



FLORIDA
HOSPITAL

best in care

SUMMER 2011 | The skill to heal. The spirit to care.

Women and Children

Win a **FREE** book!
See page 2 for details.

An Amazing Journey

Radio personality Jana Sutter blogged about her pregnancy. You could be our next online star!

PAGE 7

ALSO IN THIS ISSUE:

- ▲ Understand the clues your monthly cycle provides **PAGE 3**
- ▲ When to seek the help of a fertility specialist **PAGES 4 & 5**
- ▲ Expert tips for bed-wetting problems **PAGE 6**

Don't Miss
our events! See the calendar on the back cover. To register, call (407) 303-BEST (2378).

JULY
12



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 infertility, bed-wetting and how you can blog with us, 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 BIEditor@FLHosp.org.



WE'RE OPEN!

Florida Hospital is delivering on its promise to transform the way hospitals interact with patients. One example is the *Walt Disney Pavilion at Florida Hospital for Children*, which officially opened in March. Though we've treated children since 1908, this facility allows us to offer a more family-friendly look while offering top-notch customer service to kids and parents.

The seven-story hospital offers 200 dedicated pediatric beds and a devoted team of more than 90 highly trained pediatric sub-specialists covering over 30 pediatric subspecialties, including Central Florida's only Pediatric Bone Marrow and Stem Cell Transplant Program. A level 3, 81-bed neonatal intensive care unit and a pediatric emergency room provide top-quality medical and surgical care.



HOW CAN I HELP MY KIDS BE HEALTHIER?

"I know I should be thinking about my child's nutrition and fitness, but I'm so pressed for time myself. Is there anything to help?"

Healthy 100 Kids is the pediatric health and wellness component of the Healthy 100 movement designed by Florida Hospital for Children to help all kids stay active and live a longer, healthier and happier life. Check it out!

To enroll your children or grandchildren, call **(407) 303-BEST (2378)**.

Win
a **FREE** book!

The first 100 readers to call **(407) 303-BEST (2378)** will receive a **FREE** copy of *8 Secrets of a Healthy 100*, by Des Cummings Jr, PhD, executive vice president of Florida Hospital.



Making Kids Comfortable

Our *tyke-friendly* touches help you and your little one feel at ease in the hospital.

From the moment young patients and their families enter the *Walt Disney Pavilion at Florida Hospital for Children*, they know they're not in just any hospital.

Families are met at the front door by an "Adventure Guide," who transforms their visit into an exciting journey. Trekking through a jungle, they create melodies on musical step pads while Baloo from *The Jungle Book* looks on approvingly. Or, they can follow salmon to see Rutt and Tuke of *Brother Bear* or dance with sea horses on their way to greet Sebastian and Flounder from *The Little Mermaid*.

"A hospital can be an overwhelming place, and we have worked very hard to make each experience special," said Marla Silliman, administrator of *Florida Hospital for Children*. "Our mission is to provide the best care possible for our patients."

Each floor of the hospital also takes design cues from the magical worlds of Disney: Simba's savanna, Ariel's ocean, Mowgli's jungle and the Bear's woods. Nature soundtracks of the jungle, ocean and desert stream through common areas as do subtle scents that capture the essence of these worlds.

Clinical concierge services, music and pet therapy, Disney characters and comfortable, family-centered rooms are only a few of the ways *Florida Hospital for Children* is exceeding your expectations.



Menstrual cycles are a good barometer for your general health.

What's *Normal*, What's Not

Your period can give you important clues about your body. Are you listening?



D. Ashley Hill, MD, Obstetrics and Gynecology

Menstrual disorders are one of the most common reasons women seek help from a gynecologist. Excessively long, heavy or frequent periods can disrupt a woman's life, interfering with her normal activities, her favorite pastimes and her sexuality. But, according to D. Ashley Hill, MD, board-certified gynecologist at Florida Hospital Orlando and medical director of the Center for

Menstrual Disorders, that doesn't need to be the case.

"By understanding what normal menstrual pain and bleeding is, a woman can begin treatment earlier," says Dr. Hill.

What's Normal

- A flow that is light, then gets heavier, then tapers off again
- Having your period every 25 to 35 days
- Mild cramping lasting a few days

What's Not

- Requiring two menstrual products at a time or using more than 10 tampons or pads per day
- Bleeding more than seven days
- Pain affecting your day-to-day life
- Anemia requiring iron or blood transfusions

SMART SOLUTIONS

Most doctors like to categorize menstrual disorders into two groups: abnormal hormones and uterine problems. Generally, most women with irregular periods have a hormonal imbalance or similar problem. This may be treated with medication or intrauterine-device therapy — a small, flexible, hormone-releasing device inserted into the uterus.

Women with regular but heavy periods may have a problem with the uterus, such as a fibroid tumor or uterine polyp. It's important that they speak with their gynecologist soon if they have heavy bleeding. It can cause anemia and fatigue — resulting in absence from work or school or difficulty conceiving, and could even lead to blood transfusions.

"Physicians at the Center for Menstrual Disorders work closely with hematologists, gynecologic oncologists and infertility specialists as needed to create an individualized treatment plan for each woman that may include minimally invasive surgery such as polyp removal and endometrial ablation," explains Dr. Hill.

JULY

19

DO YOU HAVE PERIOD PROBLEMS? LET US HELP

Join Dr. Hill at 5:30 pm, July 19, for a **FREE lecture** at Florida Hospital Orlando on menstrual disorders. Healthy refreshments provided. Reserve your seat by calling **(407) 303-BEST (2378)**.

Get the Facts

- Up to 80 percent of women report pain during menstruation, and about 35 percent of adolescents report missing school as a result of painful periods.
- About one-third of women report heavy menstrual bleeding at some point in their lives.
- Aerobic exercise for at least 30 minutes, three days a week, can reduce cramping and help you fight cravings.

To put a stop to your menstrual problems, make an appointment with a board-certified gynecologist like Dr. Hill. Just call us at **(407) 303-BEST (2378)**.

Growing Families

Help for Endometriosis

More than 5.5 million women have endometriosis, a painful, chronic condition where endometrial cells that line the uterus grow in other areas outside of the uterus.

Each month your body sheds this lining during menstruation. However, some endometrial cells attach themselves to tissue outside the uterus, such as the ovaries or fallopian tubes. While this tissue is usually not cancerous, it can cause pain, irregular bleeding and possible infertility.

The Endometriosis Center at Celebration Health offers comprehensive care in one location.

If you have endometriosis, join a support group offered on the second Tuesday of each month. To learn more, call **(407) 303-BEST (2378)**.

Taking a comprehensive approach to female infertility.

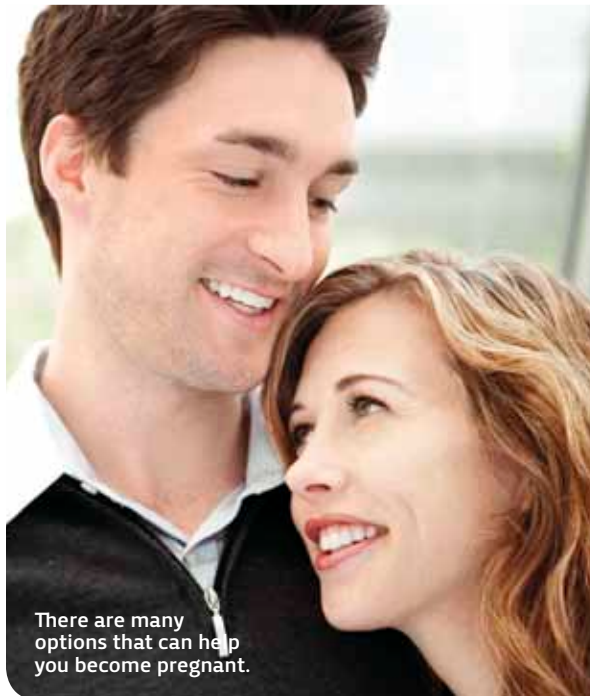


Sejal Dharia Patel, MD, Reproductive Endocrinology

Hearing the heartbeat of your unborn child for the first time is one of life's most jubilant moments. And, if you've struggled to conceive, it's a dream come true.

"Seeing the joy at that moment makes treatment and monitoring worth it," says Sejal Dharia Patel, MD, reproductive endocrinologist at the Center for Reproductive Medicine (CRM). "It's the best part of my job."

Many couples suffer from infertility. In the United States alone, 2.1 million married women are infertile. Causes can include but are not limited to ovulation disorders, endometriosis, tubal disease, uterine anomalies and aging. Depending on the condition preventing pregnancy, a variety of treatments can be performed. These can include the following:



There are many options that can help you become pregnant.

JULY

14

GET YOUR FERTILITY QUESTIONS ANSWERED

Join Dr. Patel at 11:30 am, July 14, at a **FREE lecture** at Celebration Community Center, as she addresses female infertility, available treatment options (including IVF) as well as the physical, emotional and financial issues surrounding infertility. Light lunch provided. Reserve your seat by calling **(407) 303-BEST (2378)**.

- **Medications** can be used to stimulate egg production in women and sperm production in men. It is usually the first approach.
- **In vitro fertilization (IVF)** brings eggs and sperm together in a lab dish to fertilize an egg, which is transferred to a woman's uterus. About 1 percent of babies born in the US are conceived through IVF.
- **Minimally invasive and robotic surgery** can be used to treat problems preventing pregnancy such as fibroids, endometriosis, cysts or structural abnormalities of the uterus. It results in smaller incisions and faster recovery.
- **Egg or sperm donation** may be an option for couples with medical conditions that may compromise fertility, such as cancer. For couples facing a diagnosis of cancer, the Fertility Preservation Center at CRM offers egg and sperm banking prior to chemotherapy and radiation.

WHEN TO SEEK HELP

"One of the most frequently asked questions is when a couple should see a fertility specialist," says Dr. Patel.

The American Society for Reproductive Medicine recommends making an appointment with a fertility specialist if you are under the age of 35 and you and your spouse have tried to conceive unsuccessfully for a year, or if you are over 35 and have tried for more than six months.

"There is always hope," adds Dr. Patel. "The most important thing you can do is educate yourself about your treatment options."

HEALTHY
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TAKE A MENTAL VACATION

Take mental breaks during the day. It can be as simple as walking around the building, power napping, or reading a few pages of your favorite book. You'll "return" to work more refreshed.



Many causes of male infertility can be treated effectively.

Four Causes of Male Infertility

Male infertility can result from a number of factors, which Dr. Patel places in four major categories:

- 1 Hormonal:** Low levels of testosterone may bring about low sperm counts.
- 2 Anatomic:** Obstructions and abnormalities within the male reproductive system may prevent sperm from exiting the testicles.
- 3 Environmental:** A growing body of research reveals that lifestyle, diet, weight and exposure to toxins may cause infertility.
- 4 Genetic:** Defects within the genes may be obstacles to fertility.

If you would like to make an appointment with a physician like Dr. Patel, call **(407) 303-BEST (2378)**.

When It's a *Guy Thing*

Physician sheds new light on treatment options for male infertility.



Zamip Patel, MD, Andrology

Having a child comes naturally for many couples. But it can be heartbreaking for the 15 percent who have trouble conceiving. In about half of these cases, male infertility plays a role. Helping them is what physicians like Zamip Patel, MD, an andrologist at Florida Hospital East Orlando, aim to do.

Andrology is the specialized study of male health with an emphasis on the reproductive system, including erectile dysfunction, various cancers and infertility. Dr. Patel, who is fellowship trained in andrology, has extensive experience solving infertility problems.

A GROWING PROBLEM

"Infertility cases are increasing as many couples wait longer to start families," says Dr. Patel. "It's a common misconception that it's simply a woman's issue."

"Because she is responsible for pregnancy, people often think conception is completely her responsibility. However, you owe it to yourselves to understand male fertility," explains Dr. Patel.

If you and your spouse have tried to conceive for a year without success or if your spouse is older than 35 and you've tried for six months, you should consult a doctor. An examination, including an assessment of your medical history, and certain tests will check for problems with male fertility.

WHAT TO EXPECT

Men can expect to have basic blood tests, a physical exam and a semen analysis, where a sample of sperm is examined in a laboratory to determine the number and quality of sperm.

The good news, Dr. Patel says, is that many causes of male infertility can be treated effectively, from medications to lifestyle changes to surgery.

For instance, blockages in the male reproductive system can often be cleared with minor surgery, and procedures exist to correct varicoceles (a tangle of varicose veins in the scrotum that causes an increase in temperature and negatively impacts sperm production).

In other cases, assisted reproductive techniques such as intrauterine insemination and in vitro fertilization (IVF) may be able to help you and your spouse become pregnant.

"Men shouldn't lose hope or be embarrassed," Dr. Patel says. "There are many options, and in most cases something can be done."

JULY

12

GET THE FACTS ON MALE INFERTILITY

Join us at 5:30 pm, July 12, for a **FREE presentation** at Florida Hospital East Orlando. Dr. Patel will talk about male infertility, the role of testosterone and whether some causes can be corrected. Healthy refreshments provided. Reserve your seat by calling **(407) 303-BEST (2378)**.

HEALTHY
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EAT RIGHT, SLEEP WELL

A snack that combines unsweetened carbohydrates with proteins, such as rice and bananas, can help you sleep at night.



Kids usually grow out of bed-wetting, but a doctor's help may be necessary in certain cases.

Stay-Dry Steps

Here are a few ways to help you and your child cope with bed-wetting:

1 Limit drinks after dinner, and eliminate caffeinated beverages, which make the kidneys produce more liquid.

2 Go before bed. Have your child use the bathroom right before going to sleep.

3 Tell them it's OK to get out of bed to use the bathroom. If you've stressed staying put, your child may be hesitant to break that rule.

4 Change the sheets. Never shame or make your child sleep in a soggy bed.

5 Offer positive reinforcement — a sticker and praise — when your child has a dry night.

Dreaming of **Dry** Nights?

Help your child say good night to bedtime anxiety.



Michael Keating, MD, Pediatric Urology

For parents, nighttime bed-wetting is considered the last hurdle before declaring victory over diapers. However, some children have a harder time than others.

“Nighttime control can lag behind daytime control by a few months to a few years,” says Michael Keating, MD, a board-certified, fellowship-trained pediatric urologist at the *Walt Disney Pavilion at Florida*

Hospital for Children. A preschooler's bladder may still be too small to contain a night's worth of urine. In addition, it takes time to learn to recognize that almost-full feeling, and either wake up or hold it.

Q: *What causes bed-wetting?*

A: Doctors don't know for sure what causes bed-wetting or why it stops. But it's often a natural part of development, and kids usually grow out of it. Most of the time bed-wetting isn't a sign of deeper medical or emotional issues.

Q: *How common is it?*

A: About 20 percent of American children ages 5 and older suffer from nocturnal enuresis, the medical name for bed-wetting.

Q: *When should I call the doctor?*

A: Bed-wetting that begins abruptly or is

accompanied by other symptoms may indicate another medical condition, so talk with your doctor. He or she may check for signs of a urinary tract infection, constipation, bladder problems, diabetes or severe stress.

Call your doctor if your child:

- Starts wetting the bed after being consistently dry for at least six months
- Begins wetting his or her pants during the day
- Complains of a burning sensation or pain when urinating
- Has to urinate frequently
- Is drinking or eating much more than usual
- Has swelling of the feet or ankles
- Is still wetting the bed at age 7

Also, if you're feeling frustrated, tell your doctor. In the meantime, your support and patience can go a long way toward helping your child feel better. Remember, in almost all cases, dry days are just ahead.

AUG

24

WHAT YOU NEED TO KNOW ABOUT BED-WETTING

Join Dr. Keating at 11:30 am, August 24, at a **FREE lecture** at Florida Hospital Orlando, where he'll explain common causes of bed-wetting and how you can help your child overcome the condition. Light lunch provided. Reserve your seat by calling **(407) 303-BEST (2378)**.

HEALTHY
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SMALL CHANGES, BIG RESULTS

Making small changes can affect your health in big ways. Alter your eating habits by trying healthier alternatives such as frozen yogurt instead of ice cream.



Jana Sutter, midday DJ from Orlando's XL106.7 radio station, blogged her pregnancy at 40WeeksWithMe.com.

40 Weeks with Me

Follow other moms on their amazing journey to parenthood on our blog

Pregnancy is an amazing journey. A 40-week adventure with highs, lows, cravings and crib shopping. And no matter what you read, nothing compares to the real thing, the real story told by a real mommy-to-be.

Enter Jana Sutter, midday DJ from Orlando's XL106.7 radio station. She blogged about her baby journey on "40 Weeks with Me" launched by the Dr. P. Phillips Baby Place at Winter Park Memorial Hospital, a Florida Hospital.

She discussed the good (those flutters!), the bad (that swelling!), the ugly (did she mention the swelling?), and the awesome (her beautiful baby girl, Allsbrook, born on Valentine's Day).

"Pregnancy is quite the adventure," says Jana, "and by blogging about it I was able to talk with, share and

prepare for Allsbrook's big arrival with many mommies and mommies-to-be."

About midway through her pregnancy, Jana revealed that Allsbrook was breech, and then a few weeks later, that she had turned.

"Receiving advice and feedback was a great experience and a blessing. It's nice to know that even in the craziest parts of pregnancy we were not alone," she recalls.

DECIDING WHERE TO DELIVER

Jana first visited The Baby Place during the Mother's Day 2010 grand opening as part of her radio show. "While I walked the hallways and took notes for my story, I hoped I would be a 'Baby Place' mom soon," she says.

When Jana and Andy, her husband, learned they were expecting, they toured The Baby Place again. "With all that we had seen, we knew we had to deliver our daughter there," she says.

ALLSBROOK'S ARRIVAL

Baby Allsbrook was born five weeks early via C-section and spent eight days in the neonatal intensive care unit. Jana gives credit to her medical team who kept her informed the entire way.

"A special THANK YOU to the doctors and nurses in the NICU @ the Baby Place. You have one of the most difficult jobs I've ever seen...and yet you gladly do this with a smile on your face. The care, love and patience you gave Allsbrook, Andy & me was overwhelming. Thank you for getting my baby girl to where she needed to be to come home."

Join our next "Mom-to-Be" on her journey to mommyhood at 40WeeksWithMe.com. Want to be a Mommy Blogger? Email us at MommyBlogger@FLHosp.org.

FIND A DOCTOR, TAKE A TOUR

For a **FREE referral** to a physician who delivers at a Florida Hospital Baby Place, call **(407) 303-BEST (2378)**. Undecided on a location? Take a tour to help make the right decision.

HEALTHY
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REVERSE TIME

Turn back the biological clock 15 to 20 years by increasing your aerobic exercise by just 15 to 25 percent. Reverse the aging process with oxygen-boosting physical exercise.

Health Events

for you at Florida Hospital

**JULY
12**

Concerned About Male Infertility?

Explore causes of male infertility, the role of testosterone and whether some causes can be corrected. Healthy refreshments provided. *July 12, 5:30 pm, Florida Hospital East Orlando.* **See full article on page 5.**



YES, I reserved my seat by calling (407) 303-BEST (2378).

**JULY
14**

Conceive Your Dreams

A discussion of female infertility, including treatment options and the physical, emotional and financial issues it can bring. Light lunch provided. *July 14, 11:30 am, Celebration Community Center.* **See full article on page 4.**



YES, I reserved my seat by calling (407) 303-BEST (2378).

**JULY
19**

Period Problems?

Let us help. Attend a Q&A on menstrual disorders and treatment options to help you live better. Healthy refreshments provided. *July 19, 5:30 pm, Florida Hospital Orlando.* **See full article on page 3.**



YES, I reserved my seat by calling (407) 303-BEST (2378).

**AUG
24**

What You Need to Know About Bed-Wetting

Learn common causes of bed-wetting and how you can help your child overcome the condition. Light lunch provided. *August 24, 11:30 am, Florida Hospital Orlando.* **See full article on page 6.**



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Healthy Recipe



Dessert Parfait

This family-friendly recipe is perfect for a summer gathering or a special treat when produce is plentiful.

INGREDIENTS:

1½ c. raspberries
1½ c. blueberries
1½ c. strawberries
⅓ c. granola
¾ c. plain low-fat yogurt

DIRECTIONS:

1. In a 12 oz. cup or bowl, layer ingredients in this order: strawberries, half granola, blueberries, remaining granola, then raspberries.

2. Cover with yogurt.

3. Add a berry for garnish.

Nutrition facts per serving (Serves 6):

Calories: 120, Protein 3.7 g, Carbohydrates 20.4 g, Fiber 3.1 g, Fat 3.6 g, Cholesterol 2 mg, Sodium 25 mg

ACCESS MORE FREE RECIPES ONLINE

For more delicious recipes, visit **Healthy100.org**.