) combined.

Turn to page 4 to read one woman's odyssey to find relief from pain.

#1

Lower back pain is the most common type of chronic pain.



LADIES FIRST

Celebration and Winter Park welcome new women's health facilities

Central Florida ladies now have access to two new women's health facilities: Florida Hospital for Women – Celebration and Florida Hospital for Women – Winter Park (pictured above). The new buildings mark a major milestone in women's health for Florida Hospital.

FLORIDA HOSPITAL FOR WOMEN – CELEBRATION

Florida Hospital for Women – Celebration, an 80,000-square-foot facility, houses physician practices specializing in women's imaging services, breast surgery, advanced gynecologic surgery and obstetrics. The Preventative Medicine and Genetic Center features a comprehensive physician team working together to prevent cancer, with a special focus on BRCA 1 and 2 genetic mutations and Lynch syndrome.

FLORIDA HOSPITAL FOR WOMEN – WINTER PARK

Florida Hospital for Women – Winter Park is a one-stop boutique for health and wellness designed exclusively for women.

Specialty services include advanced gynecologic surgery, menopause, nutrition, breast health, imaging, urogynecology, cardiology, digestive health and comprehensive health assessments. Also, a Life Designer, a specially trained registered nurse, is available to provide personalized health and wellness care for the busy woman.

AND COMING IN 2015 ...

Florida Hospital for Women – Orlando is set to open in 2015. The new hospital will offer comprehensive services in prepregnancy care, well women care, and specialty care.

There Is a Solution

What you can do about pelvic organ prolapse.



**Jessica Feranec,
MD, Gynecology**

All it took was a quick sneeze for Gracielli Galarza, 38, of Orlando, to experience the uncomfortable leakage of urine that characterizes incontinence.

As a busy working mother of a 2-year-old girl and a 4-year-old boy, Gracielli wasn't willing to tolerate this inconvenience, which intruded upon her life whenever she sneezed, coughed or laughed.

Believing her problem was simply incontinence, she visited her urogynecologist, Jessica Feranec, MD, with Florida Hospital Orlando, where she learned she had a more serious condition: a prolapsed bladder.

WHAT IS A PROLAPSED BLADDER?

The condition occurs when supportive tissue between the vaginal wall and bladder weakens and stretches. As this occurs, the bladder may bulge into the vagina. Also, weakened supportive tissue may occur within the cervix or rectum and is known by the broader term "pelvic organ prolapse." Organs may be affected individually or in combination.

While it's uncertain what caused Gracielli's condition, there are several risk factors for pelvic organ prolapse. They include previous pelvic surgery, obesity, chronic constipation, vaginal delivery of one or more babies, and heavy lifting.

According to Dr. Feranec, women may experience a variety of symptoms including the sensation of the bladder bulging into the vagina, an inability to completely empty the bladder or rectum, pain during intercourse, or back pain.

Gracielli Galarza doesn't regret having surgery to correct a prolapsed bladder. "I would do it again in a heartbeat," she says.



HOW IS IT TREATED?

For those with prolapsed pelvic organs such as the bladder, cervix or rectum, Dr. Feranec says minimally invasive (laparoscopic or robotic) surgery is an option, but it's rarely the only one. She often has patients try Kegel exercises to strengthen and tone the pelvic floor before recommending surgery. If that doesn't work, a variety of alternate treatments such as prescription medications or specially designed medical devices are available. She says patients should explore the full range of options with their physician.

After reviewing possible treatments with Dr. Feranec, Gracielli decided on a minimally invasive surgical procedure to keep the bladder in its proper position. Her surgery was successful, and she says she recovered within two weeks with no discomfort.

"There aren't enough good things I can say about Dr. Feranec," says Gracielli. "Dr. Feranec is very knowledgeable and good at what she does. I would do it again in a heartbeat."

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STOP PROLAPSE FROM STARTING OR PROGRESSING

Join Dr. Feranec at noon, Thursday, April 24, as she discusses the common yet bothersome problem of uterine and vaginal prolapse. Understand what can be done to treat it, including minimally invasive surgery, and how to prevent it from happening in the first place. Register online at FHBESTINCARE.COM/WEBINAR.

**HEALTHY
100 tips**

STEP OUTSIDE TO REFRESH

Taking deep breaths of fresh air outside during a work break can help energize the body for the rest of the workday.

Thanks to spinal injection therapy, Linda Pierre (pictured with daughter Jada Lin) was able to find relief from back pain that started after her pregnancy.

Reflection of Hope

A nurse and new mother finds relief from back pain.



Kayvan Ariani, MD,
Anesthesiology and
Pain Medicine

After spending nearly half of her pregnancy on bed rest, Linda Pierre, 36, of Ocoee, delivered a healthy baby girl, Jada Lin, in July 2012.

But then she began to experience back pain. Over time the pain radiated down her left leg and into her foot and toes. What should have been a joyful time was filled with agony.

Prior to her pregnancy, Linda, a nurse at Florida Hospital Orlando, was very active and exercised regularly. At first, she thought her back pain might be a result of the inactivity of bed rest or somehow related to pregnancy. Consequently, she waited about five months to seek help.

SEARCHING FOR RELIEF

Since the worst of her pain was in her foot, Linda first saw a podiatrist. Then she tried physical therapy, which seemed to work, until suddenly her pain returned in full force. Her physical therapist suggested she visit The Spine Health Institute at Florida Hospital Altamonte. There she met Kayvan Ariani, MD, anesthesiologist and pain management specialist.

"Dr. Ariani really put me at ease," says Linda.

In addition to her pain, Linda had great concern about what kind of treatment might be necessary. In the early 1990s, her mother suffered from back problems and ended up unable to work after surgery. Because of this experience, Linda wanted to focus on non-surgical options.

She says Dr. Ariani answered her questions until she was reassured, and together they decided on

spinal injection therapy. Injections may provide non-surgical, immediate, long-lasting relief for certain neck and back conditions.

AN OUTPATIENT PROCEDURE

During the procedure, patients are carefully monitored. According to Dr. Ariani, patients generally recover for about 30 minutes after the procedure and then go home.

"It's not like the duration or intensity of a surgical recovery," he says.

For some patients, only one injection may be necessary; for others, treatment may be ongoing.

"We provide individual care tailored for each patient's unique problem," explains Dr. Ariani.

To date, Linda has had one injection and is due for a follow-up visit. She has been able to resume normal daily activity.

"I'm blessed that we have this option," Linda says. For those seeking relief from back pain, she adds, "I most definitely recommend it."

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ESCAPE YOUR ACHING BACK

If you suffer from back pain, join Chetan Patel, MD, orthopedic surgeon, to learn about treatments in addition to spine injections during a 15-minute FREE webinar at noon, Tuesday, April 29. Register online at FHBESTinCare.com/webinar.

HEALTHY
100 tips

EXERCISE YOUR IMAGINATION

Stay in touch with your child within by adopting an attitude of playfulness. Humor and pleasure can be tremendous stress buffers.

Savoring Life

A new type of surgery helps Rodney Van Nesse overcome the pain of salivary stones.



Mimi Tran, MD,
Otolaryngology

It's dinnertime. A time for warm dishes, flourishing aromas and tasty treats. A time of bliss and indulgence. A time of day most people can't wait to get to. But for thousands of Americans suffering from salivary gland stones, it can be a time of throbbing pain and serious discomfort.

Salivary gland stones, also known as sialolithiasis, are

calcified stones that form within the salivary gland ducts found throughout the mouth. The stones, which block the production and flow of saliva, can cause difficulty swallowing food and liquids, as well as major swelling and irritation.

DIFFICULT TO SWALLOW

For 32-year-old elementary school teacher Rodney Van Nesse, of Orlando, the aching pain associated with salivary stones had become a feeling he was all too familiar with. Rodney suffered from his first salivary stone seven years ago and remembers it being a hassle and unappealing to look at.

"My neck swelled up so bad," he says. "It looked like a softball in my throat."

Although he still enjoyed most foods, Rodney says he had to make an effort to drink fluids and eat sour foods to ease the pressure the stone placed on his mouth.

As the pain increased and the swelling became more visible, Rodney decided to get the stone surgically removed — an experience he says was long, uncomfortable and invasive.



Rodney Van Nesse has had two salivary stones removed at separate times. Comparing the two procedures is "like night and day," he says.

CALL FOR A PRIORITY APPOINTMENT

Priority scheduling reduces appointment wait times for new patients to within 5 business days for most specialties. Based on your insurance, location and language preference, we'll quickly match you to the physician you need. Call **(407) 303-BEST (2378)** today.

DIFFERENT THE SECOND TIME

It wasn't until early 2013 that he noticed another stone had formed. Skeptical of undergoing surgery again, Rodney turned to a new, minimally invasive procedure known as sialendoscopy to remove his stone.

Mimi Tran, MD, an otolaryngologist (ear, nose and throat physician) with Winter Park Memorial Hospital, performed Rodney's procedure.

"Salivary gland stones are uncomfortable and can oftentimes negatively impact a person's life," says Dr. Tran.

This time, a small endoscopic camera and a tiny wire basket were used to find and extract the stone, about the size of a small pearl.

Dr. Tran's expertise and knowledge put him at ease, Rodney says, and he is pleased with the results.

"This procedure was amazing," he says. "Compared to my first surgery, it was like night and day. Without a doubt, I would recommend this procedure to others. You wouldn't even know Dr. Tran went in there. She was like a stone ninja."

"You wouldn't even know Dr. Tran went in there. She was like a stone ninja."

— Rodney Van Nesse

HEALTHY 100 tips

COLOR YOUR DIET

Different colors in food mean different nutrients are present. Make it a goal to eat five or more fruits and veggies a day.

More than a decade after treatment for Hodgkin lymphoma as a teenager, Nate Willbur is as active as ever and exercises regularly.



Fit and Fine

A standard sports physical catches Hodgkin lymphoma.



Fouad M. Hajjar, MD, Pediatric Hematology/Oncology

During his sophomore year at Lake Mary High School, Nate Willbur's life changed forever.

Shortly before basketball season, Nate was required to get a physical exam. His physician noticed the 5'9" point guard was short of breath and had an abnormal heart rhythm, unusual for a 15-year-old athlete.

Nate immediately underwent an X-ray that revealed a huge mass in his chest, nearly twice the size of his heart. Within a week, he was admitted to *Florida Hospital for Children*, where he was diagnosed with stage 4 Hodgkin lymphoma, formerly known as Hodgkin's disease.

THE START AND SPREAD OF HODGKIN LYMPHOMA

The disease is a cancer that begins in the white blood cells (lymphocytes) and compromises the body's lymphatic system. The lymphatic system serves as a biological highway, transporting fluids, including white blood cells that help rid the body of toxins and fight off infection. And because it acts as a highway, the lymphatic system can transport cancerous cells that break off from tumors to other parts of the body as well.

Because lymphoid tissue is found in many areas, including the lymph nodes, spleen, bone marrow, thymus and digestive tract, Hodgkin lymphoma can start nearly anywhere in the body. Most often

it starts in the chest, neck or under the arms.

As the disease progresses, it becomes harder for the body to fight infection, tumors develop, and it may spread to other areas. It's most common among younger adults ages 15 to 35 and again later in life, affecting adults ages 50 to 70. The cause is unknown.

According to Dr. Hajjar, director of the Children's Center for Cancer and Blood Diseases at *Florida Hospital for Children*, Hodgkin lymphoma can be hard to identify because symptoms are similar to influenza. "However, advances in diagnosis and treatment have made this disease highly treatable in most cases," says Dr. Hajjar.

Hodgkin lymphoma, like most cancers and other conditions, is diagnosed with advanced imaging technology.

OVERCOMING A SOBERING DIAGNOSIS

"I was told the mass was growing an inch a day," says Nate, who was referred to Dr. Hajjar. "Cancer seemed like a death sentence. Not knowing anything about the disease made my family a nervous wreck. But Dr. Hajjar explained everything and was determined we'd beat it."

After a five-day hospital stay that included the removal of his spleen, Nate returned to school. Three rounds of chemotherapy and radiation treatment later, his cancer was in remission.

Not one to sit still, Nate returned to sports, participating in wrestling, diving and cross-country during high school. He went on to earn an engineering degree at the University of Florida. Now 30, Nate lives in Longwood, works as an engineer and is engaged to be married. He's still active and works out regularly.

"If it weren't for my annual physical and a simple chest X-ray," says Nate, "who knows where I'd be right now?"

WATCH NATE'S VIDEO

Nate Willbur shares his remarkable story of recovery from Hodgkin lymphoma. View the video at FHBESTinCare.com.

**HEALTHY
100**
tips

GET MOVING THIS SPRING

Can't make it to the gym? Go for a walk or a bike ride. Enjoy an afternoon of kayaking or canoeing. Play a game of tennis, soccer or baseball. Just have fun and be active. Your body will thank you.

A Baby *Story*

A rare genetic condition brings Isaiah Carrion to Florida Hospital for Children.



Konda Mohan Reddy, MD, Pediatric Endocrinology

Looking at 1-year-old Ulysses “Isaiah” Carrion — a bubbly, vivacious infant with bright, brown eyes and soft, plump cheeks — you’d never know there’s an abnormality with his chromosomes.

About 1 in 150 babies is born with chromosomal abnormalities, according to the American Congress of Obstetricians and Gynecologists.

WHAT DO CHROMOSOMES DO?

Chromosomes are tiny string-like structures in our cells that contain genes. We have about 25,000 genes that determine traits such as eye and hair color. They also impact the growth and development of every part of our bodies.

Most individuals have 23 pairs of chromosomes, or 46 total. We inherit one chromosome per pair from each parent. Sometimes, a baby can be born with too few or too many, or with missing or rearranged chromosomes. These errors may cause birth defects.

THE FIRST MONTHS

Soon after Isaiah’s birth, his parents Ulysses and Zilkia, of East Orlando, discovered he was “failing to thrive.”

“He was delayed on certain things,” explains Ulysses. “He wasn’t gaining weight or feeding properly. He seemed lethargic, wanting to sleep all the time. Because of Isaiah’s high triglyceride levels, we tried different formula, but that didn’t help either.”

Seven weeks after birth, Isaiah was hospitalized at *Florida Hospital for Children*, under the care of Konda Mohan Reddy, MD, pediatric endocrinologist.

Dr. Reddy says Isaiah’s skin was discolored and he didn’t have much muscle control.

After much genetic testing and chromosome evaluation, Isaiah was diagnosed with contiguous X chromosome deletion syndrome, meaning he was missing X chromosome material.



DEALING WITH THE DIAGNOSIS

“It is a very rare congenital condition,” says Dr. Reddy, “where the parents may be unaware they’re carriers until their child is born.”

Dr. Reddy explains that Isaiah is dealing with multiple conditions, including muscular dystrophy, which prevents the body from producing proteins needed for healthy muscles; adrenal hypoplasia, which interferes with growth and limits the adrenal glands’ ability to make vital hormones regulating metabolism and immunity; and pseudo-hypertriglyceridemia, an excess of a dietary fat-like component in the blood.

Although these conditions can be life-threatening, most people can lead normal lives with proper medical management, diet, hormonal balance and physical therapy.

“We put our trust in Dr. Reddy,” says Ulysses. “We don’t know where we’d be if it weren’t for him.”

Isaiah is now eating properly and is able to sit up. He tugs on Dad’s collar as he tries to crawl up his shoulder.

“He’s progressing nicely, so we’re extremely happy,” beams Ulysses. “We’re just taking it one day at a time.”

NEED TO SEE A DOCTOR?

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HEALTHY 100 tips

HAVE FUN WITH FAMILY

Build the bonds of relationships while incorporating fun. Play a board game tonight after dinner, cuddle up with a beloved bedtime story, or go for a walk together.

Health Events

for you at Florida Hospital

Join us **ONLINE** for FREE 15-minute health discussions. All take place at **noon** from the comfort of your own computer. Register in advance at FHBESTINCARE.COM/WEBINAR and then come back for the lecture. Can't make it that day? Watch anytime on demand after the initial airing! Looking for in-person lectures at one of our campuses? Check out our events at FHBESTINCARE.COM/LECTURES.

**APR
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Stop Prolapse from Starting or Progressing

Join Dr. Feranec on Thursday, April 24, and learn what can be done about the common yet bothersome problem of uterine and vaginal prolapse. Register online at FHBESTINCARE.COM/WEBINAR. **See page 3 for a related story.**

**APR
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Escape Your Aching Back

Don't suffer needlessly from back pain. Learn about treatment options, including spine injections, Tuesday, April 29. Register online at FHBESTINCARE.COM/WEBINAR.

See page 4 for a related story.


An Easier Way to Get Your Mammogram

Time for your annual mammogram but no time on your schedule? Florida Hospital's Healthy 100 women's mobile wellness unit offers high-quality digital screening mammograms throughout Central Florida. All results are interpreted by board-certified radiologists specializing in breast imaging. Most insurance plans are accepted, and we file all paperwork. No physician prescription is needed, but RSVPs are required. For dates and locations, call **(407) 303-BEST (2378)** or view online at FHBESTINCARE.COM.

Healthy Recipe



Fresh Grape Salsa

Prep time: 15 minutes; chill time: 30 minutes.

INGREDIENTS

1 cup green seedless grapes, roughly chopped
 1 cup red seedless grapes, roughly chopped
 3 tablespoons chopped red onion
 2 tablespoons chopped fresh cilantro
 1 tablespoon seeded, chopped jalapeño*
 2 tablespoons fresh lime juice

DIRECTIONS

In a medium bowl, combine all ingredients. Cover and refrigerate at least 30 minutes. Season with pepper to taste. Serve chilled.

*Use caution when handling hot peppers. Wear disposable gloves or wash hands in hot, soapy water afterward.

Nutrition facts per serving (serves 4):

41 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 2 mg sodium, 11 g carbohydrates, 1 g fiber, 0 g protein