

# Waterman Wellness

Extending the Healing Ministry of Christ



How Florida Hospital Waterman kept mom and baby safe. **pg 6**



Breast reduction surgery lifted Laura Fernandez's pain. **pg 7**

**A happy heart**  
Unified emergency care saved John Verkaik's life. Now he's embracing a healthy lifestyle.

## Watch Waterman Wellness

Lake Sumter Television

Brighthouse Ch. 498,

Comcast Ch. 13 and FL Cable 4

Mon.: 8:30 a.m., 4:30 p.m. and 8 p.m.

Tues./Thurs.: 5 p.m.

Wed.: 8:30 a.m. and 4:30 p.m.

Fri.: 8:30 a.m., 4:30 p.m. and 8 p.m.

Sat.: 8:30 a.m. and 8:30 p.m.



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

## Keep your heart healthy all year long



It works for you night and day, year after year. Yet how often do you think about giving that heart of yours some TLC?

By making wise choices and keeping your doctor in the loop, you can help protect yourself against the No. 1 health threat: heart disease. So open your heart to these five ideas:

**Schedule a checkup—and make it routine.** When was your last blood pressure check? Are you due for a cholesterol screening? These tests can help your doctor measure your risk of heart disease, which rises with conditions such as high blood pressure, high cholesterol or diabetes.

**Feed your heart well.** A heart-healthy diet includes eating plenty of fruits, veggies and whole grains and cutting back on foods with artery-clogging cholesterol and saturated fats.

**Step it up.** A sedentary lifestyle boosts your risk for heart disease and some of the health problems that contribute to it. Avoiding the computer or TV after work may help you find the time for heart-healthy workouts, such as 10-minute sessions of brisk walking or cycling. Aim to work these short bouts into your daily schedule so that you get at least 2½ hours of exercise a week. Also try to do some strength training on two days of the week.

The Conry CREATION Health Center at Florida Hospital Waterman offers classes designed to help you successfully begin and sustain a healthier lifestyle. To register

and to learn more, visit **ConryCREATIONHealth.com** or call **352-253-3965**.

Upcoming classes include:

### Diabetes Self-Management Class

**Mondays, 5 to 7 p.m., \$35. Call for upcoming dates.** Learn how

to control your blood sugar; lower your A1C; and manage medications, exercise, meals and sick days.

### Yum Yum Club Cooking School

**Wednesdays, March 2, 16 and 30;**

**6 to 8 p.m.; \$35 per class.** A hands-on, fun way to learn how to stay healthy and eat delicious foods. Instruction by an executive chef with registered dietitians available for questions.

**Fitness For Life Thursdays, Feb. 4 through April 7, 5 to 7 p.m., \$50.**

This 10-session course will help you combine the basics of fitness and strength building with nutritional balance to reach your goals for heart health and weight loss.

**Super Noggin Thursdays, March 3 through May 5, 10 a.m. to noon, \$50.**

A brain fitness program designed to maintain and even improve cognitive functions in adults, including those with normal aging memory problems.

Kale is a superfood, rich in vitamins A, C and B<sub>6</sub>.



## Tuscan kale and bean soup

*Makes 6 servings.*

### Ingredients

- 2 bunches kale
- 2 tablespoons olive oil
- 1 medium onion, thinly sliced
- 1 medium carrot, thinly sliced
- 1 celery stalk including leaves, sliced
- 1 garlic clove, minced
- 3 cups chicken broth or vegetable broth
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (19-ounce) can cannellini beans, rinsed and drained
- 1 teaspoon dried marjoram or oregano
- Shredded Parmesan (optional)

### Directions

Cut stems from kale; slice stems and reserve. Coarsely chop kale leaves; set aside.

In a large Dutch oven, heat oil over medium heat. Add kale stems, onion, carrot, celery and garlic; cook and stir 3 minutes. Stir in broth, tomatoes, beans and marjoram; bring to a boil. Reduce heat and simmer 10 minutes.

Stir in kale leaves. Simmer 5 to 10 minutes or until kale wilts. Serve (sprinkled with Parmesan, if desired).

### Nutrition information

Amount per serving: 145 calories, 6g fat, 0g saturated fat, 0mg cholesterol, 605mg sodium, 20g carbohydrate, 5g fiber, 5g protein.



**PUMP UP YOUR HEART HEALTH**

Visit **ConryCREATIONHealth.com** for a complete class listing.



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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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**Ella Finlayson, of Eustis, is happy to be back on the golf course, pain-free.**

# Walking **pain-free**

**Your** feet are an important part of your overall health. But they are usually taken for granted...until they begin to hurt.

Ella Finlayson, of Eustis, led a very active life. Her favorite places to be were the golf course and tennis court. Then an injury to her ankle caused pain and disability that progressively worsened. She experienced trouble walking, and standing was painful. After working with a physical therapist, with no relief, and then following the advice of her husband, who is a physician, she knew she needed to see a specialist.

## The right diagnosis

She scheduled an appointment with Joanne N. Balkaran, DPM, who diagnosed her with a ruptured tibial tendon, which was confirmed with an MRI. Dr. Balkaran began with a conservative approach of rest, ice, compression and elevation. When an ankle/foot orthosis, which is used to keep the foot and ankle immobilized, didn't help, Dr. Balkaran scheduled her for surgery.

"Unless you isolate the motion of the tendon, it can often be misdiagnosed as a fracture," says Dr. Balkaran. "If strength testing of the tendon reveals pain and



**Joanne N. Balkaran,**  
DPM

## Proper steps

There are steps you can take to take care of your feet. "If you are flat-footed or if you have a high arch, you will need to support the arches in your feet with the proper shoes, especially if you are very active," says Dr. Balkaran.

To help protect your feet and ankles while engaging in physical activity, she recommends that you identify your arch type, then determine your activity. "One shoe will not work for everything," she says. "Make sure the arch is supported

immobilization is unsuccessful, then an MRI is ordered. In most cases, results will show a tendon tear or dysfunction, identifying the reason for the patient's pain."

with proper insoles or inserts. Your foot should fit comfortably without constraint. Watch the wear on your shoes over time. If they begin to show wear on the soles, they should be replaced, especially every 400 to 600 miles. And stretch your feet."

## Keeping her eye on the ball

After an outpatient surgery to repair the tendon and six weeks of non-weight-bearing rest, Finlayson was able to get back on her feet and back to her life.

"My ultimate goal was being able to dance at my daughter Allison's wedding, and I did," Finlayson says. She and her husband recently celebrated their 35th wedding anniversary on an action-filled cruise. She is now back to doing what she loves on the golf course again, even running in small spurts, and hopes to be back to playing tennis soon.



## DON'T LET PAIN SLOW YOU DOWN

Podiatrists specialize in the diagnosis and treatment of foot, ankle and leg problems. Visit [FHWaterman.com](http://FHWaterman.com) to find a physician who can help.



Charlene DeGroot, an emergency services dispatcher, knows how important it is to act quickly at the first sign of a heart attack.



John and Joyce Verkaik enjoy their afternoon smoothie.

# Life can change— in a heartbeat



## GET INVOLVED IN YOUR HEART HEALTH TODAY

Join us for one of our upcoming Heart Month events, where you can learn vital heart health information. Visit [FHWatermanHeart.com](http://FHWatermanHeart.com) to register.

**Soaked** with perspiration, unable to get comfortable and with an extreme heaviness in his chest, John Verkaik, of Eustis, awoke at 4:15 one morning, without even a thought that he was having a heart attack.

“I didn’t think it was that bad, so I walked around for a little bit and laid back down for a while thinking it was just going to pass,” says Verkaik. Joyce Verkaik, John’s wife, insisted they call their daughter, Charlene, who works dispatch at Lake County Emergency Medical Services, hoping she might have a suggestion.

Charlene immediately recognized the signs of a heart attack and instructed her mother to call 911.

“I couldn’t get my mind to believe what was happening until the paramedics arrived and they had me hooked up to the

machines,” says Verkaik. “It just wasn’t happening the way I would have imagined it. I didn’t have intense pain, but rather it felt like someone was just sitting on top of me. I really didn’t want to call 911 because I didn’t want to bother anyone, but I’m glad I did.”

### Integrated, specialized care

Verkaik was taken by ambulance to the emergency department at Florida Hospital Waterman, which has a unified communication system with Lake Emergency Medical Services and other local first responders. The system helps to ensure virtually seamless care from the time of the 911 call to the arrival at the hospital. Lake Emergency Medical Services is equipped to perform an EKG (electrocardiogram) during transport and deliver the results directly from the

ambulance to the hospital.

Once Verkaik arrived at the emergency department, physicians and the medical team were ready to act quickly. He was immediately



Prabhakara B. Kunamneni, MD



**Florida Hospital Waterman** recently received full Chest Pain Center with PCI (percutaneous coronary intervention) accreditation from the Society of Cardiovascular Patient Care. This accreditation verifies that processes are in place to quickly and effectively assess, diagnose and treat patients who may be experiencing a heart attack. Florida Hospital Waterman is among only 12 percent of hospitals nationally that have demonstrated this level of expertise in cardiac patient care.



examined by interventional cardiologist Prabhakara B. Kunamneni, MD, who determined Verkaik would need five stents to reopen the blockages in his heart.

“When a coronary artery becomes narrowed by a buildup of plaque, it reduces blood flow, resulting in chest pain,” says Dr. Kunamneni. “When that artery is completely blocked and the blood can no longer reach the heart, a heart attack results. A stent is a tiny wire mesh tube that is permanently placed in the artery to keep it open.”

### On the road to recovery, reassured from the start

“Right from the start, Dr. Kunamneni showed us all the pictures where John’s stents were put in and explained what else had to be done,” Joyce says. “He made us feel very comfortable; he put us at ease.”

Thanks to the cardiac team, Verkaik is feeling much better. He has changed his diet and is more serious about eating healthy. He even has a smoothie each day that is packed full of green vegetables and

fresh fruit. He also walks and counts his steps every day.

Verkaik says, “I tell some of the guys that I know well enough that I knocked on Heaven’s gates and the Lord said no, not yet. So there must be something He wants me to accomplish yet.”

February is National Heart Month, an entire month dedicated to raising awareness about heart disease prevention. Knowing the signs of a heart attack and when to call 911 saved Verkaik’s life and can save yours too.



## Anatomy of **heart attack** symptoms

**Head:** Light-headedness or sudden dizziness

**Chest:** Pain, pressure, fullness or squeezing in the middle of the chest that lasts more than a few minutes or comes and goes

**Skin:** Cold sweat



**Arm(s), back, jaw, neck, shoulder(s):** Pain or discomfort

**Lungs:** Shortness of breath, with or without chest discomfort

**Stomach:** Nausea or discomfort



### Make the call now

Don’t wait more than five minutes to call 911 if you think you are or someone else is having a heart attack. Fast action can save lives.

Source: American Heart Association



Avery, safe in her parents' arms. BELOW RIGHT: Samantha, her husband, Adam, and his son, Tyler, love to spend quality time with baby Avery at Mount Dora.

## OBSTETRICS

# Protecting Avery

**When** Samantha Linton, of Mount Dora, found out she was pregnant with her first child, she and her husband were thrilled. Her pregnancy was rather routine, until her water broke and labor didn't begin right away.

"I worked my normal shift, not realizing what was happening, but remembered my doctor's instructions to call any time something didn't seem right," Linton says.

"Once the water breaks, it's important that labor begin and the birth occur within 24 hours to help reduce the risk of infection for both mom and baby," says Joel Hallam, DO, OB-GYN. "Although a majority of women never experience their water breaking prior to the start of labor, about 10 percent of women do."

"We talked a good deal about the warning signs of labor beginning, but when it actually happened, I thought it would be more dramatic," Linton says.

Linton was admitted to the Center for Women and Children at Florida Hospital Waterman. Fifteen hours later, Dr. Hallam delivered her beautiful daughter, Avery.

"Dr. Hallam was great; he talked to my husband and me throughout the delivery," Linton says. "He kept us informed every step of the way. I wouldn't have wanted anyone else to deliver my baby."

Linton needed antibiotics while she was in labor. Dr. Hallam explains: "The amniotic sac acts as a defense against bacterial infections for the baby. When we refer to the act of the mother's water breaking, that is when the sac ruptures, and that defense is gone. The longer it takes



Joel Hallam, DO



### READY FOR BABY?

Becoming a first-time mom can be overwhelming, but with the proper preparation you can be ready for just about anything. Visit [FHWaterman.com](http://FHWaterman.com) to sign up for prenatal classes and to schedule a tour of the Center for Women and Children.



for labor to start after the water breaks, the greater the risk of infection for both the mother and baby."

### Complications

Despite precautionary measures, Avery was born with an extremely high white blood cell count. To help fight any potential infection, Avery was admitted to the hospital for two weeks and prescribed around-the-clock antibiotics. "The nurses were like family," Linton says.

She appreciates how the team, knowing the importance of the initial bond between baby and mom, went out of their way to accommodate her and her family.

Dr. Hallam stresses the importance of prenatal education, especially for first-time moms. Prenatal classes cover everything from nutrition during pregnancy to the labor process and postpartum.

### Now home

Avery is home now with her mom, dad and her half-brother and is doing great.

"I cannot emphasize enough how wonderful Dr. Hallam was and how helpful the nurses were. There was never a time that I doubted their care. I wouldn't want my sick baby to be anywhere else," Linton says. "I am truly blessed."

# Don't let **constant pain** weigh you down

**Laura** Fernandez, of Apopka, a seasoned nurse and an avid reader and writer, is used to getting the job done no matter what comes her way. So when the weight of excessive breast tissue caused her terrible upper back and neck pain, she tried just about everything to find relief.

“As a nurse, I am used to taking care of things on my own,” Fernandez says. “I did everything to alleviate the pain and the constant pulling sensation, but nothing seemed to help.”

After attempting pain relievers, physical therapy and a chiropractor, her primary care physician suggested she call Bosshardt and Marzek Plastic Surgery Associates.

## Thorough evaluation



Peter Marzek, MD, FACS

“When a woman has large breasts, we do a thorough evaluation to see if she is a candidate for breast reduction and whether it is a medically necessary procedure,” says

Peter Marzek, MD, FACS. “We will review her expectations, her medical conditions, allergies and medical treatments, and any previous surgeries. We discuss any family history of breast cancer, and mammogram or biopsy results. And, if it is determined to be medically necessary, it should be covered by her health insurance.”

## The procedure

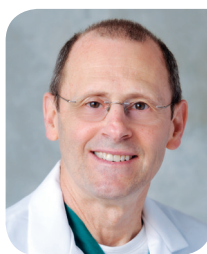
Breast reduction, also known as reduction mammoplasty, removes excess breast fat, glandular tissue and skin to achieve a breast size proportionate to a woman's body and alleviate the discomfort associated with extremely large breasts.

“Women will usually go home the



Laura Fernandez, here with her husband, finally has relief from constant pain.

same day of the surgery. They're rarely taking prescription pain medications more than two or three days, and in most cases they are surprised that the procedure didn't cause as much discomfort as they



Richard Bosshardt, MD, FACS

expected,” says Richard Bosshardt, MD, FACS.

In addition to the general anesthesia provided for the surgery, Drs. Bosshardt and Marzek provide a local anesthetic



## TAKE THE WEIGHT OFF

**Constant pain is something no one should have to deal with, especially if there is a way to achieve relief. If you believe you are a candidate for breast reduction, go to [FHWaterman.com](http://FHWaterman.com) to find a plastic surgeon to help.**

injection to the area of the surgical procedure that gives patients eight to ten hours of near-complete pain relief. This injection helps patients handle any pain they may experience immediately after surgery, when pain is potentially most severe.

“I was very nervous about receiving anesthesia due to a previous bad experience, but the doctors and nurses were very reassuring and explained things over and over again to help ease my concerns,” Fernandez says. “Right before the procedure, we all paused for a moment of prayer, and my heart was finally at peace.”

## Patient satisfaction

Fernandez recalls having absolutely no problem with recovery. “I woke up to my husband by my side, and we just went home where I was able to just take it easy and relax for a few days before returning to work,” she says.

“Breast reduction surgery is where we see the most patient satisfaction in our practice. It is the one operation that I believe is closest to nearly a 100 percent success rate in relieving symptoms,” says Dr. Bosshardt. “Most of our patients tell me after surgery that they wish they had it done years ago.”

# We love a healthy heart

Join us for these heart month events! Registration is required. Call **352-253-3635**.

## Women's Hot Topic Breakfast

Friday, Feb. 5, 8:30 a.m. | Tavares Pavilion on the Lake | Free of charge.

## Your Amazing Heart Event

Friday, Feb. 12, 7 to 9 a.m. | Florida Hospital Waterman | Free health screening, heart-healthy breakfast and tour through the MEGA Heart, a walk-through heart exhibit.

## Cooking for a Healthy Heart

Wednesday, Feb. 17, 5 p.m.  
CREATION Health demonstration kitchen

# Classes & Events

Educational and support programs for the residents of Lake County.



## EDUCATIONAL SEMINARS

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

### Avoiding Sepsis

March 10, 1 p.m.  
Mattison Conference Center  
Louis Guzzi, MD

### Foot Health Lecture and Screening

March 24, 1 p.m.  
Mattison Conference Center  
Matthew Villani, MD

### Is it a Cold, Allergy or My Sinuses?

April 7, 1 p.m.  
Mattison Conference Center  
Michael Freedman, DO

## CLASSES

### Childbirth Classes

Feb. 28 to March 24  
\$60 per couple  
Call **352-253-3367** for information and registration.



## 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.

### 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.