



FLORIDA  
HOSPITAL

# best *in* care

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

*Women and Children*

## Playing It Safe

Student athlete Sara Vicente recovered from a concussion with help from Florida Hospital's Sports Concussion Program

PAGE 4

### ALSO IN THIS ISSUE:

- ▲ 6 tips to reduce your breast cancer risk

PAGE 3

- ▲ Bariatric surgery may resolve diabetes

PAGE 6

- ▲ Minimally invasive treatment for endometriosis and infertility

PAGE 7

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

OCT  
11



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 breast cancer, sports concussions and bariatric surgery, 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).**



Raymund Woo, MD, Pediatric Orthopedics

## LIGHTEN THEIR LOAD

If school days are causing problems for your child's neck or back, a backpack may be to blame. When full, your child's backpack should weigh no more than 15 percent of his or her body weight.

Raymund Woo, MD, a pediatric orthopaedic surgeon at the **Walt Disney Pavilion** at Florida Hospital for Children, shares tips to help your child avoid potential problems:

Adjust straps so that they are snug. The bottom of the backpack should be about two inches above the waist.

Use both straps, which distribute weight across the entire back.

Choose a pack with padded straps.

If there's a waist belt, tighten it across your child's body.

Distribute weight evenly among compartments.

Encourage your child to use his or her locker to store books when not in use.



### DID YOU KNOW?

# No.1 in Orlando

Florida Hospital is ranked the **No. 1 Hospital in the Orlando Metro Area by U.S. News and World Report.** Nationally, Florida Hospital's gynecology program ranked No. 30 and the gastroenterology program ranked No. 45. The rankings were published in the **U.S. News Best Hospitals** guidebook, which went on sale August 30.

For a referral to a doctor from our excellent staff, call **(407) 303-BEST (2378).**



## Spot It Sooner

A **more reliable** way to identify cervical cancer risk.



Giselle Ghurani, MD, Gynecologic Oncologist

Earlier this year, the Food and Drug Administration approved a human papillomavirus (HPV) test that identifies women at greatest risk for developing cervical cancer. The new test identifies two HPV strains that cause 70 percent of cervical cancers — HPV 16 and 18 — as well as other

high-risk strains.

**What are the symptoms?** About 80 percent of US males and females will be infected with HPV in their lifetime. Many are unaware because the virus often has no symptoms, and they unknowingly pass it on through genital contact or intercourse. High-risk HPV strains can cause cervical, vaginal and vulvar cancers in women. Low-risk strains can cause genital warts in both men and women, or no symptoms at all.

**Who should get tested?** HPV tests are given to women over 30 during annual gynecologic exams and to women under 30 who have abnormal Pap smears. "Ninety percent of those infected clear the virus naturally," says Giselle Ghurani, MD, gynecologic oncologist, Florida Hospital Cancer Institute. "It's the other 10 percent who have persistent HPV and must be diligent with annual exams."

**Why get tested?** "While the best prevention is abstinence, HPV tests are key to diagnosing precancerous cells that can lead to cervical cancer," explains Dr. Ghurani. "Women with high-risk strains are more likely to develop the disease, so early detection can save lives."

## Join the Pink Army!

Last year, more than 6,000 "soldiers" enlisted in the Florida Hospital Pink Army to teach others about the importance of annual mammograms and early detection. By joining, you can save lives, have fun and earn free prizes! To learn more and sign up, visit [JoinPinkArmy.com](http://JoinPinkArmy.com).



# Beat Breast Cancer

6 simple things that could help reduce your risk.

You're in your prime, so breast cancer isn't something you worry about unless you have a family history. Regardless of your age, making a few lifestyle changes like the ones below — and better understanding your risk — may significantly reduce your chances of developing the disease.

**1. Get moving!** Studies suggest exercising moderately to vigorously three to four hours a week can reduce your risk by 20 percent. And remember to keep your heart rate above its baseline level for at least 20 continuous minutes. Try brisk walking, biking, jogging or dancing.

**2. Know your family history.** Does breast cancer run in your family? If so, ask your doctor about when you should begin screenings, including annual mammograms and MRIs. Consider testing for the BRCA-1 and BRCA-2 gene mutations, which are linked to an increased risk of breast cancer.

**3. Watch your weight.** Being overweight or obese increases your risk, especially if you put on the weight as an adult. Also, researchers are looking at the link between obesity and cancer recurrence.

**4. Become breast aware.** Even if you're in your 20s or 30s, become familiar with your breasts by performing monthly breast self-exams so you can detect



any change, no matter how small, and then bring it to your doctor's attention immediately.

**5. Have an annual mammogram after age 40.** Catching a tumor early boosts survival significantly: Five-year survival rates can be as high as 98 percent for the earliest-stage localized disease.

**6. Eat a healthy diet.** Plant-based diets are associated with reduced risks for several cancers. Eat five to 10 servings of brightly colored fruits and vegetables daily, as these contain the highest concentration of vitamins. Also, limit red meat to four ounces (the size of a deck of cards) daily and minimize high-calorie foods such as sugary drinks, juices, desserts, refined bread and chips.

Looking for cancer care for yourself or a loved one? The Florida Hospital Cancer Institute provides services at several Florida Hospital locations, including Orlando, Altamonte Springs, East Orlando, Kissimmee, Celebration Health and Winter Park. With so many locations, you can stay close to home and receive excellent, groundbreaking care.

## Does Breast Cancer Run in Your Family?

About 10 percent of all cancers are inherited, says Dawn Lee, genetic counselor with Florida Hospital Cancer Institute. This means that mutations in specific genes are passed from one blood relative to another. Family members who inherit these abnormal genes have a greater chance of developing cancer within their lifetime. The most commonly inherited cancers include breast, ovarian and colon, although other types exist.

If you think you're at risk, it's a good idea to meet with a genetics counselor. She will review your family medical history, discuss the role of genetics in cancer and perform a hereditary cancer risk assessment.



Dawn Lee,  
Genetic  
Counselor

## Check Yourself

For your FREE breast self-exam shower card, call us today at **(407) 303-BEST (2378)**.

OCT

11

### REDUCE YOUR RISK FOR BREAST CANCER

If breast or ovarian cancer runs in your family, get expert advice from Rhonda Harmon, MD, and Dawn Lee, genetic counselor, at our **FREE seminar** at 5:30 pm, October 11. They will share how to reduce your risks. Reserve your seat by calling **(407) 303-BEST (2378)**.

HEALTHY  
100tips

#### COLOR YOURSELF RELAXED

Soak in the beauty of nature: the blue sky and green grass. Research shows that blue and green are relaxing and soothing, and are associated with lower levels of anxiety.



Sara Vicente experienced a concussion after a softball injury earlier this year.

# Caring for Concussions

The Florida Hospital Sports Concussion Program takes head injuries seriously.



Melvin Field, MD,  
Neurological  
Surgery

Dizzy and disoriented after a collision during a softball game earlier this year, Sara Vicente, then a sophomore at University High School in Orlando, knew she had a concussion.

“I got up and went back in to play, but I knew I was hurt,” says Sara. “When the inning ended, my coach took me out of the game.”

Concerned for his daughter, Sara’s dad, Jose, took her to the emergency room. Because she was able to remember her name and wasn’t vomiting, she was discharged that night.



Michael Dougherty,  
Sports Concussion  
Program Manager

When her symptoms didn’t improve after two days, her pediatrician referred her to the Florida Hospital Sports Concussion Program.

The program’s medical team works with more than 17 Central Florida schools to provide 30-minute, pre-season baseline tests for athletes that evaluate verbal memory, visual

memory, reaction time and mental processing speed.

If a head injury occurs, the test shows how an athlete’s brain functioned pre-injury and helps determine when an athlete has healed. A majority of concussions appear normal on a CT scan or MRI because these tests only look at the structure of the brain, not how it functions.

“A concussion is like a power surge in a computer,” says Melvin Field, MD, neurosurgeon and co-medical director of the Florida Hospital Sports Concussion Program and director of the Florida Hospital Neuroscience Institute. “It has to shut down, reboot and, depending on the severity of the injury, could take hours, days or weeks to fully recover.”

Dr. Field cautions that certain brain functions won’t work until the brain heals, which is slowed by both physical and mental strains.

## A REAL CONCERN

According to the American Academy of Pediatrics, the number of emergency department visits for concussions

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### EXERCISE YOUR BODY — AND YOUR BRAIN

A fit mind promotes a fit body, and vice versa. Make sure you are performing daily activities that nurture both.



increased by more than 200 percent in older teens from 1997 to 2007. An 11-year study published in 2011 in the *American Journal of Sports Medicine* found that the high school sports with the highest concussion rates were football, girls' soccer, boys' lacrosse, girls' lacrosse, boys' soccer and wrestling.

"There is no gender, sport or age bias for concussions," says Michael Dougherty, manager, Florida Hospital Sports Concussion Program. "Younger brains heal slower than adult brains, so we must be more cautious and supportive of players who suffer head injuries.

"Our goal is to make sure kids are completely healed before returning to a contact environment," says Dougherty. "We have tools for testing and can gauge when athletes have recovered and can safely return to their sport."

#### A VALUABLE RESOURCE

For coaches, athletes and parents like Jose, the Florida Hospital Sports Concussion Program provides a wealth of information – and enhances recovery. Sara's medical team invited Jose to a concussion clinic, where he learned about symptoms, testing and helping his daughter during recovery. They explained cognitive, physical and emotional issues associated with concussions and what the entire family could do to help Sara recover.

Sara returned to school immediately after her concussion but found it difficult to concentrate. Dougherty provided a note for her teachers and coaches, explaining her limitations during recovery:

OCT

18

## HELPING YOUR CHILD AFTER A CONCUSSION

Hear what you need to know about treatment and returning safely to play after a concussion. If you are a parent or coach, this is your chance to ask questions of Melvin Field, MD, at 5:30 pm, October 18, at Florida Hospital Orlando. Reserve your seat at this **FREE Q&A** by calling **(407) 303-BEST (2378)**.

a ban on video games, a 20- to 30-minute span of homework at a time and a lot of rest.

Sara returned to playing softball three weeks later, when her verbal, visual and physical tests were normal.

"There's no doubt that Sara would not have recovered as quickly as she did if it weren't for this program," says Jose. "Her medical team called and emailed often to check on her and made us feel like she was of the utmost importance to them."

Now in the 11th grade, Sara continues to play catcher for the University High Cougars and is looking forward to an exciting 2011–2012 season.

"Everyone made sure I was completely healed before returning to softball," says Sara. "I hope any athlete who suffers from a concussion has access to a resource like this."



### Signs of a Concussion

If you've sustained a hit or blow to the head, you could have a concussion. Signs and symptoms may occur hours or days after the injury and can include:

- Headache
- Nausea
- Vomiting
- Balance problems
- Dizziness
- Fatigue
- Trouble falling asleep
- Excessive sleep
- Loss of sleep
- Drowsiness
- Light sensitivity
- Noise sensitivity
- Irritability
- Sadness
- Nervousness
- More emotional
- Numbness
- Feeling "slow"
- Feeling "foggy"
- Difficulty concentrating
- Difficulty remembering
- Visual problems

If your child experiences any of these symptoms, seek medical attention immediately for an evaluation.

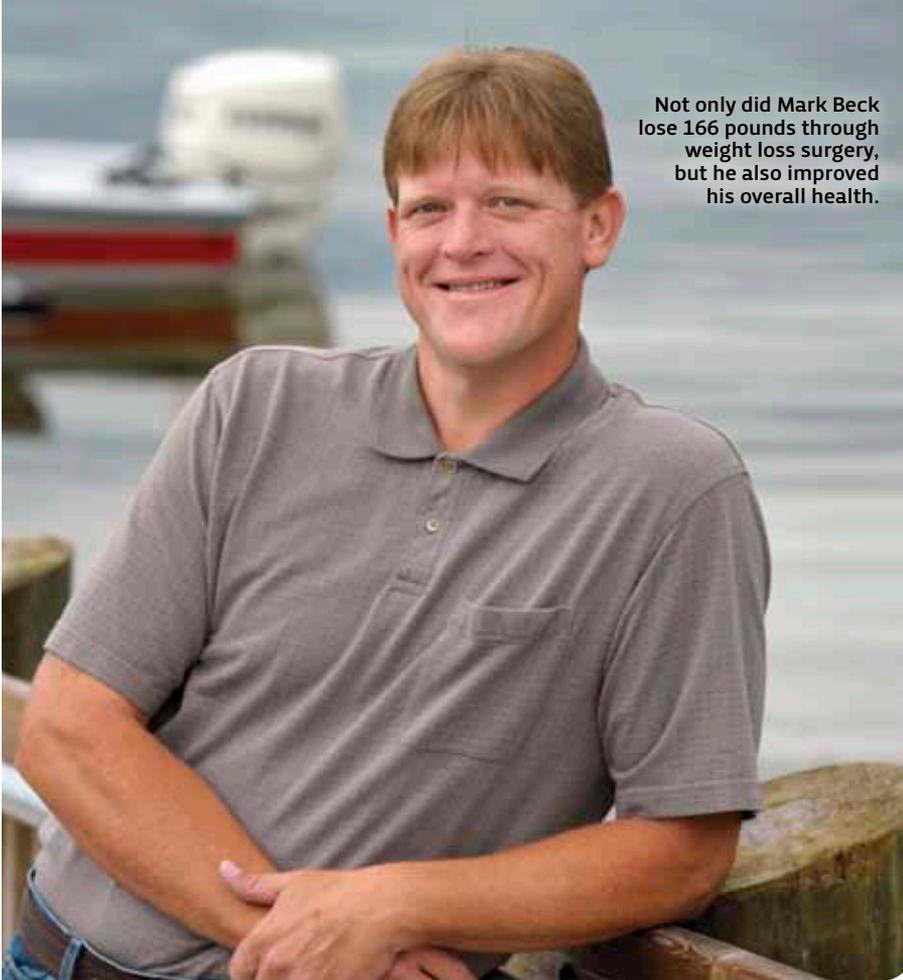


With support from her father, Jose, and the Florida Hospital Sports Concussion Program, Sara Vicente returned to softball in three weeks.

HEALTHY  
100tips

#### EAT YOUR GREENS ... AND YOUR PURPLES AND YELLOWS

When it comes to produce, the more colors you enjoy, the more nutrients you get. Make it your goal to eat five or more fruits and vegetables each day.



Not only did Mark Beck lose 166 pounds through weight loss surgery, but he also improved his overall health.

OCT

25

## IS WEIGHT LOSS SURGERY FOR YOU?

Join us at 5:30 pm, October 25, for a **FREE presentation** at Florida Hospital Celebration Health. Cynthia Buffington, PhD, explains how surgery can help treat obesity, reverse diabetes and lower blood pressure. Reserve your seat by calling **(407) 303-BEST (2378)**. Healthy refreshments provided.

insulin shots. Now, he sleeps through the night and is a healthy 234 pounds.

### TWO BIRDS, ONE STONE

Once seen as a cosmetic tool, bariatric surgery (the umbrella name for several types of weight loss surgery) is becoming more common as a means for resolving serious health issues like type 2 diabetes.

“It’s archaic nowadays to think that this is for cosmetic reasons,” says Keith Kim, MD, co-medical director, Metabolic Medicine & Surgery Institute, Florida Hospital Celebration Health. “These are people who have severe health problems that impact every aspect of their lives.”

In an age when the two biggest threats to national health are the twin troubles of obesity and diabetes, having one surgery that resolves both could be a lifeline for many Americans.

The recognition that bariatric surgery has a far greater health impact than weight loss alone, such as a significant improvement or remission of diabetes, has led to the widespread adoption of the term “metabolic surgery.”

Health organizations — including the American Diabetes Association and the American Heart Association — are suggesting the surgery for diabetics with lower body mass than was originally recommended. Dr. Kim feels the scientific evidence is there to support bariatric surgery as an effective and safe treatment option for diabetes and thinks it will soon be considered a first line treatment option for obesity-associated diabetes.

“The most important reason to have this surgery is because people want to be around for their kids, their grandkids and for the important times in their lives,” adds Dr. Kim. “Diabetes is a severely debilitating disease and this is an effective treatment.”

# Unexpected Gain

Surgery helped Mark Beck say goodbye to excess weight — and diabetes.



Keith Kim, MD,  
Bariatric Services

Mark Beck has been an electrician since graduating from high school in Astatula in Lake County. When the economy dried up, his boss brought him into the office to a desk job. Eventually, he was laid off.

All the while, Mark, 36, saw his weight balloon to more than 400 pounds. His blood pressure and cholesterol rose, and he developed sleep apnea and type 2 diabetes. He tried all kinds of weight loss programs. Nothing worked.

“I knew I only had a few more years to live,” Mark says. “I was depressed, but I had to do something.”

In October 2010, Mark underwent bariatric surgery. Almost immediately, Beck was rid of the pills and

HEALTHY  
100tips

### GET BACK TO BASICS

Foods with less processing and fewer ingredients are, generally, the healthiest for you. Try to ensure the bulk of your diet comes from natural foods.



# And Baby Makes Three

Courtney Ruhff finds relief from endometriosis — and becomes a new mom — with the help of a minimally invasive procedure.



Arnold Advincula,  
MD, Gynecology

Like many newlyweds, Courtney Ruhff and her husband, Jon, were excited to start a family of their own. Early into their journey toward parenthood, Courtney began experiencing pelvic pain and sought help from her doctor, who assured her she would get pregnant in due time. But almost two years later, she was still having problems conceiving and her pelvic pain had grown worse.

After relocating to Central Florida for work, the Ruhffs found a doctor who suspected endometriosis — an abnormal growth of endometrial cells outside the uterus — was causing Courtney's pain and infertility issues. Exploratory surgery was performed, and Courtney's adhesions were removed in May 2009.

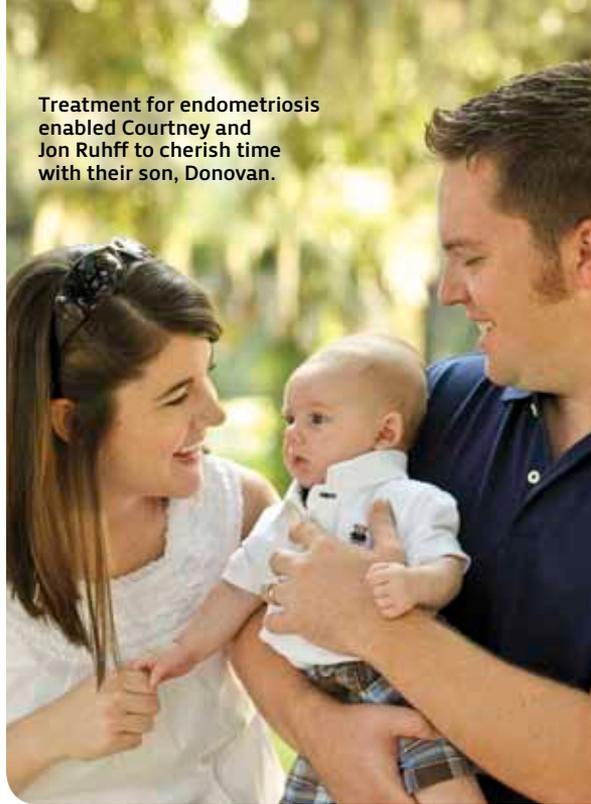
"By that point, I was so accustomed to the pain and aware of that area of my body that I thought it was normal," says Courtney. "I was relieved to find a doctor who listened."

## REMOVING BARRIERS TO CONCEPTION

Still in pain and unable to get pregnant, Courtney and her husband visited an infertility doctor for answers. An ultrasound revealed more adhesions and an ovarian cyst, so Courtney was referred to Arnold Advincula, MD, founder and medical director of The Endometriosis Center at Florida Hospital Celebration Health.

Dr. Advincula was instrumental in receiving approval from the Food and Drug Administration to use the da Vinci® Robotic Surgical System for gynecological procedures. He performed Courtney's minimally invasive surgery in April 2010 and successfully removed all of her adhesions.

Treatment for endometriosis enabled Courtney and Jon Ruhff to cherish time with their son, Donovan.



Three months later, she and Jon were thrilled to find out they were expecting their first child, Donovan, who was born this past March.

"My life has improved tremendously," says Courtney. "Jon and I tried to stay positive that things would work out along our journey, and they did, thanks to Dr. Advincula and his wonderful staff."

The minimally invasive procedure left little scarring, and Courtney's recovery time was just a few weeks. Best of all, Courtney is now pain-free.

"Living pain-free is amazing," says Courtney with a smile. "And being able to hold my son is indescribable. Dr. Advincula changed my life."

"We offer non-surgical and surgical treatment options," says Dr. Advincula. "We want women who experience pain, discomfort or infertility to know they don't have to live with it."

NOV

1

## TAKE CONTROL OF YOUR ENDOMETRIOSIS

Join Arnold Advincula, MD, at 5:30 pm, November 1, at Florida Hospital Celebration Health for a **FREE seminar** about the effects of endometriosis on your health and fertility, and possible treatment options. Reserve your seat by calling **(407) 303-BEST (2378)**.

## Seeing the Symptoms

Endometriosis is estimated to affect more than 1 million women in their reproductive years in the United States.

Some women may have no symptoms, while others may experience progressively worsening menstrual pain that turns into pelvic pain, painful intercourse and infertility issues.

If you're diagnosed with endometriosis, you don't have to suffer.

The Endometriosis Center at Florida Hospital Celebration Health — the only fully dedicated center in Florida — offers advanced surgical and non-surgical treatments, support groups, nutritional and educational programs, pelvic rehabilitation, symptom management, alternative therapy, and emotional support.

To learn more or make an appointment with a physician like Dr. Advincula, call **(407) 303-BEST (2378)**.

Florida Hospital's  
gynecology program  
was recently rated

**No. 30**

in the nation by  
U.S. News &  
World Report.

HEALTHY  
100tips

## ENJOY A DAY OF REST

Whatever day you call Sabbath, take that day for rest and enjoy all of the God-given beauty around you — including family and friends.

# Health Events

for you at Florida Hospital

**OCT  
11**



## Reduce Your Risk for Breast Cancer

If breast or ovarian cancer runs in your family, join Rhonda Harmon, MD, and Dawn Lee, genetic counselor, at 5:30 pm, October 11, as they discuss steps to reduce your risk and protect your health. **See full article on page 3.**

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

**OCT  
18**

## Helping Your Child After a Concussion

Join Melvin Field, MD, at 5:30 pm, October 18, for an informative Q&A on concussions, treatment and how young athletes can return safely to their sport. This lecture is a must if you are the parent or coach of a young athlete. **See full article on page 4.**

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**OCT  
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# Florida Hospital for Children Achieves the Gold Standard in Nursing Care



Florida Hospital for Children recently became the first and only children's hospital in Central Florida to receive Magnet recognition by the American Nurses Credentialing Center (ANCC). The Magnet Recognition Program® awards Magnet recognition to health care providers who exhibit excellence in nursing care by meeting rigorous criteria for professionalism, teamwork and practicing the highest standards in patient care. We were recognized for our innovative blend of leading technology, clinical expertise and Disney-themed entertainment that defines the *Walt Disney Pavilion* at Florida Hospital for Children, a recently opened facility

specifically designed to change a child's health care experience.

We could not be more proud of this prestigious accomplishment and our nurses' steadfast dedication to the well-being of the children in our Central Florida community.

