



FLORIDA  
HOSPITAL

# best <sup>in</sup> care

SPRING 2015 | The skill to heal. The spirit to care.®

*Women and Children*

## Safe and Sound

Erica Sanfilippo's  
childbirth complication  
was easily remedied

PAGE 7

### ALSO IN THIS ISSUE:

- ▲ Our epilepsy experts now treat adults, too **PAGE 4**
- ▲ Newborn thrives after three heart procedures **PAGE 5**
- ▲ Despite mom's heart condition, baby arrives safely **PAGE 6**



*Be in Our  
Next Issue!*  
See back cover for details.





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'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, check out the #FHSavedMyHeart contest 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).**

Taylor Bivin



## Taking No Chances



Rhonda Harmon, MD, General Surgery

Most college seniors are focused on passing exams and prepping for careers. But Taylor Bivin, 24, had a different experience. During her final semester at the University of North Carolina at Chapel Hill, genetic testing revealed she carried the BRCA2 gene mutation, putting her at a higher risk of breast cancer than most women.

Taylor tried to put the test results out of her mind, but she couldn't. In the end, she opted for a bilateral prophylactic mastectomy with breast reconstruction to ward off the risk.

"Five to 10 percent of breast cancers are hereditary," says Rhonda Harmon, MD, a surgeon who practices at Florida Hospital Orlando. "Currently it is thought that 45 percent of women who inherit the abnormal BRCA2 mutation will develop breast cancer by the age of 70."

A mastectomy isn't the right solution for everyone, Dr. Harmon adds. For those who favor a more conservative approach, close surveillance is an option. It involves diagnostic mammography alternated with breast MRI every six months.

For Taylor, having the surgery was not a difficult decision. "Being able to take your future into your own hands is a powerful thing."

Mason Lord, with parents Brett and Kelly.



## PAIN, PAIN GO AWAY



Pablo Gomez, MD, Pediatric Urology

Not many doctors give their cellphone numbers to their patients. Then again, there aren't many doctors who have the relationship Mason Lord and Pablo Gomez, MD, do. When Dr. Gomez, a pediatric urologist at *Florida Hospital for Children*, first met Mason in the pediatric emergency department, Mason was a 5-year-old boy who couldn't urinate without screaming in pain.

"He was in excruciating pain, with blood-curdling screams," says Mason's mother, Kelly. "To listen to your child in so much pain breaks your heart. We were at our wits' end, and Dr. Gomez was a godsend."

Dr. Gomez immediately took to the family and made them aware that he was available anytime, day or night, something Kelly says no family doctor had ever done. After an ultrasound, and later a CT scan with contrasts, a tumor was found on Mason's bladder. Luckily, Mason's tumor was benign, but because of its location, it was causing unimaginable pain. Dr. Gomez recommended robotic surgery to remove it.

"Robotically assisted laparoscopic surgery, in a state-of-the-art center like *Florida Hospital for Children*, can be extremely beneficial to the patient and family," explains Dr. Gomez. "We can see things bigger — 10 times bigger in fact — and in 3-D vision. Robotic instruments are controlled by the surgeon at all times and can reproduce all the movements that the human hand has, while maintaining the advantages of minimally invasive surgery, which include less pain, smaller incisions, less bleeding, quicker recovery time and a shorter hospital stay."

Preparing a 5-year-old for surgery can be a difficult task, but the child life services team helped ease Mason's anxiety by giving him stuffed animals for every visit to the hospital. He named them all Louis. In order to explain the surgery to Mason, nurses used Louis as a test, pointing to the stuffed animal's bladder so Mason could see that if Louis was going to be OK, he would be too. After a successful surgery, Mason was pain-free and home in two days, back to being a normal 5-year-old boy.

"We wouldn't have traded Dr. Gomez and his team for a million dollars," Kelly says. "His value to us is priceless. He treated us like family and he took our son's pain away."

Dr. Gomez continues to observe Mason to ensure the tumor does not come back, but for now he says the boy is like new.

# A Need for Speed

Paula Griffin's treatment for a cancerous growth was lightning fast.



Hilliary White, MD,  
Otolaryngology

As a non-smoker in good health, 29-year-old Paula Griffin was expecting her annual checkup to be quick and routine. During the appointment, however, her doctor discovered a pea-sized nodule in her neck that Paula hadn't noticed.

"I was the one who said, 'It's never going to happen to me,'" says Paula, who lives in St. Cloud. "My lab levels were perfect. My thyroid levels were fine."

A thyroid nodule is a growth in the thyroid gland that can be benign (non-cancerous) or malignant (cancerous). Thyroid nodules are very common — nearly 1 in 12 women have them — but most are benign.

Within a week, Paula's nodule grew to the size of a golf ball. She

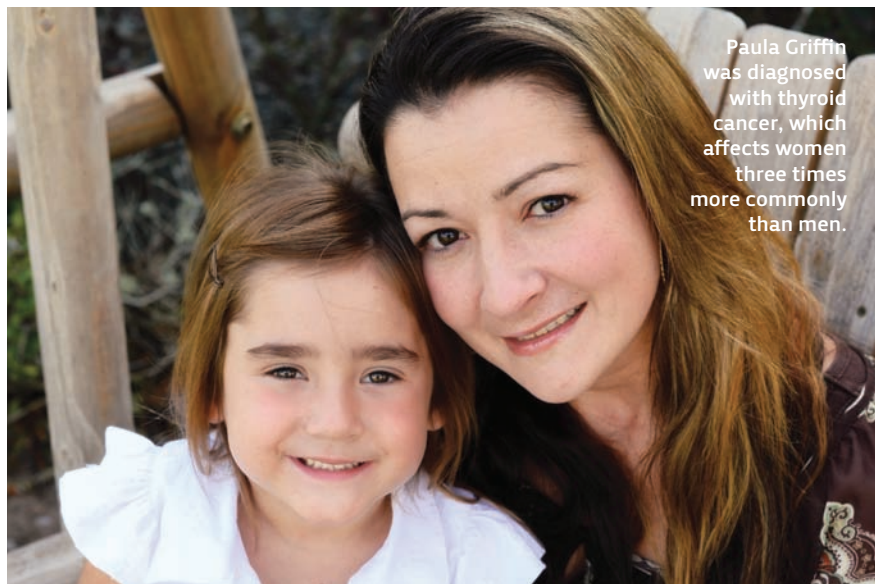
called Damon Tanton, MD, an endocrinologist with Florida Hospital. A care coordinator expedited the process and scheduled Paula's ultrasound and biopsy for the next day.

## QUICK DIAGNOSIS AND TREATMENT

Results revealed cancer, and Paula was immediately seen by Hilliary White, MD, an otolaryngologist, a specialist in head and neck surgery. Within two days, treatment began.

"We make it a priority to see cancer patients the same week of their referral," Dr. White explains.

Dr. White performed a total thyroidectomy and level 6 neck dissection to remove the cancer, but



Paula Griffin was diagnosed with thyroid cancer, which affects women three times more commonly than men.

## SOMETHING SUSPICIOUS? DON'T WAIT!

If you need to see a primary care physician or specialist, we can help. Florida Hospital's priority scheduling helps reduce wait times for new-patient appointments to within 5 working days for most specialties. Based on your insurance, location and language preference, we can quickly match you to the physician or specialist you need at **(407) 303-BEST (2378).**

because it had spread to lymph nodes in Paula's neck, she then underwent radioactive iodine treatment to kill any remaining cancer.

Paula's total treatment time, starting from her first visit to a Florida Hospital physician to when she received the "all clear," was one month. Since then, Paula has undergone several tests, including a whole body thyroid uptake scan, and no signs of cancer were found. She has a small, nearly invisible incision on her neck as a reminder of her treatment.

"When I show friends my incision, they can't see it," Paula says. "I'm very blessed not to have a large scar like I've seen online in other thyroid cancer patients. Dr. White did an excellent job."

Even though she spent her 30th birthday receiving care, she's glad to have the ordeal behind her.

## HOW TO FIND CANCER EARLY

It's important to commit to regular checkups with doctors, and if anything seems out of the ordinary, to have it checked. Although it might be nothing, it could save a life.

"It's always good to be aware of your body and your health," Dr. White says. "You'll be the first to know if something isn't right."

Florida Hospital is ranked **No. 45** in the nation by U.S. News & World Report in Oncology.

HEALTH  
tips

## FITNESS IS EASIER WITH SUPPORT

Practice staying physically active as a family. Typically people enjoy exercising more with friends or family than by themselves.





# A Weight Lifted

For Jonathan Neveu, “going local” meant getting excellent care for adult epilepsy.



Ki Hyeong Lee, MD,  
Epileptology



James  
Baumgartner, MD,  
Neurosurgery

All it took was one trip to the refrigerator to change Jonathan Neveu’s life forever. After a long shift as a pediatric ICU nurse at *Florida Hospital for Children*, he came home to grab a Gatorade when the left side of his face began to twitch rapidly. He fell to the ground, unable to move, conscious yet paralyzed in his own body until he blacked out and woke up in the ER.

## A DEVASTATING REALIZATION

Jonathan was diagnosed with epileptic seizures caused by a tumor against the left facial motor area in his brain. In his mid-20s, Jonathan quickly realized the burden epilepsy would have on his life. He couldn’t surf, for fear of having a seizure and drowning. He

couldn’t lift weights, for fear of having a seizure and dropping them. Epilepsy would certainly affect his work, too.

Jonathan researched treatment options in Arizona and even Germany, with little success.

“Three different surgeons told me I’d be paralyzed on my left side if [the tumor] was removed,” Jonathan says. “I lost hope in finding a cure.”

## DISCOVERING AN OPTION RIGHT HERE

As he continued to research, Jonathan learned that one of the leading adult epilepsy programs in the United States is offered by the very hospital where he works. Previously focused on pediatrics, the Florida Epilepsy Center, led by neurologist and epileptologist Ki Hyeong Lee, MD, recently expanded to treat the adult population that suffers from debilitating and potentially life-threatening seizures.



Jonathan Neveu  
developed epilepsy  
in his 20s.

APR  
21

## EPILEPSY 101

Join Dr. Lee at 5:30 pm, Tuesday, April 21, at Florida Hospital Orlando, for a FREE discussion of epilepsy causes and treatments. Call **(407) 303-BEST (2378)** to save your seat.

“Lo and behold, Florida Hospital has started this program and I was just 10 minutes from the facility,” says Jonathan.

Whereas other doctors had turned him away, Dr. Lee and neurosurgeon James Baumgartner, MD, were confident in treating Jonathan’s tumor. A month later, he was having surgery.

## SIGN OF SUCCESS

Jonathan woke up to Dr. Baumgartner waiting for him in the hospital room. He asked Jonathan to give him a thumbs up with his left hand, which Jonathan did with no weakness at all. Dr. Baumgartner let out a sigh of relief. The surgery was successful, and Jonathan had retained all motor function on his left side.

“I was lucky to have the team here that I did,” Jonathan says. “It’s a lot easier to live with epilepsy when you’re taken care of by the best in the business. Now I can live my life normally again.”

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

HEALTH  
tips

## HOLD STRONG TO YOUR FAITH

Attitude and outlook have an impact on your physical and mental health. You can’t always change your circumstances, but you can change your attitude toward them, and sometimes that makes all the difference.



Liam Van Schaick, pictured with his mom, Katrina, was diagnosed with a heart condition while in the womb.

Three procedures, including open-heart surgery, were necessary to bring Liam safely into the world.

If scars tell our stories, then Liam Van Schaick has quite a tale.

Liam's scar, a mark that runs across and down his chest, is an early badge of survival that few 1-year-olds have. It's a symbol of the lifesaving measures the small army of doctors and nurses took to help bring him into this world and keep him alive in the face of open-heart surgery. And as he grows and learns the circumstances of his first year, it will be a sign that he has a lot to look forward to.

Liam's mother, Katrina, was 32 weeks pregnant in the summer of 2013 when her baby was diagnosed with pulmonary stenosis, a congenital heart condition that slows blood flow to the lungs through the pulmonary valve. She had an emergency cesarean section to deliver Liam on July 17, and a series of heart treatments ensued.

#### A COMPLICATED CASE

Liam was admitted to the Neonatal Intensive Care Unit at *Florida Hospital for Children* and went straight into surgery. In the first of three procedures, a pulmonary valve balloon was inserted to temporarily allow blood flow to his lungs. But the problems didn't end there.

Bhavya Trivedi, MD, a pediatric cardiologist and arrhythmia specialist, discovered Liam had arrhythmia, or an irregular heartbeat. Luckily, the facilities and team at Florida Hospital were prepared to handle Liam's complicated case.

"We have a comprehensive cardiac team," says Dr. Trivedi. "We have specialists in every aspect of cardiology, we have all the expertise, and we have great facilities to handle situations like Liam's."

Through catheter ablations, Dr. Trivedi was able to correct Liam's arrhythmia, but shortly thereafter,

Aureilo Reyes, MD, a cardiologist and critical care specialist, discovered that the pulmonary valve was again narrowing severely. This time, open-heart surgery — a risky, life-threatening procedure for a baby in Liam's condition — would be required.

#### TRUSTING THE MEDICAL TEAM

Katrina placed her faith in the team, including Constantine Mavroudis, MD, who performed the open-heart surgery, to keep her baby safe. Nurses stayed after their shifts to keep Katrina, a single mother, company during long days and nights at the hospital.

"I was dealing with postpartum emotions. I was all over the place," she says. "They had to get my nerves down, but they were right there with me, emotionally, medically. They went above and beyond."

Since his multiple surgeries, Liam no longer needs heart medications and is moving toward normal development milestones for his age. Thanks to the cardiac team at *Florida Hospital for Children*, Liam's story isn't a short one. It promises to be long, healthy and filled with love. And he's got the scars to prove it.



Constantine Mavroudis, MD, Congenital Cardiac Surgery



Aureilo Reyes, MD, Pediatric Cardiology



Bhavya Trivedi, MD, Pediatric Cardiology

#### YOU COULD BE FEATURED IN AN UPCOMING ISSUE!

Tell us how Florida Hospital saved your life, or a loved one's, by submitting your story or posting a photo on Twitter or Instagram using the hashtag **#FHSavedMyHeart**. For details, visit **FHSavedMyHeart.com**.

HEALTH  
tips

#### DURING DIFFICULT TIMES, LOOK TO GOD

When you face emotional challenges, talk to God. His love and mercy will calm your soul. By focusing on Him and His transformational love, you will be lifted above your challenges.





# The Birth of a Dream

Dena Jalbert's care from Florida Hospital ensured a smooth second pregnancy.



Francis Fahey, MD,  
Cardiovascular  
Disease

Dena Jalbert was 31 years old when she gave birth to her first daughter.

"On the surface, my pregnancy wasn't anything out of the ordinary: achy back, swollen feet, and an insatiable need for every flavor of ice cream produced by Breyers®," jokes Dena. "Delivery, however, was no easy feat."

After 13 hours of labor, Dena thought the worst was over. That couldn't have been further from the truth.

"Two days after being discharged, my body swelled up like a Macy's® Thanksgiving Day Parade balloon," Dena recalls. "I started feeling very short of breath and couldn't lie down without coughing. I had to sleep upright on the couch in order to breathe normally."

The next morning, she went back to the hospital. Her lungs were full of fluid. Her blood pressure was above stroke levels. After being admitted to intensive care, 40 pounds of fluid was drained. The most frustrating part of all: There was never one point person for her care.

After seven days in the hospital, she was discharged with a diagnosis of peripartum cardiomyopathy. The condition involves a weakness of the heart muscle that begins between the final month of pregnancy to five months after delivery, without any other known cause.



Dena Jalbert's second daughter, Whitney (pictured with big sister Olivia), was born with few complications. Inset: Dena and her husband, Andrew, with their daughters.

Most commonly, it occurs right after delivery. It is a rare condition that can have mild or severe symptoms.

Because of the diagnosis, Dena was told she would never have another child. That's when friends urged her to seek care from a physician with the Florida Hospital Cardiovascular Institute.

## A VERY DIFFERENT EXPERIENCE

"I followed up with Francis Fahey, MD, of the Florida Hospital Cardiovascular Institute, and I owe him my life," Dena says. "He explained the condition in terms I could understand, and we put a plan together to get my heart back to its normal strength. Just three months later, my heart function was well above normal."

Two years later, Dena and her husband decided to try for another baby. And Dr. Fahey coordinated the care with Dena's obstetrician every step of the way. The result: Dena's daughter Whitney was delivered last August with far fewer complications, and Dena's heart function remains normal.

"My daughter Whitney is proof that coordinated care can prevent critical problems and make the unbelievable, believable," she says.

And now Dena is showing thanks for the positive impact Florida Hospital made for her. "I now serve on the board of the Cardiovascular Institute Foundation and am so excited to help raise program funds for the new Florida Hospital for Women."

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

## PREVIEW THE NEW WOMEN'S HOSPITAL

Florida Hospital for Women, set to open this fall, is changing the face of health care for women. For a sneak peek of new obstetric and delivery rooms, visit us at [FHBestinCare.com](https://www.FHBestinCare.com).

**HEALTH**  
*tips*

## MEET THE PERSON WHO GROWS YOUR FOOD

Visit your local farmers market this weekend and make it a family affair. By letting kids pick out their favorite fruits and vegetables, you're encouraging healthier snacks they want to eat.

# Voice of Experience

In a critical moment, Erica Sanfilippo's doctor knew just what to do and how to comfort.



Pamela Snook,  
MD, Obstetrics and  
Gynecology

For Erica Sanfilippo, giving birth to her second baby seemed like a walk in the park. While in labor at The Dr. P. Phillips Baby Place at Winter Park Memorial Hospital, a Florida Hospital, she only had to push three times before her son, Jackson, was born. All in all, delivery was a breeze. It's what came afterward that was difficult.

## A SEEMINGLY TYPICAL RECOVERY

"I couldn't believe how easy and fast everything seemed to go," says Erica. "Both baby and I were doing great and bonding. The nurses were coming in every 15 minutes massaging my stomach and making sure everything was OK."

By now it was mid-morning and Erica was passing several very large blood clots, which is not uncommon. Two hours after delivering, it was time to move upstairs to the Mommy & Me Suite. As she stood up, she passed several more clots.

"By this time I was getting worried," Erica recalls. "A few minutes later I started feeling very faint and my ears were popping."

Erica had gone pale and her blood pressure dropped to 70/30.

## QUICK THINKING SAVES THE DAY

Erica's obstetrician, Pamela Snook, MD, who'd delivered Jackson, was only a few steps away and acted swiftly. She removed all the clots while massaging Erica's uterus to help stop the bleeding.

Holding baby Jackson, Erica Sanfilippo with her mother, Kimberly, husband, David, and daughter, Emma.



## GET A LOOK INSIDE THE BABY PLACE

Having a baby is one of the most wonderful experiences you can have. And, the Dr. P. Phillips Baby Place is dedicated to making your experience as relaxing, positive and memorable as it can be. See for yourself at [FHBestinCare.com](http://FHBestinCare.com).

One reason Dr. Snook knew exactly what to do was because she experienced the same thing during her own pregnancy. "This has given me a new perspective on how scary it can be," she says.

After receiving four units of blood, Erica started to feel better. In fact, by 7 pm, she was eating dinner and walking around.

## WHAT CAUSED IT?

"Most commonly, postpartum hemorrhage is due to a condition called uterine atony," says Dr. Snook. "It's where the uterus doesn't contract down naturally as well as it should."

Certain conditions can predispose a woman to a postpartum hemorrhage, such as giving birth to more than five children, having an infection of the uterus, delivering a large baby, or experiencing very rapid labor, Dr. Snook explains.

"However, most of the time there are not any identifiable risk factors," she says.

Today, Erica and Jackson are happy and healthy. "I'm so thankful for the nurses that were with me. They made sure I was comfortable," says Erica. "I'm afraid to think of what might have happened if the nurses and Dr. Snook didn't respond as fast as they did."

HEALTH  
tips

## ACKNOWLEDGE THE GIFTS AROUND YOU

Enjoy the blessings of the natural world today — sunlight, fresh air, water, natural remedies and animals.





We're the  
**No. 1 hospital  
in Florida,**  
according to  
U.S. News and World  
Report.



*The skill to heal. The spirit to care.®*

Florida Hospital  
601 East Rollins Street  
Orlando, FL 32803

NONPROFIT ORG  
US POSTAGE  
PAID  
BEST IN CARE

## YOU COULD BE FEATURED IN AN UPCOMING ISSUE!

Tell us how Florida Hospital saved your life, or a loved one's, by submitting your story or posting a photo on Twitter or Instagram using the hashtag #FHSavedMyHeart. For more details, visit [FHSavedMyHeart.com](http://FHSavedMyHeart.com).



share your own story at  
**FHSavedMyHeart.com**

### Chef Edwin's Table

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



## Glazed Salmon over Pineapple Wheat Berry Salad

Prep time: 6 minutes; marinade time: 30 minutes; cook time: 15 minutes.

### INGREDIENTS

#### For Wheat Berry Salad:

¾ cup wheat berries  
3 cups water  
6 tablespoons pineapple salsa  
3 cups arugula

#### For Salmon:

18 ounces fresh salmon fillet cut into six 3-ounce servings  
2½ tablespoons maple syrup  
2 teaspoons spicy brown mustard  
⅓ cup pineapple, diced  
1 fresh jalapeño (seeds removed), diced  
1 pinch kosher salt  
¼ teaspoon ground black pepper  
3 tablespoons green onions, thinly sliced

### DIRECTIONS

1. Place wheat berries in bowl filled with cold water and let soak overnight.
2. Rinse wheat berries thoroughly and drain. Place in a saucepan with 3 cups water, and bring to a boil. Cover saucepan and simmer for about 1 hour, until grains are tender and chewy. Drain and cool completely.
3. Combine pineapple salsa with wheat berries and arugula.
4. Preheat oven to 350 degrees.
5. In small skillet, whisk together maple syrup, mustard, pineapple and jalapeños. Simmer over low heat until pineapple is tender. Remove from stove and set aside.
6. Season salmon with salt and pepper, brush maple syrup glaze on salmon (reserving some for garnish) and bake for 12 minutes.
7. Serve fish over wheat berry salad and drizzle remaining glaze on top. Garnish with green onions.

### Nutrition facts per serving (serves 6):

280 calories, 5.7g fat, 1.1g saturated fat, 38.3mg cholesterol, 432.7mg sodium, 33.6g carbohydrates, 4g fiber, 9.2g sugar, 22.1g protein



**SOURCE: BICYQ1**

*Best in Care*, a publication of Florida Hospital, is provided to disseminate health-related information to its subscribers and the general public. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines. If you have feedback on *Best in Care*, tell us at [BIEditor@FLHosp.org](mailto:BIEditor@FLHosp.org).