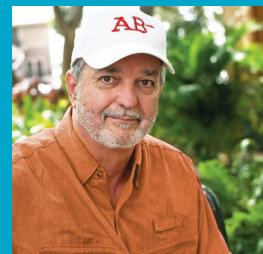


# Waterman Wellness

Extending the Healing Ministry of Christ



Mike Ahearn found pain relief with joint replacement. **pg 3**



Community support helps temporarily disadvantaged and uninsured. **pg 6**

When to call the doc  
Sawyer Blackman received expert pediatric care at Florida Hospital Waterman

## Watch Waterman Wellness

Lake Sumter Television  
Brighthouse Ch. 498,  
Comcast Ch. 13 and FL Cable 4  
Mon.: 8:30 a.m. and 4:30 p.m.  
Tues./Thurs.: 8:30 a.m. and 5 p.m.  
Wed.: 10 a.m. and 4 p.m.  
Fri.: 4:30 p.m. and 8 p.m.  
Sat.: 8:30 a.m. and 8:30 p.m.



[WatermanWellness.com](http://WatermanWellness.com)



# Healthy holiday eating

## Put red and green on your Christmas dish list

Chances are, you plan to deck the halls for a very merry holiday season. And what better way to evoke the spirit of Christmas past, present and future than with a traditional red and green color scheme?

Bring those holiday hues into your festive feasts, and you're sure to keep good health on the menu—even as you sample the occasional treat.

### 'Tis always the season

A number of fresh reds and greens are in the produce aisles now, waiting to star in your winter meals. Look for red foods, such as apples, beets, cranberries, red bell peppers and pomegranates. And go for green ones, like Brussels sprouts, kiwi, kale and (again) apples.

Of course you don't have to stop there. Almost anything you could wish for is available year-round in the frozen food section. Frozen fruits and veggies are just as nutritious as fresh—if you skip those with added sugar, fat or salt.

### Get a jump start on a healthy new year!

A new year—and possibly a new you—is just around the corner. The Conry CREATION Health Center at Florida Hospital Waterman will host a number of fun, educational and inspirational health and wellness classes in 2016.



#### GET IN GEAR FOR THE NEW YEAR

Visit [ConryCREATIONHealth.com](http://ConryCREATIONHealth.com) for a complete class listing.



## FLORIDA HOSPITAL WATERMAN

WATERMAN WELLNESS is published as a community service for the friends and patrons of Florida Hospital Waterman, 1000 Waterman Way, Tavares, FL 32778-5266. To unsubscribe, call 352-253-3388.

Information in WATERMAN WELLNESS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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## Roasted acorn squash with wild rice and pecan stuffing

Makes 6 servings.

### Ingredients

- 4½ pounds acorn squash (fresh)
- 1 tablespoon olive oil/canola oil blend (divided in half)
- 1 tablespoon maple syrup (100 percent)
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ½ cup wild rice (dry)
- ⅔ cup pecan pieces (chopped)
- 1 tablespoon extra-virgin olive oil
- ½ cup yellow onion (freshly diced)
- 1 cup celery (freshly diced)
- ⅓ tablespoon thyme (freshly minced)
- ½ cup dried cranberries
- ¼ teaspoon salt
- 1 teaspoon balsamic vinegar

### Directions

- Use small to medium acorn squash, about 1 to 1½ pounds each. Wash and cut in half. Scoop out seeds and place halves on a pan with cut side up. Brush ½ tablespoon of extra-virgin olive oil and maple syrup

onto each half. Sprinkle with salt and pepper. Roast at 350 degrees until tender, about 20 to 30 minutes.

- Place wild rice in a pot of cold water and bring to a boil. Simmer and cook until a third of the rice opens, about 30 minutes. Drain and set aside.
- Place pecans on a pan and toast at 300 degrees until fragrant, about 5 minutes. Set aside.
- Heat ½ tablespoon of olive oil/canola oil blend in a pan and sauté onions and celery until tender. Remove from pan and place in large bowl. Add thyme, dried cranberries, salt, pepper, olive oil, balsamic vinegar, cooked wild rice and toasted pecans. Mix to incorporate.
- Stuff into cooked acorn squash (each will hold about ½ cup of stuffing).

### Nutrition information

Serving size: ½ of an acorn squash and ½ cup stuffing.  
Amount per serving:  
434 calories, 16.4g fat,  
7g fiber.

# Parting with pain

An informed decision helped Mike Ahearn kick the fear of surgery

**Fear** of a painful recovery, endless physical therapy and the general inconveniences of a knee replacement procedure are enough to make anyone hesitate.

Mike Ahearn, of Leesburg, knew these fears all too well after hearing horror stories from his family and friends whose experiences were less-than-desirable. However, after 33 years of wear and tear from serving on the Chicago Fire Department, Ahearn's severe knee pain sent him searching for relief.



Donald Perry, MD

His journey began after his wife, Dianne, read about an educational seminar hosted by orthopedic surgeon Donald Perry, MD. After scheduling an appointment and performing a formal evaluation, Dr. Perry suggested full knee replacements on both knees.

"In cases such as Mr. Ahearn's where there is severe, widespread damage from arthritis, a total knee replacement is typically the only viable option to achieve optimal outcomes for the patient," Dr. Perry says.

A custom knee joint was constructed before Ahearn underwent his first surgery at Florida Hospital Waterman Joint Replacement Center.

"We used an MRI in order to get the exact measurements needed to create a custom-built implant, which identically matches the anatomy of the patient's knee," Dr. Perry says.

After a date was scheduled for the surgery, the couple attended a pre-surgery joint replacement education class. This class is designed to inform knee replacement recipients of what to expect before, during and after surgery, as well as instruct the patient about pain management and other important topics.

## Finding relief

After a four-day stay in the hospital, which included inpatient physical therapy, Ahearn continued his recovery with 12 in-home physical therapy sessions.

"I was up and walking before I left the hospital and with minimal pain, just stiffness," he says. He also has significantly less concerns heading into the second surgery.

"We try to make the experience as painless as possible with a highly controlled pain regimen that begins prior to the surgery and continues throughout and after the surgery," Dr. Perry says. "A carefully calculated combination of anti-inflammatory and pain medications, a judicious use of narcotics, and muscle-sparing techniques used during surgery come together to achieve a nearly painless experience."

Ahearn wants others to understand that they shouldn't let the fear of a painful surgery stand in the way of achieving long-term relief.

"Find a doctor who you are comfortable with. I can now do whatever I want to do. Would I want to go ice skating? Probably not," he chuckles. "But I can run. I can jog. I can ride a bike. It just takes a little getting used to when you get the new knee."



**Mike is now able to enjoy traveling with friends and family after his knee replacement.**



Expert advice could be the first step to a pain-free life.  
Visit [FHWatermanOrtho.com](http://FHWatermanOrtho.com).

# Is it more than just a cough?

Knowing the right time to contact your pediatrician could save your child's life.

**Coughing,** fevers, runny noses and upset stomachs are all part of raising a child. And so is knowing the right time to contact your pediatrician.

Devon Blackman, of Tavares, didn't imagine she would be taking her son, Sawyer, to the hospital just a few short days after he showed signs of a fever.

"His fever started on a Thursday evening, and then he progressively got sick throughout the weekend," Devon says. "His breathing was just scary. There was a lot of wheezing and shortness of breath, and he was really frustrated and just uncomfortable. You could tell something was wrong."

Devon and her husband, Taylor, called their pediatrician, Denis Manuel Diaz, MD, who was already very familiar with their 1-year-old son.

## Trust your instincts

Dr. Diaz recommends that parents reach out to their pediatrician when children are experiencing symptoms that can be considered out of the ordinary.



Denis Manuel Diaz, MD

"As a parent, you know your child better than anyone, and you are the best judge of when a situation has escalated beyond the common cold or cough," Dr. Diaz says. "With that being said, there are some signs you should never ignore, such as a high fever, clear signs of dehydration or a severe cough."

This wasn't the first time the Blackmans turned to Dr. Diaz for help. Sawyer was born nearly five weeks prematurely and experienced a severe case of bronchiolitis when he was only four months old.



**Sawyer enjoyed his first birthday thanks to the fast-acting care provided by his pediatrician.**

"Not all premature babies experience complications, but in cases where the respiratory system did not fully develop, it is not uncommon that they will experience reoccurring breathing issues," Dr. Diaz says.

As instructed by Dr. Diaz, the Blackmans performed in-home breathing treatments before taking a more aggressive approach. After several hours with little to no relief, the Blackmans again called Dr. Diaz and he instructed them to come straight to his office Monday morning. "We were probably only there a couple hours before Sawyer was admitted to the hospital," Devon says.

Once at Florida Hospital Waterman, Sawyer was able to get settled and his parents were finally able to get some peace of mind.

"The nursing staff was amazing, and honestly it was a relief just to have some help," Devon says. "Sawyer is such a ham, and when I woke up during one of his breathing treatments at 3 a.m. and the nurses had him giggling and laughing, I knew everything was going to be OK."

In addition to the trouble breathing, Sawyer was having an eczema outbreak that had left him with a rash covering his entire body.

"Studies have shown a link between eczema and respiratory issues," says Dr. Diaz. "In Sawyer's case, his parents now know that the two go hand in hand and that when both are present, it is a clear red flag."

After Sawyer was released from the hospital, preventive breathing treatments became a regular part of life for the Blackman family to avoid a trip back to the hospital.

"We are thankful to know that if another episode occurs, Sawyer will have the support and attention he needs at any hour of the day or night, even on the weekend," Devon says.



## When your child needs it most

Pediatric hospitalist care available 24/7

The team at Florida Hospital Waterman includes board-certified pediatric hospitalists and an experienced pediatric nursing team specializing in the treatment of children in the hospital. Our pediatric hospitalists work closely with your pediatrician to coordinate around-the-clock care for your child. Our pediatric hospitalists provide services such as newborn exams, sick child inpatient visits, emergency room consults and hospital consults.



### DOES YOUR CHILD NEED A PEDIATRICIAN?

Visit [FHWaterman.com](http://FHWaterman.com) for a complete list of local physicians and for more information about the services available at Florida Hospital Waterman Center for Women and Children.

# A place to **turn**

Community support makes health care available for all residents

**It's** a reality most of us fear but few of us face: unemployment.

Unfortunately, that's not the case for J.P. Perry of north Lake County.

"Nearly two years ago, I was laid off from my job after being a good employee for 14 years," Perry says. "At 63 years old, I lost my health care coverage as a result. I never thought I would find myself without health care coverage because I did everything right. I had a good job with insurance. But in one unscripted moment, I lost both."

Perry found help at the Florida Hospital Waterman Community Primary Health Clinic, located in Eustis. The community clinic—supported by the North Lake County Hospital District—and others like it located in Lake County, support federally eligible uninsured residents by providing care to help address the physical, emotional and spiritual needs of our community.

The clinics also help prevent local hospitals from being overwhelmed with minor health issues, Perry points out.

## A helping hand

Without support from the community and North Lake County Hospital District, thousands of Lake County residents like Perry would have difficulty getting the care they need. In addition to the Florida Hospital Waterman Community Primary Health Clinic, the district helps support Florida Hospital Waterman, Leesburg Regional Medical Center, St. Luke's Medical and Dental Clinic, Community Health Centers—Tavares, Leesburg Community Medical Care Center and LifeStream Behavioral Center.

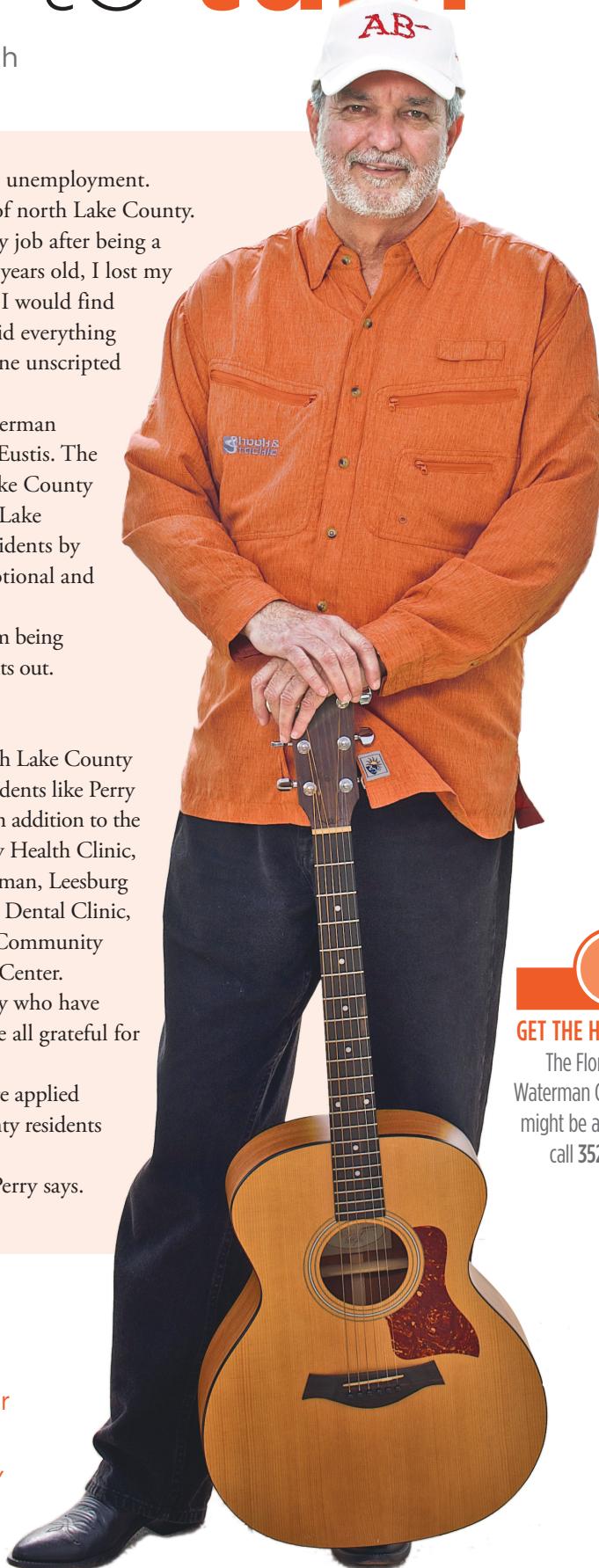
"There are so many people in our community who have experienced the same thing," Perry says. "We are all grateful for our community clinics."

All funds distributed by the hospital district are applied directly to help cover the cost of local Lake County residents who are otherwise unable to pay for their care.

"Our health clinics are a community asset," Perry says. "I don't know where I would be without them."

**"There are so many people in our community who have experienced the same thing. We are all grateful for our community clinics. They also help keep our local hospitals from being overwhelmed with minor health issues."**

*—J.P. Perry*



## GET THE HELP YOU NEED

The Florida Hospital Waterman Community Clinic might be able to help you, call 352-589-2501.

# A little faith goes a long way



A strong support system helped Cynthia DeVos overcome her battle with colon cancer

## Cynthia DeVos,

a pastor at First Presbyterian Church of Mount Dora, credits her passion for helping others as a source of strength throughout her journey to survivorship.

Despite her mother passing from kidney cancer and her sister overcoming her own battle with colon cancer, DeVos didn't worry much about her risk for cancer.

An annual checkup with her primary care physician revealed blood in her stool, and from that day on, her outlook was forever changed.

DeVos was immediately sent for a colonoscopy, which confirmed that she would need surgery to remove a cancerous mass from her colon. Rambabu Tummala, MD, medical oncologist, oversaw her treatment and was an instrumental part of her support system.

After her surgery, Dr. Tummala encouraged chemotherapy as another component to her treatment.

"Chemotherapy treatment after surgery is done to remove microscopic cancer cells that might have been left behind or may have spread to other parts of the body but are too small to be seen on imaging tests," Dr. Tummala says.

Six months after her surgery another tumor appeared in her liver. "Cancerous cells sometimes break off from the main tumor and settle in other parts of the body," Dr. Tummala says. "For those diagnosed with high-risk stage II or stage III colon cancer,



adjuvant chemo is oftentimes recommended to decrease the chance that the cancer will spread."

Following DeVos's second surgery, she endured six months of chemotherapy.

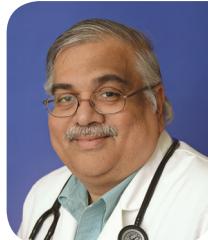
"There were days that I did not want to leave the house, but knowing that I would be helping others through the Word of God motivated me to go to work every day," DeVos says.

She credits her faith, a strong support system, and the compassionate care provided by Dr. Tummala and his office staff for helping her overcome the difficulty she experienced during treatment.

DeVos can now happily say she has been cancer-free for eight years and is an advocate for regular screenings.

"If I had put more thought into it, I could have saved myself a lot of heartache," she says. "I think a lot of people put off having a colonoscopy because of the prep involved, but it saved my life and it can save others too."

"A good rule of thumb to follow if someone in your family has been diagnosed with cancer is to start screening 10 years less than the age of the family member diagnosed," Dr. Tummala recommends. "For instance, if your father was diagnosed when he was 55, you should start having regular screenings by age 45."



Rambabu Tummala, MD



## A COLONOSCOPY SCREENING COULD SAVE YOUR LIFE

Don't hesitate. Call your primary care physician and schedule a screening today. For a list of primary care physicians in your area, visit [FHWaterman.com](http://FHWaterman.com).

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Tavares, FL 32778-5266

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# Classes & Events

Educational and support programs for the residents of Lake County.

## EDUCATIONAL SEMINARS

Call **352-253-3635** to register.

### Hip Replacement

Dec. 17, 1 p.m.  
Mattison Conference Center  
Samir Guru, DO

### Women Over 50: Your Questions Answered

Jan. 14, 1 p.m.  
Mattison Conference Center  
Joel Hallam, DO

### MAKOplasty Robotic Knee Replacement

Jan. 15, 1 p.m.  
FH Villages Center for Health  
Jon Radnothy, DO

### Pain-Free Joint Replacement

Jan. 28, 1 p.m.  
Mattison Conference Center  
Donald Perry, MD

### Smoking Cessation

Tuesdays, Jan. 19 to Feb. 23  
6 p.m.  
Free. Call **1-877-252-6094**  
for more information.



**WAIT, THERE'S MORE**  
Go to [FHWaterman.com](http://FHWaterman.com)  
or call 352-253-3635.

## SUPPORT GROUPS

### Amputee Support Group: W.A.L.K.

(Waterman Amputee & Limb Loss Konnections)  
Fourth Monday of each month,  
6 to 7 p.m.

### Mattison Conference Room B

For amputees and people with limb loss. Call Tracey Estok at **352-253-3892** for more information.

### Breast Cancer Support Group

Third Thursday of each month,  
1:30 to 3 p.m.

### Cancer Institute

### Conference Room

Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

### Cancer Support Group

First Thursday of each month,  
1:30 to 3 p.m.

### Cancer Institute

### Conference Room

Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

### Diabetes Self-Management Support Group

First and third Wednesday of each month, 5 to 6 p.m.

### CREATION Health Center

Led by certified diabetes educators. Call **352-253-3685** for more information.

### Grief and Loss Support Group

Each Monday, 10 a.m. to noon

### CREATION Health Center

Led by bereavement counselors. Call **352-253-3389** for more information.

### GYN Cancer Support Group

Second Tuesday of each

month, noon to 1:30 p.m.

### Cancer Institute

### Conference Room

Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

### Look Good...Feel Better: American Cancer Society Program

Second Monday of every other month, 1:30 to 3:30 p.m.

### Cancer Institute

### Conference Room

Call Latanya Ruiz, MSW, at **352-253-3605** for more information.



JANUARY 30, 2016,  
7:00 P.M.

The Westin Lake Mary  
Red tie optional

Entertainment provided by Violetlectric

For ticket information, call 352-253-3270 or email [Joan.Ordazzo@ahss.org](mailto:Joan.Ordazzo@ahss.org). Proceeds support Florida Hospital Waterman Emergency Department.

 **FLORIDA HOSPITAL  
WATERMAN**  
*Foundation*

### Mended Hearts Support Group for Heart Patients

Second Tuesday of each month, 12:30 to 1:30 p.m.

### CREATION Health Center

Call **352-253-3399** for more information.

### Multiple Sclerosis Support Group: P.U.N. (Pity Us Not)

First Friday of each month, 10 a.m.

### Mattison Conference Room F

Call Lita Higgenbottom at **352-343-8110** for more information.

### Oral, Head and Neck Cancer Support Group

### Held quarterly

### Cancer Institute

### Conference Room

Call Latanya Ruiz, MSW, at **352-253-3605** for more information.

### Overeaters Anonymous

Each Thursday, 5:30 p.m.

### Mattison Conference Room E

Call **352-223-9769** for more information.

### Parkinson's Disease Support Group

Second Monday of each month, 1 to 2:30 p.m.

### CREATION Health Center

Call **352-253-3389** for more information.