



FLORIDA
HOSPITAL

best ⁱⁿ care

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

Women and Children

Back in Tune

Gitanjali Srivastava
learned firsthand the
dangers of pregnancy
weight gain

PAGE 7

ALSO IN THIS ISSUE:

- ▲ Quick action from bystanders saves one man's life **PAGE 3**
- ▲ Why bladder cancer is hard to diagnose in women **PAGE 6**
- ▲ Try our Creole-spiced chicken recipe **PAGE 8**



Get Cooking!

Chef Edwin shares his healthy, easy recipe ideas. See 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'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 information on 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 BICeditor@FLHosp.org.**



Liz Blissett

The Battle After Breast Cancer

Imagine fighting cancer only to learn you now have to face a new, incurable disease.

That's what happened to Liz Blissett, who was diagnosed with breast cancer at age 32. She underwent surgery and radiation, and almost immediately developed lymphedema, a condition involving fluid retention and tissue swelling. Even more heartbreaking, her mother was battling breast cancer at the same time.

Lymphedema often occurs in those who've had surgery and radiation treatments for breast cancer. Now, a lymphedema therapy program at Eden Spa at Florida Hospital — which caters to the specific needs of patients with cancer — offers new hope.

Part of Liz's therapy involves wearing a compression garment on her arm, which has allowed her to return to an active lifestyle.

Read Liz's full story and discover other stories of hope and healing online at FHBestinCare.com.



Chris Mairn

BACK ON COURSE

When Chris Mairn's back hurt last spring, he blamed an aggressive workout schedule and assumed the pain would go away. But then during a round of golf, his favorite pastime, he lost the feeling in his right leg.

Initial tests at the emergency department of Winter Park Memorial Hospital, a Florida Hospital, revealed a pinched nerve.

Chris, 34, of Maitland, had gone from being an active father of three to wondering how he would roll out of bed each morning.

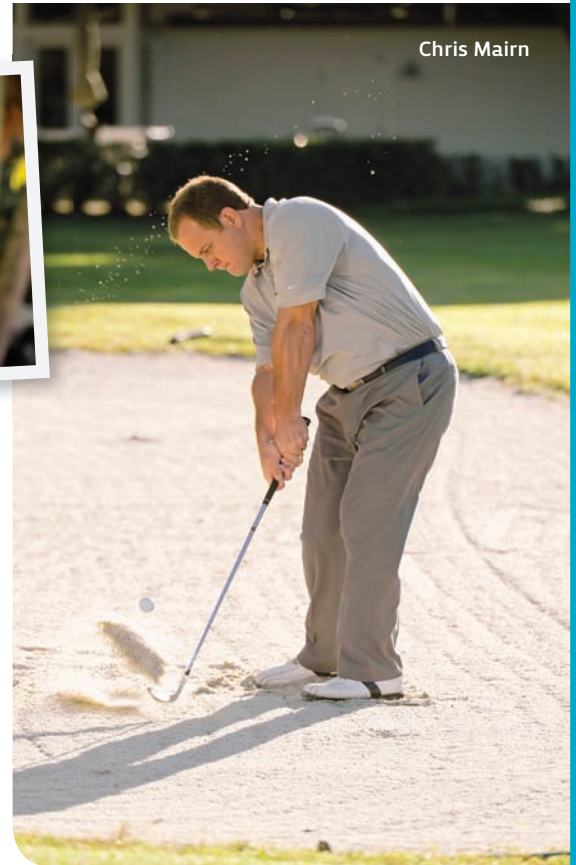
When medication and rest didn't alleviate the pain, he sought help from John Jenkins, MD, a neurosurgeon who practices at Winter Park Memorial Hospital.

Additional tests revealed a ruptured disk was pressing on Chris' sciatic nerve and causing the intense pain and numbness.

Dr. Jenkins says lower back pain affects up to 90 percent of people, and of those, only about 1 percent have pain resulting from a ruptured disk. Most of the time, the pain improves without intervention, but that wasn't the case for Chris.

Last April, he underwent a 90-minute outpatient surgery. When he woke, he could feel his leg again and even walked out of the hospital. Extremely pleased, Chris says of Dr. Jenkins, "He personally checked on me. He went out of his way to help me."

Today, Chris has finished rehabilitation, and he's back to his busy life — including golf.



John Jenkins, MD,
Neurosurgery

FEB

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YOUR SPINE: AN INSIDE LOOK

Most of us will experience a backache at some point. If you've overdone it, join Dr. Jenkins at 5:30 pm, February 19, at Winter Park Memorial Hospital, as he explains the anatomy of your back, treatments to manage pain, and what can be done to improve your range of motion. Save your seat by calling **(407) 303-BEST (2378)** today!



A Killer Workout

Larry Goss (center) was given lifesaving CPR by Juan Calix-Hernandez (left) and Florida Hospital first-year resident physician Chris Buelvas, MD.

Larry Goss survives sudden cardiac death with the help of several bystanders at the gym, including a physician.

Six months ago, Larry Goss, 44, of Apopka, was getting in an early workout at a local gym with his friend Juan Calix-Hernandez. As the two were walking on treadmills, Larry collapsed.

"It was scary. We were talking about World Cup soccer and he just dropped," recalls Juan. As Larry turned blue, Juan began cardiopulmonary resuscitation (CPR).

A TRAINED BYSTANDER

Chris Buelvas, MD, a first-year resident physician with Florida Hospital's Family Medicine Residency program at Winter Park Memorial Hospital, a Florida Hospital, was at the gym that day, too. When he spotted Larry on the ground, he immediately ran to help.

Noticing Larry's blue lips, Dr. Buelvas took over CPR and yelled for an automated external defibrillator (AED), a portable device that checks the heart's rhythm and can administer shocks to restore normal rhythm.

After assessing Larry, Dr. Buelvas administered a shock to restore Larry's heartbeat. No response. More CPR followed, and a second shock yielded a faint pulse. But Larry was still unconscious. As Dr. Buelvas continued CPR, paramedics arrived and transported Larry to Florida Hospital Altamonte.

FIGHTING FOR LIFE

Juan and Dr. Buelvas met the medical team in the emergency department and provided as many details as possible to aid in Larry's treatment.

As the team worked to save him, an electrocardiogram (EKG) suggested decreased blood flow, indicating a blockage. Rajesh Shah, MD, interventional

cardiologist, rushed Larry to the catheterization lab, where fellow interventional cardiologist Nipon Arora, MD, performed a diagnostic angiogram to obtain detailed images of Larry's heart anatomy.

Dr. Arora noticed multiple artery blockages from coronary heart disease that required repair by emergency coronary bypass surgery. So, he quickly made the arrangements with Kevin Accola, MD, a cardiovascular surgeon at the Florida Hospital Cardiovascular Institute.

Larry was transported via Florida Hospital's Florida Flight 1 air ambulance, and his surgery took place immediately.

A MIRACLE OF SURVIVAL

"Larry suffered sudden cardiac death at the gym," explains Dr. Shah. "Essentially, his heart went into an abnormal electrical rhythm because of blocked arteries, causing him to have no oxygen or blood supply to his heart muscle."

The road to recovery will take time, but Larry has already resumed his workouts at the gym.

"I'm told it's a miracle I survived," says Larry, who plans to become a certified personal trainer. "I want to make sure others understand the importance of living a healthy lifestyle."

SPOT THE DIFFERENCE

Do you know the difference between sudden cardiac arrest and a heart attack? Visit FHBestinCare.com and learn more from our infographic. Be sure to look for Larry's story!



Kevin Accola, MD,
Cardiovascular
Surgery



Nipon Arora, MD,
Cardiovascular
Medicine/
Interventional
Cardiology



Chris Buelvas, MD,
MBA, MHA, Family
Medicine



Rajesh Shah, MD,
Cardiovascular
Medicine/
Interventional
Cardiology

HEALTH
tips

TAKE A CPR CLASS

Help increase the survival rate for sudden cardiac arrest by getting trained in CPR. This is especially important if you live with someone who is vulnerable to sudden cardiac death. Classes are offered through Florida Hospital.

Right Place, Right Doctor

A rare complication of surgery is corrected using robotic surgery.



Sarat Sabharwal,
MD, Urology

Things were looking up for Lora Strawder, 49, of St. Cloud. After a colon surgery in March 2014, she had returned to work as a medical billing supervisor and was feeling well.

Unfortunately, that feeling was short-lived. A week later, extreme pain wracked Lora's body, and she was so ill she could hardly stand.

Her husband, Billy, took her to the office of the primary care physician for whom she worked. The doctor performed a CT (computed tomography) scan, which showed that Lora's pelvis was filled with fluid. She was quickly admitted to a local hospital where her pelvis was drained. Still, Lora says the pain was so intense that medications provided no relief.

"I was screaming and crying so loudly, my family could hear me in the waiting room," she says.

SEEKING ANSWERS

Over six weeks, Lora consulted with several local doctors, one of whom called Sarat Sabharwal, MD, a urologist who practices at Winter Park Memorial Hospital, a Florida Hospital.

Dr. Sabharwal told Lora to come to his office immediately and stayed late to see her. Upon examination, he discovered one of Lora's ureters, the tubes that carry urine away from the kidneys to the bladder, had detached. A rare complication of colorectal surgery, a detached ureter can be life-threatening or lead to permanent kidney damage. For Lora, who also has type 1 diabetes, the situation was especially serious.



Lora Strawder is now back to work after surgical treatment for a detached ureter.

A ROBOTIC SOLUTION

Lora underwent minimally invasive surgery with Dr. Sabharwal shortly thereafter. Dr. Sabharwal, who is specially trained in robotics, used the da Vinci® Robotic Surgical System because of its enhanced vision and exact precision. And because the device is less invasive, recovery is usually faster than after traditional surgery.

After a five-hour surgery, Lora made a full recovery and returned to work in July. Of Dr. Sabharwal, she says, "He did an awesome job!"

She was so impressed with the care and compassion she received that she continues to drive to Winter Park as needed for follow-up care.

FEB

12

FACING KIDNEY ISSUES?

Join Dr. Sabharwal at 5:30 pm, February 12, at Winter Park Memorial Hospital. He'll discuss kidney conditions and available treatments, including minimally invasive surgery. Reserve your seat by calling **(407) 303-BEST (2378)**.

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.

Easing Kids' Fears

A creative approach makes oncology treatments much less intimidating for one youngster.



Dennis Borrero, MD, Pediatric Hematology/Oncology

When Joshua Chambers was 3, he visited *Florida Hospital for Children* for his first bone-marrow biopsy. That's when Emily Onderick, a child life specialist in the pediatric outpatient procedures and sedation unit, asked him where he would go if he could go anywhere. His response: the moon.



Fouad M. Hajjar, MD, Pediatric Hematology/Oncology

Next thing he knew, Joshua was in his "rocket" (aka wheelchair) and off to the launch pad. His team of doctors and nurses traveled alongside with their arms stretched out like planes all the way from the fifth floor to the ground floor, where they did the procedure. Meanwhile, Joshua was laughing and pointing out imaginary planets the entire way.

While hooking him up to the monitors, they explained how all of this was needed for the moon trip, so he allowed it without a problem. They even counted down to blastoff, when anesthesia was given to him through an IV.

Joshua had been diagnosed with high-risk acute lymphoblastic leukemia and would need treatments three or four days a week, so a creative approach was key.

HOPE IN THE HOSPITAL

It's clear to see, Emily takes her role as a child life specialist seriously. Whether it's stringing beads together, leading art activities or bringing in animals as part of the pet therapy program, the goal is to create a hope-filled environment.

"There are times when Emily gets everyone involved," says Joshua's mother, Mina Chambers.



Joshua Chambers and his "mission control" team.

CREATIVE CARE FOR KIDS

If you like this story, visit us online and learn how a nicotine patch helped 5-year-old Karen Macon overcome epileptic seizures. Visit us online at FHBESTINCARE.COM.

"The nurses, the docs and us as well. She has made sea goggles out of pipe cleaners and moon helmets from glow sticks."

The physicians who treated Joshua, Fouad M. Hajjar, MD, the medical director of the Children's Center for Cancer and Blood Diseases at Florida Hospital Cancer Institute, and Dennis Borrero, MD, a pediatric hematology/oncology specialist, are equally attentive.

"Not only were they saving Joshua's life with extraordinary clinical care but supporting him emotionally as well," says Mina. "They get to know each patient, going above and beyond to ensure our families have a positive experience."

Now 5, Joshua comes back to the hospital just once a month. And his imagination? As active as ever.

"We are beyond grateful for the entire Child Life Team, and Drs. Hajjar and Borrero and their team for making the difference in Joshua's journey," says Mina.

HEALTH
tips

DON'T HESITATE TO PLAY

Play is good for the mind, body and spirit. The therapeutic effects help us feel relaxed and cooperative. And it benefits your child emotionally, cognitively and socially.



Girl Power

CeCe Ritter's surprising cancer diagnosis highlights a key concern for women.



Rakesh Patel, MD,
Urology



Inoel Rivera, MD,
Urology

In September 2011, CeCe Ritter, of Grand Island (in Lake County), was an active 47-year-old with an alarming problem: blood in her urine. Although she had been diagnosed with recurrent urinary tract infections (UTIs), CeCe — a vegetarian, triathlete and nurse — knew something more was wrong.

Four months of antibiotics had provided little relief, so she sought out Rakesh Patel, MD, a board-certified urologist who practices in Orlando and Winter Garden. At her initial visit, Dr. Patel performed a cystoscopy, an examination of the bladder through a thin tube, and discovered a tumor. It was removed a few weeks later, but CeCe learned she had transitional cell cancer that had grown into the muscle wall of her bladder.

"I was shocked because I thought bladder cancer was an 'old man's disease,'" says CeCe. "Now, I know women get bladder cancer, too. And because the symptoms can mimic other diseases affecting women, we may be diagnosed later."

A PLAN TO FIGHT BACK

To keep the cancer from spreading, Dr. Patel recommended CeCe undergo removal of her bladder since this type of cancer doesn't respond well to chemotherapy or radiation therapy.

In February 2012, Dr. Patel performed CeCe's surgery and his colleague, Inoel Rivera, MD, created a urinary diversion to redirect urine to an external ostomy bag.

Getting used to the ostomy bag was challenging, particularly with CeCe's active lifestyle, but she wouldn't give up.

"I learned if you have a urinary diversion, you can still swim, run, cycle, go to the beach, surf and

Florida Hospital is ranked No. 23 in the nation by U.S. News & World Report in Urology.



CeCe Ritter has completed two triathlons since her surgery.

CECE TELLS HER STORY

Watch a special video as CeCe reflects on her experience at FHBestinCare.com.

paddleboard," she says. "There are adjustments, but you find what works and keep moving."

A REMARKABLE RECOVERY

CeCe's now back to work full time. And she's completed two triathlons and a half-marathon since surgery.

"It was a shocking diagnosis, and it surprised me to see a young, healthy woman with bladder cancer," says Dr. Patel. "Now she's paying it forward, starting a support group and 5K run to raise awareness."

For anyone experiencing possible bladder cancer symptoms, such as blood in the urine or changes in bladder habits, CeCe's advice is to immediately see a urologist.

"Dr. Patel put me on the right path and did what was necessary to keep me alive," she says. "Every time I hold one of my grandchildren, I'm grateful."

HEALTH
tips

STAY FOCUSED

Don't be distracted by chaos around you, a lack of sleep or the demands of others. Keep focused on what the real issues are and the choices you want to make.

Gitanjali Srivastava, MD, and her husband, Saurabh Anand (inset), are thankful for the healthy birth of their son, Ayaan.

A Healthy Gain

Even a doctor isn't immune to the struggles of finding the right weight during pregnancy.



Gitanjali Srivastava, MD, Obesity Medicine



Jennifer Swoboda, MD, Obstetrics and Gynecology

When Gitanjali Srivastava, 35, of Orlando, was expecting her first child, she knew the importance of a healthy lifestyle. After all, Gitanjali is an obesity medicine physician with Florida Hospital Celebration Health's Center for Obesity Medicine.

In her first trimester, however, Gitanjali was plagued by morning sickness and was unable to gain weight. Once it passed, she made up for lost time.

"I mistakenly thought I could eat what I wanted in my ensuing trimesters, and I didn't exercise," recalls Gitanjali. She quickly gained over 40 pounds.

HOW MUCH IS TOO MUCH?

What's considered a healthy weight gain depends on a woman's pre-pregnancy weight

and body mass index. Someone who begins pregnancy underweight should gain more than someone who begins it overweight. Studies suggest ethnicity also is a factor.

"Certainly, pregnancy isn't a time to diet," says Jennifer Swoboda, MD, section chair for obstetrics and gynecology at Florida Hospital Celebration Health. "It's a time to think about nutrition that aids the building blocks of your baby's future health."

THE PROBLEM WITH EXTRA POUNDS

The risks of excessive weight gain include:

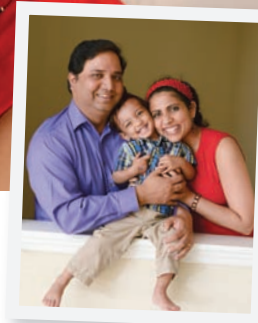
- Preeclampsia. High blood pressure, swelling, headaches and vision changes are a few of the symptoms. If untreated, preeclampsia can lead to eclampsia, putting mom and baby at serious risk.
 - Gestational diabetes. Babies whose mothers develop gestational diabetes have a higher risk of diabetes.
 - C-section complications. Too much weight may slow healing and could lead to infections.
 - Delivery problems. Larger babies can have shoulder and possibly nerve injuries. Later, they face increased risk for obesity and other chronic diseases.
- Being too thin isn't healthy either. Women who don't gain enough weight may put their babies at risk for lower birth weights and premature births.

HOW TO STAY HEALTHY

"I know firsthand about the struggles of pregnancy weight gain," remembers Gitanjali. "Luckily, it's never too late to make positive changes."

In her case, she started taking daily walks, eating natural foods and getting enough sleep. Her son, Ayaan, now 2, was born with some respiratory distress but quickly recovered.

Now, Gitanjali teaches expecting moms to choose fresh fruits and vegetables, avoid processed foods and follow modified exercises. "Pregnancy is positively affected by good choices," she says.



Happy 15th Birthday, Baby Place!

Since 1999, more than 24,000 babies have been born at Florida Hospital Celebration Health's Baby Place. With the touches of a five-star hotel, the facility lets parents-to-be focus on the joys of pregnancy. Our prenatal care featuring 4-D ultrasound enables families to see their babies in the womb through live video streaming. Private, spacious delivery suites have flat-screen TVs and accommodations for loved ones. After delivery, lactation consultations and parent education classes are readily available. Throughout this special time, board-certified physicians and highly trained obstetric nurses provide compassionate care. Because of these features and others, Florida Hospital Celebration Health was recently designated a "Baby-Friendly Hospital" by Baby-Friendly USA.

GET SUPPORT FROM US

Struggling with weight issues? Specialists at Florida Hospital Celebration Health's Center for Obesity Medicine can help. To learn more or schedule an appointment, call **(407) 303-BEST (2378)**.

HEALTH tips

A STRONG DIET EQUALS STRONG BONES

Eating foods rich in calcium and vitamin D makes your bones stronger. Milk, yogurt, cheese, broccoli, canned salmon and orange juice are excellent sources.

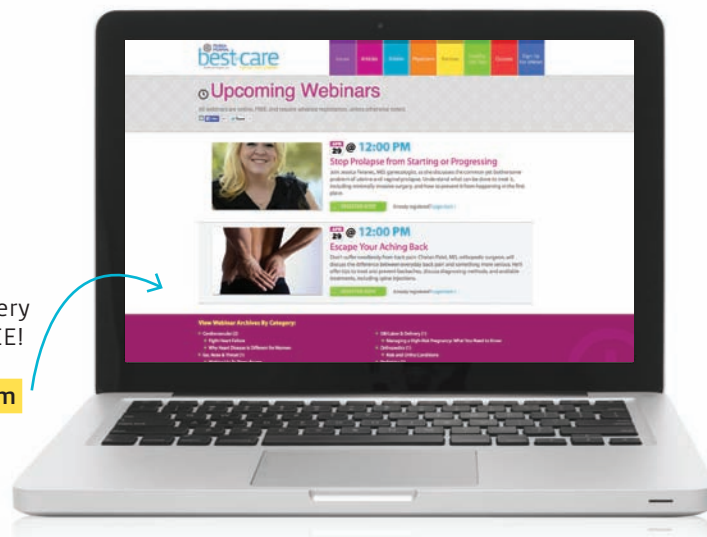
GOT HEALTH QUESTIONS? GET ANSWERS

SEARCH OUR ONLINE VIDEO LIBRARY OR SIGN UP FOR A SEMINAR.

Best in Care offers a variety of online health education seminars featuring Florida Hospital specialists discussing various health conditions, risk factors, symptoms and the latest treatments.

If your busy schedule won't allow you to attend a live event, not to worry! Our webinars are recorded and archived in an online video gallery that can be viewed anytime at FHBestinCare.com/webinar. All are FREE!

For a full list of upcoming events or to register, visit FHBestinCare.com or call (407) 303-BEST (2378).



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!



Creole-Spiced Marinated Chicken

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

INGREDIENTS

| | |
|--------------------------------|--------------------------|
| 4 four-ounce pieces of chicken | 3/4 teaspoon coriander |
| 1/4 teaspoon olive oil | 2 teaspoons fresh garlic |
| 1 teaspoon cumin | 1/2 teaspoon kosher salt |
| 1 teaspoon paprika | 2-3 tablespoons |
| 1/4 teaspoon cayenne pepper | lemon juice |

DIRECTIONS

1. To make marinade, blend all ingredients except chicken together. Marinate chicken in blended mixture for at least 30 minutes.
2. Preheat oven to 350 degrees. Place chicken on prepared sheet pan and bake until internal temperature reaches 165 degrees, approximately 15 minutes.

Nutrition facts per serving (serves 4):

121 calories, 2 g total fat, 0.1 g sat fat, 56.9 mg cholesterol, 153.4 mg sodium, 1 g carbohydrates, 0.2 g fiber, 0 g sugar, 23.4 g protein

