



FLORIDA  
HOSPITAL

# best in care

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

Women and Children



## Heart of a Champion

Xhosa Fray-Chinn  
discovers he has a heart  
condition in a most  
unlikely way **PAGE 6**

### ALSO IN THIS ISSUE:

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- ▲ 4 treatment options for fibroids **PAGE 4**
- ▲ Try this easy marinade for tofu **PAGE 8**

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



*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 Crohn's disease, fibroids and pediatric cardiology, 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).**



## HEALTH ON THE GO

Florida Hospital wants to make taking care of your health a little more convenient.

Florida Hospital Healthy 100 Women's Mobile Wellness, a new fully loaded vehicle, is bringing health screenings to Central Florida women where they work, live and worship. The women's health center on wheels offers digital screening mammography, heel ultrasound bone-density tests, electrocardiograms (EKGs), and body mass index (BMI) and skin analysis. It also offers wellness and therapeutic services, including massage and hand treatments.

There is no charge to bring Women's Mobile Wellness to your next event, and most insurance plans are accepted. Additionally, all services offered use the same advanced, high-quality technology that's available at all Florida Hospital and Florida Radiology Imaging locations.

### BRING WELLNESS TO YOUR NEXT EVENT

To schedule Healthy 100 Women's Mobile Wellness, call **(407) 303-BEST (2378)**.



#### DID YOU KNOW?

# 7,689 miles

**The distance over which researchers at the Florida Hospital Nicholson Center, with the US Department of Defense, are targeting robotic telesurgery across the world. The hope is that someday doctors stateside could perform surgery on wounded warriors in battlefield hospitals overseas.**

## Best in Care in Print, Online, Anytime

We know you're busy and may not have time to sit down and read *Best in Care: Women and Children* in one sitting. That's why we've enhanced our website at **FHBestinCare.com**. The reconfigured site allows you to dive deeper into stories, see additional photos, view patient and physician videos, and browse past issues.

You're also able to register and view upcoming online seminars, grab a tasty and healthy recipe, request appointments with our featured physicians and learn more about their backgrounds in the bio section. Soon, you'll be able to view past online seminars as well.

Concerned about an older relative or friend? An e-version of *Best in Care* magazine, just like the print version, is available at the top of the site.

If you're social, we've launched a new Facebook page at **Facebook.com/FloridaHospitalBestinCare** where you can interact with us. No matter how you wish to receive the magazine, we're available for you in print, online and at any time!



### CHECK IT OUT TODAY

Access this issue of *Best in Care: Women and Children* online at **FHBestinCare.com**.

# Ahead of the Game

Geoffrey Weekes takes action to treat Crohn's disease.



Teresa deBeche-Adams, MD, Colon and Rectal Surgery

As an all-star athlete for most of his life, Geoffrey Weekes felt he was unstoppable. From basketball to soccer, he dominated every sport he tried. Originally from the island of St. Lucia, he went to Boys & Girls High School in Brooklyn, New York, for his senior year. In the years after high school, his favorite sport was running.

"I could run 5 to 10 miles easily," says Geoffrey, now 30. "I was getting really close to Olympic qualifying times for the 2-mile run." Though he was not trying to qualify for the Olympics, Geoffrey had a goal to match the times of others who had.

However, during his first year in the US Army in 2004, Geoffrey started feeling symptoms he couldn't shake.

"I was experiencing severe abdominal pain, vomiting and diarrhea," recalls Geoffrey. "Whenever I would try to run, I would vomit."

After several hospital visits, Geoffrey was diagnosed with Crohn's disease in 2006. He was 24.

"At that age, I couldn't believe I had a disease that would never go away," Geoffrey says.

## TAKING A BIG STEP

Geoffrey's health took a turn for the worse in 2012. Normally 180 pounds, his weight plummeted to 130.

"I had at least six emergency room visits and no matter what they gave me, I never got better," remembers Geoffrey. "I was taking all type of medications every day, sometimes up to 14 pills a day."

Finally in November 2012, Geoffrey asked his wife to take him to Florida Hospital East Orlando.

"Everything changed from there," says Geoffrey. "The doctors at Florida Hospital worked together to properly diagnose my condition as well as decide the best option for treatment."

While there's no known cure for Crohn's disease, therapies can greatly reduce the signs and symptoms and even bring about long-term remission. With treatment, many people with Crohn's disease are able to function well.

Geoffrey Weekes was diagnosed with Crohn's disease at age 24.



## What Is Crohn's Disease?

Crohn's disease is a lifelong inflammatory bowel disease that may affect any part of the gastrointestinal tract from mouth to anus, causing a wide variety of symptoms. It primarily causes abdominal pain, diarrhea, vomiting and/or weight loss but may also cause complications outside the gastrointestinal tract.

After running several tests and trying different medications, Teresa deBeche-Adams, MD, colon and rectal surgeon at Florida Hospital East Orlando, recommended Geoffrey undergo laparoscopic ileocolectomy, a surgical procedure that removes a diseased section of the small bowel and ascending colon.

"While the surgery won't get rid of Crohn's disease," explains Dr. deBeche-Adams, "a strict diet along with exercise will help Geoffrey get his life back on track."

## LOOKING AHEAD

Seven months after surgery, Geoffrey is slowly returning to his normal routine, and his symptoms are no longer keeping him tethered to home. After eight years in the military, he works as a pharmacy technician and plans on attending pharmacy school. He enjoys spending time with his wife, son and daughter, and still takes part in sports and outdoor activities.

"I'm 100 percent positive that without surgery, I wouldn't be where I'm at today," says Geoffrey. "I believe I made the right decision by going to Florida Hospital."

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## MANAGING UNIMAGINABLE CONDITIONS: CROHN'S, COLITIS AND IBS

Join Dr. deBeche-Adams at 7:00 pm, July 23, for a FREE online seminar as she discusses Crohn's disease management and treatments. Register online at [FHBESTINCARE.COM/WEBINAR](http://FHBESTINCARE.COM/WEBINAR).

HEALTHY  
100 tips

## OPTIMISM IS ON YOUR SIDE

Optimism helps you believe you have what it takes to be mentally and physically active on a regular basis. When you have setbacks, an optimistic outlook will help you get back on track.



# Put a Stop to Pain

Millions of women suffer from fibroids. Our women's health specialists share your many options for treatment.



Georgine Lamvu,  
MD, Gynecology



Scott Shill, MD,  
Interventional  
Radiology

They are symptomatic of the decade or two before menopause. Uterine growths that cause bleeding, pain or other problems in more than a third of women—and they're the most common cause of hysterectomies in the United States.

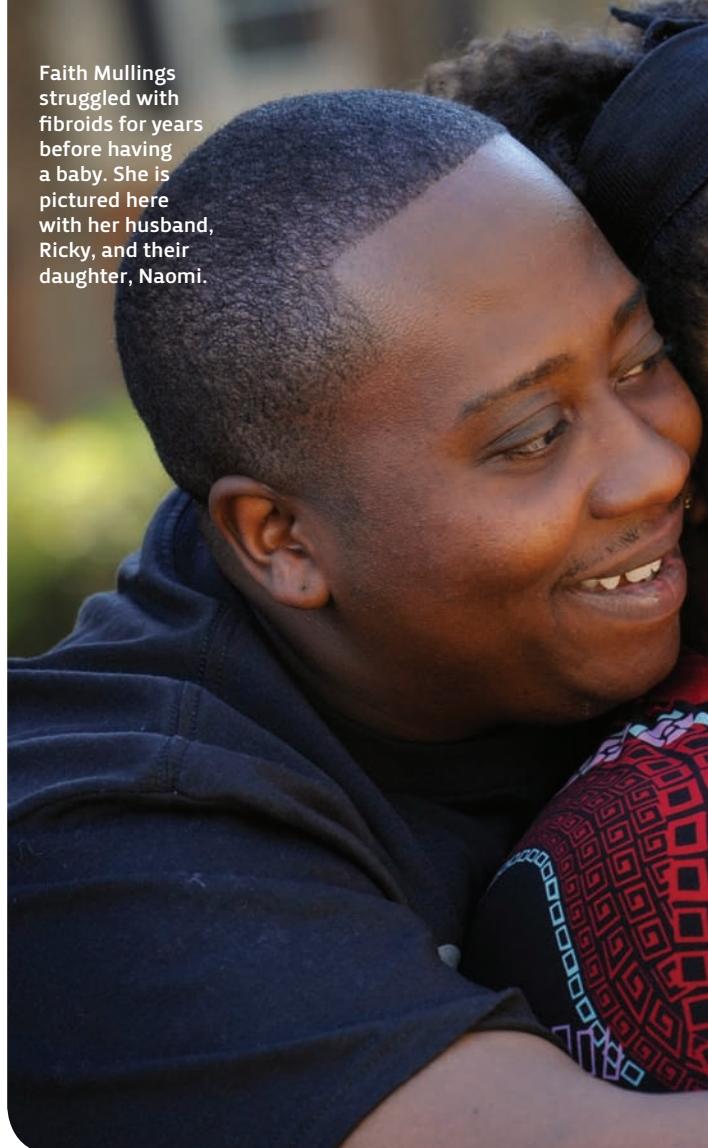
For something so common, fibroids are very much a mystery. No one knows precisely what causes the abnormal muscle-like growths, although hormones play a role. Sometimes fibroids can be small, and more than two-thirds of all women have them with no symptoms. Yet some small fibroids can cause serious bleeding or pain, or grow over time.

About 40 percent of women experience symptoms, such

as severe pain, heavy bleeding, or bladder or bowel dysfunction, most in their late 30s and 40s. Many of these conditions can be addressed using minimally invasive treatments.

For decades, open surgery was the only treatment. Georgine Lamvu, MD, gynecology medical director, and Scott Shill, MD, interventional radiology section chief, both with Florida Hospital Orlando, outline your options, including a few new advances:

Faith Mullings struggled with fibroids for years before having a baby. She is pictured here with her husband, Ricky, and their daughter, Naomi.



## UTERINE ARTERY EMBOLIZATION

An interventional radiologist inserts a guidewire into the artery feeding the tumor and adds small embolic particles (about the size of a grain of sand) to block blood flow so the fibroid shrinks. It's an alternative to surgery, and patients typically spend a day in the hospital, says Dr. Shill.

## FOCUSED ULTRASOUND

Sound waves are used to dissolve noncancerous tumors. Lying in a specially equipped magnetic resonance imaging (MRI) machine, the growth is bombarded with high-frequency ultrasound beams at targeted spots, heating them to 180 degrees. A MRI is used to track the volume and temperature of the fibroid after each zap. The treated growth shrinks and is reabsorbed later by the body. This is a technology that is gaining popularity among patients, says Dr. Shill.

## HEALTHY 100 tips

### GET CHECKUPS

See your doctor or nurse for regular checkups as often as directed. Get seen right away if you feel sick, have pain, notice changes or have problems with medicine.





#### MINIMALLY INVASIVE SURGERY

Minimally invasive procedures, using the da Vinci® Robotic Surgical System, are making recovery easier and faster. While hysterectomy is a proven way to resolve fibroids, it may not be the best treatment for every woman. If you hope to later become pregnant, you may want to consider myomectomy, a uterine-preserving procedure performed to remove fibroids. (See sidebar for Faith Mullings' experience with this treatment.)

#### MEDICATION

If you desire to preserve your fertility, medications may help stop or shrink fibroids. "All these options are good news," says Dr. Lamvu. "As we develop more less-invasive procedures, we'll be able to treat women earlier."

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#### SAY GOODBYE TO PELVIC PAIN

Join Dr. Lamvu at 7:00 pm, August 1, online as she discusses causes of pelvic pain — including endometriosis, uterine fibroids, urinary tract diseases and chronic bladder irritation — and treatment options (surgical and nonsurgical), and how to care for your pelvic health at any stage of life. Register online at [FHBESTINCARE.COM/WEBINAR](http://FHBESTINCARE.COM/WEBINAR).

#### Watch Faith's Video

Watch exclusive video of Faith describing her experiences at [FHBESTINCARE.COM](http://FHBESTINCARE.COM). Click on Faith's story to access this bonus feature.

#### Preserving Her Options

For Faith Mullings, 28, and her husband, Ricky Williams, of Orlando, fibroid tumors and cysts led to years of trying to conceive. Just when she had decided on surgery, Faith discovered she was expecting.

After their daughter, Naomi, was born in December 2011, Faith's tumor doubled in size. She consulted several doctors who insisted she have a hysterectomy.

Wanting more children and reluctant to lose her uterus, she turned to Georgine Lamvu, MD, gynecology medical director at Florida Hospital Orlando, who listened to her concerns and outlined options. Last December, Faith underwent robotic myomectomy, a minimally invasive surgery to remove fibroid tumors while leaving her uterus intact.

"Dr. Lamvu gave me peace of mind," says Faith. "She was very good at explaining the procedure thoroughly so we knew exactly what to expect."

Today, Faith no longer suffers from pain, and she looks forward to enrolling in nursing school and having more children.

HEALTHY  
100 tips

#### SPEND TIME WITH LOVED ONES

Times with family and friends can bring great moments and can help you enjoy a long and fulfilling life.

# Prime of Life

A surprising series of events brings to light Xhosa Fray-Chinn's serious heart condition.



**Marcos S. Hazday, MD, Clinical Cardiac Electrophysiology**



**Constantine Mavroudis, MD, Congenital Cardiac Surgery**



**Agustin Ramos, MD, Pediatric Cardiology**

Last July, then 17-year-old basketball star Xhosa (pronounced "COH-sa") Fray-Chinn paced up and down the court during a YMCA league game at Avalon Middle School in Orlando.

His father, Vernon, coached from the sidelines, and his mother, Karen, and sister cheered from the stands. As Karen chatted with another mom, she noticed a fallen player on the ground. It was her son, Xhosa.

"I immediately ran over. He'd recently had his wisdom teeth removed, so I was worried that he'd been hit in the mouth," remembers Karen. "But when I got there, he wasn't responding, and I lost it."

Xhosa experienced sudden cardiac arrest. He stopped breathing, and his heart stopped beating.

## STEPS TO SAVE A LIFE

Vernon, who'd received CPR recertification a week earlier, ran to his son to begin CPR. Paramedics were called immediately.

While Vernon performed CPR, Karen recalled seeing an automated external defibrillator (AED) in the school and frantically asked people to find it. AEDs are portable devices used to check and treat sudden cardiac arrest. If needed, AEDs can send electric shocks to the heart to attempt to restore normal rhythms.

The AED was located. Vernon and a nurse who happened to be in the audience began working on Xhosa. After receiving a second shock via the AED, Xhosa's heart began beating in a regular pattern, but he remained unconscious. Vernon continued CPR.

## A SHOCKING DIAGNOSIS

The paramedics arrived and quickly took Xhosa to Florida Hospital East Orlando, where he was stabilized. Then he was transported to *Florida Hospital for Children* and placed under the care of Agustin Ramos, MD, pediatric cardiologist.

After extensive testing, Dr. Ramos and a team of doctors determined Xhosa suffered from hypertrophic cardiomyopathy, a cardiac muscle disease and the most common cause of sudden death in people under age 35.

Dr. Ramos concluded Xhosa's body temperature should be lowered quickly due to swelling on his brain.

It worked. An MRI, performed two days later, showed no signs of brain damage.

"We were very happy that he appeared normal from a neurological standpoint, because that's the biggest risk for cardiac arrest survivors," explains Dr. Ramos. "A lack of oxygen, even for a few minutes, can cause significant brain damage."

When Xhosa's body temperature returned to normal, Dr. Ramos prescribed medication to avoid a recurrence of arrhythmia, which typically causes cardiac arrest.

## A NEEDED SURGERY

Dr. Ramos, Constantine Mavroudis, MD, and Marcos S. Hazday, MD, decided an internal defibrillator was Xhosa's best chance to prevent future cardiac arrest. Xhosa's family took the recommendation, and a permanent defibrillator was implanted. Just over two weeks had passed since his collapse on the court.

Before surgery, Xhosa vaguely recalls being surrounded by friends.

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## IS YOUR YOUNG ATHLETE HEART-HEALTHY?

Join Bhavya Trivedi, MD, PhD, pediatric heart specialist, at 7:00 pm, July 18, for a FREE online seminar on long QT syndrome, cardiac arrhythmias and hypertrophic cardiomyopathy (an inherited tendency to develop an overly enlarged and thickened heart), putting some young athletes who appear healthy and in top physical condition at higher-than-normal risk of sudden, potentially fatal heart rhythm disturbances or cardiac arrest. Register today at [FHBESTinCare.com/webinar](http://FHBESTinCare.com/webinar).

**HEALTHY  
100 tips**

## THE POWER OF PRAYER

Frequent prayer, whether public or private, is associated with better health and emotional well-being and lower levels of psychological distress.

An athletic standout from an early age, Xhosa Fray-Chinn is channeling his talents through coaching fourth-graders at his local YMCA. Inset: Xhosa pictured with his family.



**“He’s realizing he’s here for a bigger purpose in life.”**  
—Karen, Xhosa Fray-Chinn’s mother

“I didn’t remember anything, from the time I collapsed to the time I woke up in the hospital,” says Xhosa. “I just remember being surrounded by friends and family every day.”

Xhosa says he wasn’t in much pain after the operation. He celebrated his 18th birthday two days after leaving the hospital.

#### WHAT'S NEXT FOR XHOSA

A basketball standout from the age of 5, Xhosa had accepted a full athletic scholarship to Central Georgia Technical College, where he looked forward to playing college basketball. Because of his condition, doctors advised him against playing competitive sports.

“He’s a great kid and he’s never given me an ounce of trouble,” says his mother, smiling. “He’s realizing he’s here for a bigger purpose in life.”

Xhosa enjoys playing video games, hanging out with friends and drawing. While his plans have changed, his future includes obtaining his Associate of Art degree at Seminole State College in Sanford, and pursuing engineering or architecture at the University of Central Florida. He also has returned to basketball, this time coaching two basketball teams of fourth-graders at his local YMCA.

“It would have been tragic had there not been an AED nearby,” says Karen. “But Vern, the AED and all the amazing measures that took place guaranteed that he’s still here.”

Dr. Ramos credits the quick action that was taken after Xhosa first collapsed. “His father saved his life, and he’s the real hero in this story,” says Dr. Ramos.

#### Watch Xhosa's Video

Watch exclusive video of Xhosa and his family describing their experiences at [FHBESTINCARE.COM](http://FHBESTINCARE.COM). Click on Xhosa's story to access this bonus feature.

## HEALTHY 100 tips

### DURING ADVERSITY, KEEP A POSITIVE ATTITUDE

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

# Health Events

for you at Florida Hospital

Join us online for FREE health discussions of interest to your family. All events take place online at 7:00 pm from the comfort of your own home computer. Register in advance at [FHBestinCare.com/webinar](http://FHBestinCare.com/webinar) and then come back for the lecture.


**JULY  
18**

## Preventing Sudden Cardiac Arrest in Young Athletes

Join Dr. Trivedi, pediatric cardiologist, for a discussion of long QT syndrome, cardiac arrhythmias and hypertrophic cardiomyopathy (an inherited tendency to develop an overly enlarged and thickened heart), putting some young athletes who appear in top physical condition at higher-than-normal risk of sudden, potentially fatal heart rhythm disturbances or cardiac arrest. [See full article on page 6.](#)


**JULY  
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## Managing Unimaginable Conditions: Crohn's, Colitis and IBS

Abdominal pain, irregularity and other stomach issues can be signs of serious illness, including Crohn's disease and ulcerative colitis. Dr. deBeche-Adams gives an overview of each disease and available treatments. [See full article on page 3.](#)

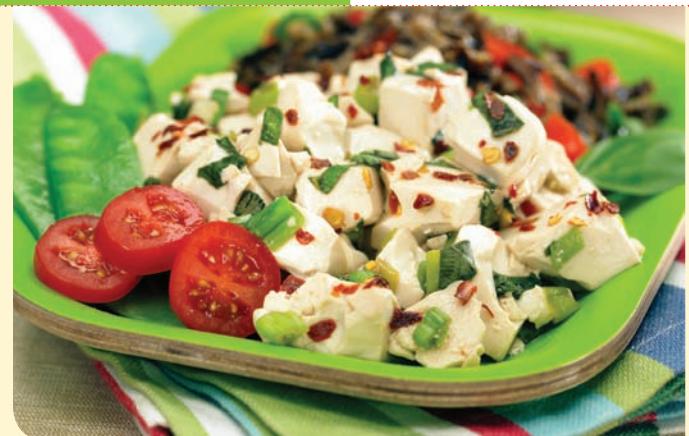
**AUG  
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## Say Goodbye to Pelvic Pain

Dr. Lamvu will outline causes of pelvic pain — including endometriosis, uterine fibroids, urinary tract diseases and chronic bladder irritation — as well as treatment options and how to care for your pelvic health at any stage of your life. [See full article on page 4.](#)



## Healthy Recipe



## Basil Tofu Recipe

Yields four servings. Prep time: 10 minutes (not including 1-hour marinating time); Cook time: 10 minutes.

### INGREDIENTS

1/4 c. lower-sodium soy sauce  
 1/2 c. chopped fresh basil, divided  
 1/2 tsp. crushed red pepper flakes, divided  
 1 (16-oz.) package firm tofu, drained, cut into cubes  
 1 c. low-sodium chicken broth or vegetable broth  
 1 Tbsp. ginger root, peeled and minced  
 4 green onions, thinly sliced  
 4 garlic cloves, minced  
 2 c. cooked brown rice

### DIRECTIONS

- In medium bowl combine soy sauce, 1/4 c. of basil and 1/4 tsp. of red pepper flakes. Add tofu cubes; turn to coat. Cover and refrigerate 1 hour, turning occasionally.
- Remove tofu from marinade; reserve marinade. Place tofu in medium saucepan over medium heat; cook 5 minutes. Stir in broth, ginger, green onions, garlic, remaining 1/4 c. basil and 1/4 tsp. red pepper flakes. Add 1 Tbsp. of reserved marinade; cook and stir until heated through. Serve over brown rice.

### Nutrition facts per serving (serves 4):

230 calories, 9 g fat, 1 g saturated fat, 6 mg cholesterol, 295 mg sodium, 27 g carbohydrate, 3 g fiber, 11 g protein