

waterman  
**wellness**

Extending the Healing  
Ministry of Christ  
December 2019



**Every  
step of  
the way**

A story of  
sisterhood and  
surgery

# 8 STEPS to a lower-stress season

AdventHealth Waterman CREATION Health Director, Candace Huber, offers some helpful exercises to keep your body, mind and spirit in top shape so you can feel whole this holiday season.



**1 Mindful breathing.** Mindful breathing involves taking some quiet time to refocus on yourself and your body. You inhale for a period of time, hold your breath and then exhale for longer than you inhaled. You can do this consistently until you feel calmer.

**2 Progressive muscle relaxation.** Progressive muscle relaxation helps you to be mindful of your body. It involves taking a moment to scan your entire body (head to toe), checking in with each area to feel where there is tension or discomfort.

You can also do stretching exercises to help reduce stress, release tension and support the body-mind connection.

**3 Meditation.** Meditation is one way to train your brain to be in a calmer, more present state. Whether you use some guided apps or an exercise you develop on your own, you can master your mindfulness and be prepared for the holidays.

**4 Planning.** Around the holidays, many people have expectations for you, whether it's attending a party or a family gathering. Know that it's okay to say no and do less.

If your to-do list is a mile long, is it possible to be mindful or calm while completing it? Probably not. And that's your signal to adjust your health and well-being.

**5 Practicing gratitude.** Practice gratitude by taking just one minute a day to write down all the things you are appreciative of or grateful for. This helps refocus your mind on the positive things that you have in your life.

**6 Being present.** Take moments to be present around the holidays. You can do this anywhere and anytime. Focus all your attention on something positive, such as engaging with a family member, making treats or even holiday

shopping. Try not to let other thoughts and stressors affect that moment.

**7 Having support.** If it's hard for you to be around a family member or friend, make sure you have a support system around you.

**8 Realizing it's normal.** Experiencing stress around the holidays is completely normal. You are not alone. If we all walked around with stress meters over our heads, you'd see just about everyone's meter giving off higher-than-normal stress levels. Allow that to help validate your feelings.



**While the holidays are a time to reflect and set goals to make personal improvements, they are also a time to be kind to yourself.**

# 'Truly lifesaving'

Quick care got  
Rusty Robinson  
back on track after  
a heart attack



"I am blessed  
beyond words!"

— Rusty Robinson

It all began at 4:30 a.m., when Umatilla resident Rusty Robinson was awakened with severe pain between his shoulder blades. "I had some stents that were 11 years old and thought it could potentially be my heart, so I took aspirin, dialed 911 and was brought to AdventHealth Waterman," Robinson says.

As a retired paramedic of 30 years, Robinson knew that time is muscle when it comes to the heart and to not mess around. Upon arrival at AdventHealth Waterman, Robinson went into cardiac arrest.

## Rapid response

The AdventHealth Waterman medical team acted quickly, and soon Interventional Cardiologist Sule Salami, MD, began the catheterization process. "Dr. Salami cathered me in — I believe it was 18 minutes, which is phenomenal. That's truly lifesaving there," Robinson says.

Four days later, after Robinson was stabilized, AdventHealth Waterman Cardiothoracic Surgeon Gary Allen, MD, performed coronary artery bypass for four blockages.

Robinson was discharged 18 days after surgery.

Today, Robinson is back to work at Daytona International Speedway, where he drives for the NASCAR Racing Experience. Robinson says, "I am blessed beyond words!"

## Make the right call

The one takeaway that Robinson would like everyone to know: Always call 911 if you or a loved one experiences heart attack symptoms.

"Ambulances aren't just transport to the hospital; you get treated," Robinson says. "They're advanced life support. You get oxygen, you get medications that can help slow the progression of a heart attack or cardiac arrest. Driving yourself puts more stress on you, and I've had experiences where I've picked up people on the side of the road who decided to drive themselves and didn't make it. So please do not waste any time."



**YOUR HEART IS IN GOOD HANDS**

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

# Sister

# act

From research to recovery, these sisters were together every step of the way

After a successful surgery, Jenney returned to Dr. Guru two years later when her right knee began bothering her. He told her the right knee also needed to be replaced.

Meanwhile, Jenney's sister, Debbie Plaxen, who lives in South Florida, had her own issues and needed a total knee replacement. Jenney told her sister about Dr. Guru.

Randi Jenney and Debbie Plaxen are sisters and best friends.



Samir Guru, DO

They do everything together — including having total knee replacement surgery.

Jenney met AdventHealth Waterman Orthopedic Surgeon Samir Guru, DO, three years ago, when she was experiencing left knee pain.

"I work in a field where I see many clients a day," Jenney says. "When I was having knee issues, I would ask people if they knew a good physician in the area, and 90% of the time, I heard Dr. Guru's name."

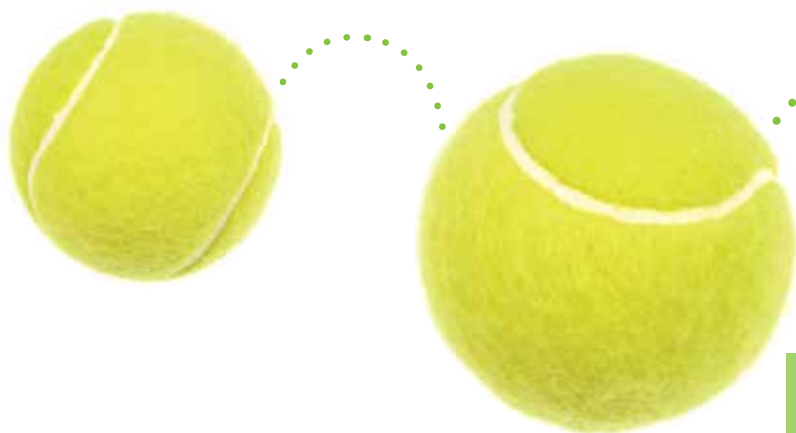
"It was coincidental that I had just found out that I needed my knee replacement and I knew Randi did the research," Plaxen says. "I did more research and said, 'absolutely.'"

The knee pain that the sisters were experiencing affected their active lifestyles.

"The impact on me was the same as my sister," Jenney explains. "I had issues walking and going to the gym. I couldn't get on the treadmill for long periods of time without pain and inflammation."



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



### Same-day surgeries

During a follow-up appointment with Dr. Guru, Jenney told him about her sister's situation. "Would you mind doing the surgery for my sister and me? She lives in South Florida, but I was wondering if we can schedule it the same day and hour with you."

Dr. Guru's response was to make it happen.

After their successful total knee replacement surgeries, the sisters even arranged to go through the recovery process together.

"When you choose to do recovery with your sister, it's a lot of fun. We did physical therapy together three times a day for the first three weeks. The first time we did something, it was fun; we just cheered each other on," says Plaxen.

"The recovery compared to my first knee was a lot more fun," says Jenney. "I mean, we would dance. We have videos of us dancing — I think a week after surgery."

Both ladies are so thankful to be back doing everything they love, including playing tennis and pickleball and going to the gym.

### AdventHealth Waterman was worth the trip

"I chose AdventHealth Waterman to have my surgery because I heard that it was a wonderful hospital. I definitely did my research, looked at all the different hospitals in my area, but this one was just stellar, and that is why I came all the way up to Tavares from South Florida," Plaxen says.



## Keeping you on the move

### The benefits of physical therapy

Are you living with an injury or illness that makes it painful to move your body and enjoy life to the fullest? If so, there's a good chance physical therapy (PT) could help you.

PT is a treatment for people with movement problems caused by a wide range of conditions. It can improve mobility, reduce pain and help maximize a person's ability to perform daily activities.

### What to expect

PT involves prescribed exercises and special movements of the joints and muscles. Hands-on therapy techniques can also be part of PT, which might take place in a hospital, an outpatient clinic or other settings.

A physical therapist can tailor a treatment plan for you. He or she also may consult with doctors, surgeons and other health care team members.

The benefits of PT depend on the specific problem and goals. For instance, it can help people:

- Manage pain without using opioid medicines.
- Avoid surgery. For instance, people with joint problems often try PT first before considering whether to have joint replacement surgery.
- Recover from an injury or illness. PT is often part of a rehabilitation program prescribed after an injury or surgery. And PT can often help stroke survivors regain some of their lost abilities.
- Avoid future problems, such as decreased mobility, through fitness programs.

## Upcoming event



### Orthopedic Lecture

Wednesday, Jan. 29, 2020, 6 to 7 p.m.  
Venetian Center, Leesburg, FL

"Conservative Treatment Options for Knees and Hips," with board-certified Orthopedic Surgeon Samir Guru, DO. For more information or to register, visit [AdventHealthOrthoWaterman.com](http://AdventHealthOrthoWaterman.com).

# Lucky break

A household mishap started a surprising cancer journey



What began as a routine shower became a frightening experience for Eustis resident Dean Simmons.

“My loofah sponge broke on the weekend, and my wife was going to buy me a new one on Monday,” Simmons says. “When I was washing with my hands, I felt a bump on my inner thigh. For some reason I didn’t think it was right, so I contacted my primary care physician and went in to see him because I had a cyst several years prior to that experience.”

Following his primary care physician’s recommendation, Simmons contacted AdventHealth Waterman Plastic Surgeon Peter Marzek, MD, to remove what was diagnosed as a cyst.

After the procedure, Dr. Marzek told Simmons that he did not like the look of the cyst; that he sent it to a lab for analysis.

## A rare diagnosis

After a lot of prayers and patience, the results came in, and Simmons and his family received news that they did not want to hear. Simmons was diagnosed with Merkel-cell carcinoma, a rare form of skin cancer.

“Dr. Marzek told me that this cancer is very rare, and that he has only seen five in his lifetime,” Simmons says.

Simmons was baffled by his cancer diagnosis because he thought he had done everything right. “I always

wear suntan lotion, and have for a long time, because I’m very fair-complected,” Simmons says. “It was very surreal to get something that rare in a place where the sun never shines. I just thank God my sponge broke.”

## Comprehensive care

Within two weeks, Simmons had surgery at AdventHealth Waterman to remove any remnants of the cancer. He was then referred to AdventHealth Waterman Radiation Oncologist Anudh Jain, MD. Although the growth was removed surgically, they wanted to make sure the cancer was completely cleared.

“I went in for radiation treatments



29 times,” Simmons says. “I would go every day, first thing in the morning. They would prep me, put me on the table and administer a low dose of radiation for 20 seconds. The staff at the



## SCHEDULE YOUR SCREENING

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

AdventHealth Waterman Cancer Institute were great. They had people out front to talk to before you went in every day. What I liked about it, too, was that I met a lot of people there that had cancer and I was able to become close with some of them.”

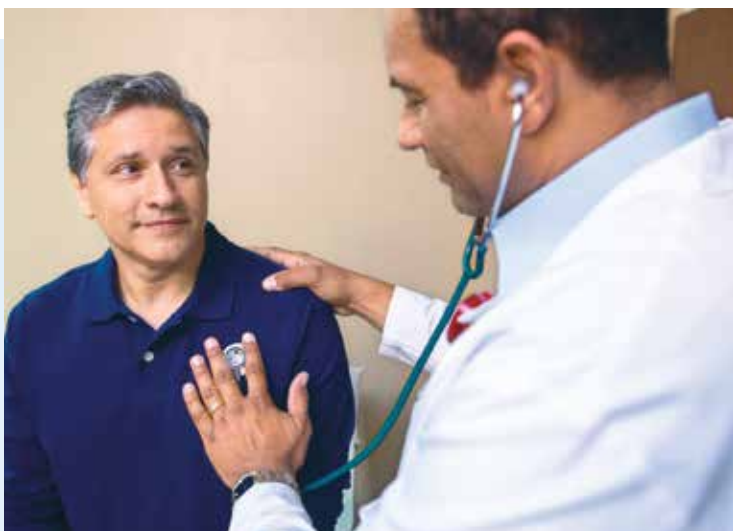
Today, Simmons is back to work full time at a local print shop, Ford Press, and enjoys hunting, fishing and spending time with his family and new grandson.

### Check it out

Simmons encourages everyone to get checked, not just for cancer, but for anything.



“You need to get checked,” he says. “We live in Florida, and after being involved with this, there’s tons of people that can get skin cancer.”



## Building the primary care of the future

AdventHealth broke ground on a 24,105-square-foot medical plaza in Mount Dora that is estimated to open in December 2019. The medical plaza will bring flexibility to the community by offering extended hours and online scheduling for primary care.

### Open house

Wednesday, Jan. 22, 2020, 5 to 7 p.m.

19735 U.S. Highway 441, Mount Dora, Florida

Located between Country Club Boulevard and Wolf Branch Road

# Classes for you

## Choose to Lose

Wednesdays, 5:30 to 7:30 p.m.

Jan. 22 to March 11, 2020

\$50 for the eight-week course

AdventHealth Waterman CREATION Health Center

This program includes instruction, practice and exercise for fitness to help you break through plateaus and lose weight properly — it is a lifestyle program that is effective. It comes just in time for the holidays. You will love how you look and feel!

## Yum Yum Cooking Club

Thursdays, 6 to 8 p.m.

Feb. 13, 27 and March 12, 26, 2020

\$30 per class (four classes in series) or \$90 for all four (buy three, get one free).

AdventHealth Waterman CREATION Health Center

Join in this fun class and prepare meals with flavor and flair. You will be instructed in food prep by our executive chef and registered dietitian, followed by sample tasting of all recipes prepared.

## Diabetes Self-Management

Mondays, 10 a.m. to noon

Jan. 6 through Feb. 3, 2020

\$50 for 5 sessions; registration is required

AdventHealth Waterman CREATION Health Center

Have you recently been diagnosed with prediabetes or diabetes? Diabetes education and support available at AdventHealth Waterman's Conry CREATION Health Center can help you manage your diabetes and start enjoying a healthier life.

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## Upcoming events

### Family Christmas Fest and second annual Mommy and More Expo

Tuesday, Dec. 10,  
5 to 7 p.m.

Bring your kids, and enjoy our free family event — including food and fun for the whole family. Meet our medical team, tour our new pediatric emergency rooms and learn about the pediatric emergency care we offer in your community.

Family activities include:

- Free photo with Santa
- Make your own ornament
- Drawing prizes
- Live Nativity scene

For more information, visit [WatermanPedsER.com](http://WatermanPedsER.com).



To register for a class or for more information, call **352-253-3685** or visit [AdventHealthWaterman.com](http://AdventHealthWaterman.com).

## Emergency pediatric care close to home

As Lake County continues to grow, so does the need for convenient health care. In May 2019, AdventHealth Waterman opened phase 1 of its \$74 million expansion with a brand-new, 111,000-square-foot patient tower, which houses its Emergency Department and Center for Women and Children. Phase 2 of the expansion will be completed this month, with the opening of 20 additional emergency beds, including pediatrics.

The Pediatric Emergency Department will be an eight-bed facility that features a separate child-friendly waiting room,

a pediatric triage room to expedite your visit and themed exam rooms to ease the stress of being at the hospital.

The Pediatric Emergency Department is staffed by nurses that are specially trained in pediatric care. This renovation will be a great addition to Lake County, as it will provide emergent pediatric care that is close to home.

AdventHealth Waterman is excited to continue to grow to meet our community's needs and provide whole-person care for the mind, body and spirit.

