

waterman  
**wellness**

Extending the Healing  
Ministry of Christ  
Fall 2019

**In the  
birthday  
business**

Quick heart attack  
care restores the  
good life

**Ring  
that bell**

Phyllis Little  
rejoices after her  
cancer journey





# Take our challenge!

Whole-person self-care program encourages small changes that result in big improvements.

At AdventHealth, we remain true to our mission of Extending the Healing Ministry of Christ — and to our pursuit of helping people achieve wholeness in body, mind and spirit. We not only care for the physical needs of everyone who comes through our doors, but their emotional and spiritual needs as well.

To further demonstrate the value of whole-person care, we're introducing the **Feel Whole Challenge**, a 21-day program that encourages participants to make small changes that result in big improvements over time. Each activity was designed to address one of the eight guiding principles of CREATION Health, the framework of our "feel whole" brand promise.

Our hope is to generate excitement and create momentum for the challenge by inviting our community to participate and experience the transformative power of whole-person care.

Use the calendar on this page to go through the experience, but don't worry if you need to swap the order of activities. The important thing is that at the end of the 21 days, you've checked everything off your list.

You have the power to take health into your own hands. **Prove it.**



## Three easy steps to take part

- 1 Go to [feelwholechallenge.com](http://feelwholechallenge.com).
- 2 Print the calendar. →
- 3 Fill out what you'll do to complete each day's challenge.



### CHALLENGES

1. Plan out your challenges.
2. Get moving and commit to doing something physical daily.
3. Drink more water today (and keep it going through day 21).
4. Pray for someone every day of the challenge.
5. Share with someone what you're passionate about.
6. Buy fresh ingredients.
7. Organize a space in your house that causes you stress.
8. Make a healthy meal you've never tried before.
9. Try a new exercise with a friend.
10. Find a new book to read before bed.
11. Think of someone you're grateful for and tell them.
12. Analyze your bedtime routine and find ways to sleep better.
13. Volunteer.
14. Plant something.
15. Listen to music to improve your mood.
16. Make someone laugh.
17. Frame a photo that brings you joy.
18. Give someone a gift.
19. Do something you've always wanted to try.
20. Take time to schedule a preventive appointment.
21. Reflect on this experience.

# Three more birthdays

What began as a normal errand became a frightening experience for several employees at the Lake County Courthouse.

One afternoon in 2016, Shane Matthews, who worked as a Lake County sheriff's office court bailiff, left the courtroom on a minor errand.

"I went down the elevator, and I went into a hallway, when I started not feeling too well," recalls Matthews. "I just got really, really dizzy, and that's the last thing I remember. I went black."

William (Bill) Predmore was working in the courthouse as a security company employee. He continues the story: "I heard a call come over the radio — we had an officer down, and the location — and I responded. I was the first one to see Shane passed out on the floor," says Predmore. "Another deputy responded with the AED after hearing the call. After I checked Shane and found out he wasn't breathing and had no heartbeat, I started CPR on him immediately."

## The right tool at hand

Matthews had experienced cardiac arrest. Fortunately, all courthouse staff members had been trained on using automated external defibrillators, or AEDs.

"We hooked Shane up to the AED and started it up," continues Predmore. "It directed us to do a shock. So, when it said *clear*, we took our hands off Shane and it shocked him. We continued doing CPR."

Paramedics soon arrived, and Matthews was taken to a hospital, where he eventually received a defibrillator and a pacemaker.

## Keep the oxygen flowing

"Sudden cardiac death or cardiac arrest probably claims over half a million lives in the U.S. alone every year," says Miguel Bryce, MD, an AdventHealth Waterman cardiac electrophysiologist. "Whenever somebody collapses, you need to check with the patient, be sure the patient is either awake or is having spontaneous breathing. If not, you should start chest compression and call 911 right away."

Dr. Bryce says it's critical for the brain to receive oxygen. That's why the AED is so beneficial. It delivers electrical current that resets the normal heartbeat and starts the oxygen flow to the brain. The machine offers step-by-step audible instructions as it analyzes the patient's heart rhythm.

"It tells you exactly where to put the patches on the body," says Dr. Bryce. "It will tell you 'shock the patient' or 'do not shock the patient' because the machine will know if the patient has a rhythm or not and if they have a rhythm that requires a defibrillator therapy."

"I was told in the hospital that everything worked perfectly, and if



they were to wait too long, I could have ended up brain-damaged or not survived it," says Matthews. "The reason I survived was because there was an AED close by. I will certainly remember that day, even though I wasn't really totally there. I've had three more birthdays; I got to enjoy my grandson, my sons, their wives — all the good life experiences for three years. It's pretty special."

AEDs are often located in public places, such as shopping malls, schools and sports facilities. AdventHealth Waterman encourages you to locate the nearest AED where you work, play and visit. Timing is everything during a serious heart event, and the AED can help save your life or someone else's.

## HOW'S YOUR HEART?

To learn more about AdventHealth Waterman's cardiac services, visit [AdventHealthHeartWaterman.com](http://AdventHealthHeartWaterman.com).



# ‘It’s my village’

Phyllis Little, of Okahumpka, Florida, was lying in bed conducting a self-exam when she felt a lump in her breast.

“I’m the kind of person that I’m forever looking at my body, and I always do self-exams to my breasts to feel around and make sure everything is okay,” says Little, who immediately called her doctor upon her discovery.

After an ultrasound and biopsy, Little was diagnosed with stage III breast cancer, which means the cancer had spread to her lymph nodes.

“All kinds of things go through your mind,” says Little. “Especially at night, early in the morning, when you’re talking to Jesus and you’re just saying, ‘I don’t know if I’m going to make it,’ but He puts a little something in your brain and you’re like, ‘I’m going to make it, I’m going to beat this.’”

Little says she relied on comfort and support from family, friends and especially the pastor at her church.

## A personalized plan



Anudh Jain, MD

The AdventHealth Waterman Cancer Institute team’s plan was for Little to undergo a lumpectomy to remove the tumor, followed by chemotherapy. Radiation Oncologist Anudh Jain, MD, then oversaw her radiation therapy.

“The radiation dosages and volumes



can vary tremendously among patients,” explains Dr. Jain. “We work along with our other physicians, other surgical specialists and medical oncologists to come up with the best treatment plan for that patient. When the radiation plan is designed, we actually tailor that radiation dosage and target to their particular anatomy — their particular tumor — to create the customized radiation plan for their situation.”

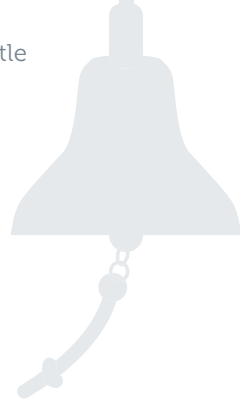
**WORD POWER** Confused about a cancer term or acronym and what it means? The American Cancer Society has an extensive glossary on its Website at [cancer.org](https://www.cancer.org). The glossary also includes an overview of tests, anatomy and more.





"I loved ringing that bell. It was a wonderful feeling. You can't do anything but cry tears of joy."

— Phyllis Little



### NEAR IF YOU NEED US

Learn more about AdventHealth Waterman Cancer Care services. Visit [AdventHealthCancerWaterman.com](http://AdventHealthCancerWaterman.com).

### Her personal team

"The nurses and the doctors at AdventHealth Waterman, I love all of them," says Little. "And it's just a good atmosphere to be in when you're going through something like this. I'm very grateful that I had them all, because it takes a village. That's what it is, my village."

Little finished radiation therapy in December 2018. At the end of treatment, survivors ring a bell to signify the end of their cancer journey and the beginning of a cancer-free life.

"I loved ringing that bell. It was a wonderful feeling. You can't do anything but cry tears of joy," Little says.



### SUPPORT GROUPS

#### General Cancer Support Group

- Thursdays, Oct. 3, Nov. 7
- 1:30 to 3 p.m.

#### Breast Cancer Support Group

- Thursdays, Oct. 17, Dec. 19
- 1:30 to 3 p.m.

#### Men's Team Huddle — Cancer Support Group

- Thursdays, Oct. 24, Nov. 28
- Noon to 1 p.m.

#### GYN Cancer Support Group

- Tuesdays, Oct. 8, Nov. 12, Dec. 10
- 2 to 3:30 p.m.

Free, in the AdventHealth Waterman Cancer Institute Conference Room





## KNEE REPLACEMENT

# Dancing again

Duncan Engh, a winter resident of The Villages, had lived an active lifestyle playing golf and pickleball and riding his motorcycle. Until he couldn't.

"I had discomfort with my knee, and I knew it was time to have something done because I couldn't do anything more for myself," recalls Engh.

Engh decided to get relief from AdventHealth Waterman board-certified orthopedic surgeon Jon Radnothy, DO, after attending several presentations about knee replacement in Florida and in Minnesota, where he resides during the summer months.



Jon Radnothy, DO

### Choosing the best

Engh explains: "It was kind of like hiring. I own businesses, and I've hired a lot of people in my life,

and Dr. Radnothy had all the right answers."

"We've worked hard over the years to be the best, not just be adequate with everybody else," says Dr. Radnothy. "I've got a lot of patients from The Villages, Lady Lake area. They rave about how wonderful AdventHealth Waterman is. I cannot tell you how many times they've said it's the best hospital they've ever been in."

### Well-prepared

Dr. Radnothy recommended that Engh undergo a robotic total knee replacement to relieve the pain. Engh was impressed by how the hospital prepared him for the procedure.

"The class before surgery was unbelievable," he says. "I remember there was a nurse there, a dietitian to help you choose different foods with protein, and there was even a physical therapist there that told you the type of exercises that you should do prior to the surgery and

what you should expect to do after the surgery."

"The robot adds a whole different element of precision and consistency when you do that procedure," says Dr. Radnothy. "And it's not really a robot; it's a robotic arm, just to be clear, that has been a tremendous blessing for this community. It's been interesting to see even how much better and how much faster patients recover with the robot when we use that just because it's more precise, and it's really neat."

### An immediate difference

"I began to walk right away after the surgery," says Engh. "I think that afternoon or early evening I got up; they had a walker ready, and I walked around the nurses' desk. I started to notice a difference right away."

Now Engh is back to his active lifestyle. He goes golfing a couple of times a week, plays pickleball and tennis at least twice a week, and enjoys dancing with his wife. "I can't imagine life without this surgery," says Engh.



### NEW KNEE NEEDED?

To find out if robotic knee replacement surgery is right for you, visit [AdventHealthOrthoWaterman.com](https://www.AdventHealthOrthoWaterman.com).



# Treated like a goddess

Katrina Grady fights third cancer diagnosis with a cancer care navigator to smooth the way

A cancer diagnosis is traumatizing and life-changing. Imagine being diagnosed multiple times.

Katrina Grady, of Wildwood, is a cancer survivor three times over. In December 2017, the cancer came back for the third time. Instead of despair, Grady turned to praise.

“And I’m like, ‘Lord, I know you’re going to do it again, because I know you do not give us more than we can bear,’” says Grady.

Grady chose AdventHealth Waterman for treatment because they successfully treated her mother, who had battled stage IV colon cancer.

## A guide for the journey

Grady had specially trained helping hands to guide her through the process.

“The experience of being diagnosed with cancer and then going through the treatment and care delivery can be very confusing to patients,” says Eileen Bascombe, RN, ONN-CG, an AdventHealth Waterman Cancer Institute Care Navigator. “I help patients navigate through the process of seeing physicians involved in their care.”

Bascombe says navigators work closely with AdventHealth Waterman Oncology Social Worker

Latanya Ruiz, MSW, to make the difficult cancer journey as easy and smooth as possible.

Grady says, “Latanya showed me the program that helped with paying my bills; she got me all the information and got the ball rolling. Everything just fell in place.”

## A sweet new name

For Grady, one of the most memorable experiences from the AdventHealth Waterman cancer team had nothing to do with medical treatment or help with resources. It was simply an uplifting gesture from her cancer care navigator.

“When I walked in, I had a goddess-like necklace on and a headband with little flowers on it. Eileen said, ‘I’m not going to call you Katrina or Ms. Grady,’” says Grady with a smile. “She said, ‘I am going to call you Goddess; is that okay with you?’ Eileen is such a sweetheart.”

“Being a part of someone’s life when they’re going through something as overwhelming as cancer, I feel like I’m gifted with that experience,” says Bascombe. “If I can help just one person to prevent them from experiencing fear, anxiety, added stress, it makes me feel happy.”

## Time to spread the word

In January 2019, Grady learned that she’s cancer-free and is focusing on her family and spreading an important message.

“I encourage everyone to go to the doctor, because our bodies tell us when something is going wrong. It’s up to us to listen to our bodies. If I never would have had the mindset to see that something wasn’t right, all three times, I probably wouldn’t be here,” says Grady.



## OUR TEAM IS ON YOUR SIDE

To find out more about AdventHealth Waterman Cancer Care services, visit [AdventHealthCancerWaterman.com](https://www.AdventHealthCancerWaterman.com).



Take the  
Feel Whole  
Challenge!

See page 2  
to learn how.



## Classes for you

### Prenatal

Thursdays, beginning Sept. 26

6 to 8 p.m.

Free, in the Mattison Conference Center

Topics: Car seat safety, labor and delivery, newborn care, breastfeeding, CPR

### Diabetes Self-Management Class

Mondays, beginning Oct. 21

5 to 6 p.m.

\$45 for 5 sessions

Registration is required.

## Upcoming events

### Orthopedic Lecture

Thursday, Oct. 24

1 to 2 p.m.

AdventHealth Waterman Mattison Conference Room

"Advances in Orthopedics," with orthopedic surgeon Donald Perry, MD.

### Second Annual Diabetes Expo

Tuesday, Nov. 5

10 a.m. to 2 p.m.

Lake Receptions

To register for a class or for more information, visit [AdventHealthWaterman.com](http://AdventHealthWaterman.com)

## PINK OUT!<sup>®</sup>

AdventHealth Waterman will PINK OUT to bring awareness of breast health and the importance of early detection of breast cancer. Our pink events offer a unique approach to breast cancer awareness and will educate you about the importance of breast health and the prevention of breast cancer.



### Pinking Ceremony

Thursday, Sept. 26

4:30 to 6:30 p.m.

AdventHealth Waterman Atrium

Join AdventHealth Waterman as we kick off Breast Cancer Awareness Month with a community celebration featuring health education and resources and several pinked-out community partners with free goodies. Bring a new bra for donation to Haven of Lake and Sumter Counties women's shelter. For each donated bra you bring, you will be entered in a drawing for one of our grand prizes.

### Ladies Legacy Luncheon

Friday, Oct. 4

11:30 a.m.

Lake Receptions, Mt. Dora

Please join AdventHealth Waterman Foundation for a day of fun, food and friendship at our sixth annual Ladies

Legacy Luncheon! This year, Michele Rigby, former undercover officer in the U.S. Central Intelligence Agency's Directorate of Operations, will be sharing her inspiring story. Exhibitor booths will be open starting at 10 a.m., and the luncheon program will begin at 11:30 a.m. Proceeds support AdventHealth Waterman Cancer Care Services.

### PINK OUT<sup>®</sup> 5K Walk/Run

Thursday, Oct. 17

6 p.m. Race

Downtown Tavares

Grab your family, friends and pink attire and join us as we PINK OUT Tavares! This sixth annual 5K walk/run supports AdventHealth Waterman Foundation's cancer care funds. Race fee is \$30 per person.

**TAKE ACTION** To schedule a mammogram or attend a PINK OUT event, visit [AdventHealthWatermanPINK.com](http://AdventHealthWatermanPINK.com)