

Watson Clinic

Health Scene[®]

SPRING/SUMMER 2011

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A clearer
view
that's
safer
for you

**Watson Clinic
reduces radiation
exposure during
CT scans**

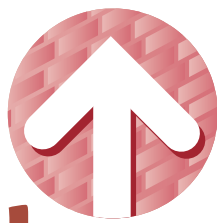
**Eyes under
pressure**

**Don't let glaucoma
steal your sight**

Weight loss

**Find ways to fit
exercise in to your day**





Don't let blood pressure sneak up on you



● Stephen G. Swengros, MD

Have your blood pressure checked regularly. If it's too high, there are ways to get it under control.

On your side

Primary care physicians offer blood pressure screenings, heart disease risk management and many other services. You can schedule an appointment with a member of Watson Clinic's primary care team.

 **Call**
863-680-7190.

HIGH BLOOD PRESSURE can be a sneaky problem. It usually takes many years to develop, and there are almost never any symptoms. In fact, most people who have high blood pressure feel perfectly healthy.

But slowly, behind the scenes, high blood pressure (hypertension) can cause some serious health problems. An increased risk of stroke, heart problems and kidney trouble are among them.

That's why it's important to have your blood pressure checked regularly, says **Stephen G. Swengros, MD**, an internal medicine specialist at Watson Clinic South. If it's too high, there are ways to get it under control. If it's normal, good health practices can help keep it there.

Blood pressure basics

Blood moves through your blood vessels under pressure. The pressure during a beat (systolic pressure) and the pressure between beats (diastolic pressure) make up your blood pressure reading.

According to the National Heart, Lung, and Blood Institute (NHLBI) and Dr. Swengros, normal blood pressure is less than 120 millimeters of mercury (mm Hg) systolic and less than 80 mm Hg diastolic. As those readings increase, the risk of health problems also rises.

The NHLBI recommends that most people try to keep their blood pressure below 140/90. People with diabetes should aim for a blood pressure below 130/80.

Who is at risk

About 1 in 3 American adults have high blood pressure, according to the NHLBI. The risk of developing it goes up with age. For men, the risk starts to go up at about age 45 and for women, at about age 55. More than half of all Americans 60 and older have blood pressure that is too high.

You are also at risk if you: → Have a family history of high blood pressure. → Are African American. → Smoke. → Are overweight or obese. → Eat too much salt. → Don't get enough physical activity.

Take four steps to lower your risk

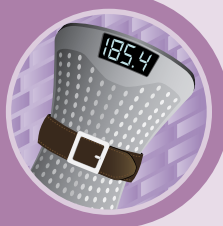
If your blood pressure is normal, controlling certain risk factors can help keep it that way.



If you smoke, try hard to quit. Ask your doctor for help if you need it.

Limit your salt intake.

Look for foods and beverages that are low in sodium or sodium-free.



If you're overweight, lose the extra pounds. Your doctor can help here as well.

Be physically active.

Aim for at least 2½ hours a week of any activity that raises your heart rate, such as walking, doing yard work or playing sports.



If you already have high blood pressure, those same lifestyle practices can help bring it under control.

If lifestyle changes alone aren't enough, your doctor may prescribe medication

to lower your readings.

Ask your doctor how often you should have your blood pressure checked to make sure your treatment plan is working.

National Heart, Lung, and Blood Institute

Reducing risks through exercise

From the desk of Dr. Louis Saco

FEW FACTORS PLAY a more important role in improving and maintaining good health than exercise. In fact, the Centers for Disease Control and Prevention estimates that getting seven hours of physical activity each week can lower your risk of premature death by as much as 40 percent.

But even a smaller amount of physical activity can still lead to significant health benefits as well. The average healthy adult needs only 150 minutes of moderate-intensity exercise each week to control his or her weight and reduce risks for many of the most common and often life-threatening ailments, including:

- **Cardiovascular diseases.** Exercise strengthens the heart, lowers blood pressure and improves cholesterol levels, all important factors in achieving cardiovascular wellness.
- **Type 2 diabetes.** Excess weight, high cholesterol and high blood sugar are just a few of the conditions that can be improved with exercise. If you already have type 2 diabetes, exercise can help control your blood glucose levels.
- **Cancer.** Studies show that physically active people are typically at a lower risk for developing cancer of the colon and breast.
- **Bone health problems.** Aerobic and strength exercises can slow the loss of bone density, improving your

defenses against conditions like osteoporosis, arthritis and bone fracture.

- **Mental health problems.** Exercise has been shown to sharpen focus, combat depression, and improve your memory and capacity to learn.

This issue of *Health Scene* is packed with valuable information about these and many other health-related conditions, most of which may be improved by getting regular physical activity. On the exercise front, be sure to check out pages 16 and 17 to learn more about one of the most productive forms of exercise: walking.

It is our hope that the information you find in this issue will empower you to embrace a healthier state of being. For more information or to find a physician who can address your health concerns, please call us or visit our website at www.WatsonClinic.com.

Yours in good health,

Louis S. Saco, MD, FACP, MBA
Chairman and Chief Executive Officer,
Watson Clinic LLP; Chairman, Watson
Clinic Foundation



● Louis S. Saco, MD, FACP



SPRING/SUMMER 2011

Executive Director,
The Watson Clinic Foundation, Inc.
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Check out our websites

www.WatsonClinic.com

www.LakelandCancerTreatment.com



E-mail us at [healthscene@
WatsonClinic.com](mailto:healthscene@WatsonClinic.com).

Tired of waiting to fill your prescription?



Watson Clinic's in-house pharmacy is perfect for those who want to avoid the long wait typically associated with filling their prescriptions.

Located on the 1W floor of the Main Clinic in Lakeland, the Watson Clinic Pharmacy can fill most prescriptions within 5 to 15 minutes, accepts most major insurance coverage, and offers competitive pricing on a wide assortment of both brand-name and generic drugs.

The pharmacy is particularly convenient for patients who receive a prescription from their physician while at the Main Clinic, Bella Vista Building or North Pediatrics locations, providing a hassle-free, "one-stop shopping" healthcare experience.

Refills can be easily obtained by ordering in person or via our prescription refill request form at www.WatsonClinic.com.

In addition to medications, the pharmacy offers a variety of other items, including a full line of greeting cards, snacks, drinks and various home medical items, such as blood pressure cuffs.

For more information about the pharmacy, call **863-680-7235**.



Children need plenty of sleep



● Richard E. Frates Jr., MD

Children from 5 to 12 years old should get at least 10 hours of sleep daily, according to **Richard E. Frates Jr., MD**, a board-certified pediatrician at Watson Clinic, and the National Sleep Foundation. That

can be a tough fit, though, when a child's schedule includes school, homework and other activities.

It's no surprise, then, that sleep problems are common in this age group or that kids pay a price when they don't get the rest they need.

For instance, poor sleep can make it hard for kids to pay attention. "Lack of sleep can also affect their moods and lead to behavioral problems," Dr. Frates says.

To help your child sleep well:

- ✓ Set regular times for going to bed and for getting up.
- ✓ Make sure your child's bedroom is comfortable, quiet and dark.
- ✓ Encourage a relaxing bedtime routine.
- ✓ Keep computers and TVs out of your child's bedroom.

Watson Clinic offers board-certified pediatricians with open appointment availability at two convenient Lakeland locations. To schedule an appointment, call **863-680-7337** (North Pediatrics) or **863-647-8012** (South).



● Duane O. Campbell, MD

Stroke's two types

Nearly 9 out of 10 strokes occur when a blood vessel to the brain is clogged, cutting off blood flow to brain cells. This is called an ischemic stroke.

"A stroke can also happen when a blood vessel breaks and bleeds into the brain," says **Duane O. Campbell, MD**, a Watson Clinic neurologist who specializes in neurocritical care and stroke. "This is called a hemorrhagic stroke."

Both types of strokes are medical emergencies. Unless blood flow to the brain is restored, brain cells can die, causing disability or death.

Thus, Dr. Campbell says, it's vital to call 911 immediately if you have these stroke symptoms or see someone with them:

- ✓ Sudden weakness or numbness of the face, arm or leg, especially on one side of the body.
- ✓ Sudden trouble seeing in one or both eyes.
- ✓ Sudden lack of coordination.
- ✓ Sudden confusion or difficulty speaking.
- ✓ Sudden, severe headache.

Watson Clinic's neurology team specializes in the treatment of stroke, multiple sclerosis, headaches, sleep disorders and more. For more information or an appointment, call **863-680-7300**.

American Heart Association; American Stroke Association



Lose a little, gain a lot



• Khanh T. Pham, MD

Sometimes, just a little is enough.

Consider diabetes and weight loss. Studies show that losing only a few extra pounds if you're overweight can lead to big improvements in your health.

According to **Khanh T. Pham, MD**, a board-certified endocrinologist who treats patients at Watson Clinic's Main and Bartow locations, and other experts, losing as few as 10 to 15 pounds can help lower your blood sugar and blood pressure and improve your cholesterol levels. You may even be able to cut back on the amount of diabetes medications you take.

Your doctor can help you develop a safe weight-loss plan. Dr. Pham also offers these tips:

- ✓ Eat slowly. Turn off the TV and radio during meals, and pay attention to your appetite. Stop eating when you start to feel full.
- ✓ Eat something before you go to parties. That way you'll be less likely to overeat fatty foods.
- ✓ Don't go grocery shopping on an empty stomach, and buy only what's on your shopping list.
- ✓ Don't skip meals. You may overeat at your next one.
- ✓ Don't deprive yourself. It's still OK to treat yourself to foods such as desserts or fast-food items that aren't necessarily healthy. But don't eat them very often, and have only small portions.
- ✓ Work exercise into your day. Bike or walk instead of driving. Take the stairs instead of the elevator. Do something active instead of watching TV.

Watson Clinic's endocrinology team, which includes Dr. Pham and **Thomas W. Oates, MD**, offers comprehensive diabetes care in both Lakeland and Bartow. Call **863-680-7190** to make an appointment.

American Diabetes Association



Watermelon blueberry banana split



Preparation time: 15 minutes

Number of servings: 4

Cups of fruits and vegetables per person: 3

INGREDIENTS

- 2 large bananas
- 8 watermelon "scoops"—a watermelon ball created with an ice cream scoop
- 2 cups fresh blueberries
- ½ cup low-fat vanilla yogurt
- ¼ cup low-fat granola

DIRECTIONS

- Peel bananas and cut in half crosswise, then cut each piece in half lengthwise.
- For each serving, lay 2 banana pieces against the sides of a shallow dish.
- Place a watermelon "scoop" at each end of the dish.
- Fill the center space with blueberries.
- Stir yogurt until smooth, spoon over watermelon "scoops."
- Sprinkle with granola.

NUTRITION INFORMATION

Serving size: ¼ of recipe; calories: 160; calories from fat: 10; total fat: 1g; saturated fat: 0g; trans fat: 0g; cholesterol: 0mg; sodium: 40mg; total carbohydrate: 38g; dietary fiber: 4g; sugars: 23g; protein: 4g; vitamin A: 6%*; vitamin C: 25%; calcium: 6%; iron 4%.

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic exchange**

Fruit: 2; vegetables: 0; meat: 0; milk: 0; fat: 0; carbs: 1; other: 0.

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source: Produce for Better Health

Focus on this



Kids and teens who spend a lot of time outside engaged in sports and other activities may reduce their risk of nearsightedness (myopia), an inability to see faraway objects clearly.

American Academy of Optometry



● Adam S. Gant, MD

Don't let eye pressure steal your vision

Glaucoma is sometimes dubbed the sneak thief of sight, and rightly so. It is the second leading cause of blindness in this country. Moreover, the main type of this disease—primary open-angle glaucoma—usually doesn't produce early symptoms.

"Many people never know they have glaucoma until they've already lost a significant amount of vision," says **Adam S. Gant, MD**, a Watson Clinic ophthalmologist.

Unfortunately, that vision loss is permanent. It occurs, doctors speculate, when the eye's drainage system stops working properly. Fluid then builds up inside the eye. This increase in pressure irreversibly damages the optic nerve, the part of the eye that carries the images we see to the brain.

Since glaucoma can also occur with normal eye pressure, regular eye exams are the best defense. At these exams, doctors can measure pressure in the eyes and perform other tests that can detect glaucoma in its early stages. Treatment then can often prevent the loss of sight.

If you're at risk for glaucoma, ask your doctor when and how often you need a thorough eye exam. According to Dr. Gant, you're vulnerable to the disease if you:

- ✓ Have a family history of glaucoma or diabetes.
- ✓ Are very nearsighted.
- ✓ Are older than 60 or are African American and over 40.

See a doctor right away if you suddenly have blurry vision, experience severe eye pain or see rainbow-colored halos around lights. These are signs of a rare type of glaucoma that is a medical emergency.

For a consultation with Dr. Gant or another member of Watson Clinic's ophthalmology team, call **863-680-7486**.

American Optometric Association; Foundation of the American Academy of Ophthalmology

ACUPUNCTURE

An ancient therapy that complements modern medicine



● Ernesto A. Uy, MD

More than 3 million people in the U.S. undergo acupuncture treatments every year, according to the National Center for Complementary and Alternative Medicine.

In fact, acupuncture is one of the oldest and most commonly used medical procedures in the world.

It is growing in popularity in the U.S., and research shows it is effective for a number of conditions, both on its own and in combination with other therapies.

Traditional acupuncture is based on the concept of vital energy forces that flow through the body in specific pathways called meridians. Acupuncture points, or acupoints, lie on these meridians, and—according to traditional beliefs—stimulating these points can help people heal by balancing the energy forces in their body.

Doctors believe acupuncture may work by releasing natural substances in the body that relieve pain, such as endorphins and enkephalins.

"Acupuncture can be useful in a great number of applications, including headache, fibromyalgia, stroke rehabilitation, low back pain, tennis elbow and nausea," says **Ernesto A. Uy, MD**, a Watson Clinic internal medicine specialist who is board-certified in medical acupuncture.

Your acupuncturist needs to know as much about you and your condition as possible to plan treatment. He or she will ask about your health and lifestyle, as well as other treatments or medications you are using.

For an appointment with Dr. Uy or more information about the benefits of acupuncture, call **863-680-7140**.



Stay pretty, stay safe



● Sharon I. Fairbee, MD

GREAT CARE FOR YOUR SKIN

Watson Clinic offers comprehensive dermatology care at five convenient locations. To schedule an appointment at our Zephyrhills or Sun City Center offices, call 866-409-DERM (866-409-3376). For our three Lakeland locations—the Bella Vista Building, South and the newly opened Dermatology at Lakeland Highlands facility—call 863-680-7267.

APPLYING MASCARA or face cream shouldn't be an act of courage. But if your body responds with an eye infection, a skin rash or some other allergic reaction, it's time for a cosmetic counterdefense.

Manufacturers of cosmetics are encouraged to test their products for safety. However, the U.S. Food and Drug Administration doesn't review or approve cosmetic ingredients or otherwise check them.

To reduce your risk of bacterial infections, allergies and other skin problems, take these precautions from **Sharon I. Fairbee, MD**, a dermatologist at Watson Clinic's Bella Vista Building, and other experts when buying or using cosmetics:

- Check labels. If your skin is prone to breakouts, including acne, look for products that say they are hypoallergenic, noncomedogenic or nonacnegenic. Also, to help protect your skin from the sun, consider buying makeup that contains sunscreen protection against both types of ultraviolet rays (UVA and UVB).
- Only use cosmetics near your eyes that are intended for the eyes. Don't use a



- lip liner, for example, to line your eyes.
- Never apply mascara or eyeliner while in a moving vehicle.
- Discard dried-out mascara. Consider replacing mascara three months after you bought it. If you develop an eye infection, throw away your mascara immediately.
- Avoid inhaling aerosol hair sprays or powders. Inhalation can cause lung damage.
- Don't share cosmetics with others.
- Wash your hands before applying makeup.
- Remove makeup before going to bed.
- Keep containers tightly closed when not in use. Throw away makeup if it starts to smell or change color.

For more information on ways to make safe use of cosmetics, visit www.womenshealth.gov.

American Academy of Dermatology

Eliminating varicose and spider veins

Varicose veins occur when a vein malfunctions, restricts blood flow and enlarges through the surface of the skin as a result. A bulging, twisted appearance is not the only undesired effect that occurs. There can also be significant discomfort, including aching, heaviness and fatigue. If left untreated, they can result in inflammation, blood clots, bleeding and ulcer formation.

Watson Clinic's Vein Center team can develop a treatment plan specific to your needs. There are a variety of treatment options:

✓ **VNUS** is a popular nonsurgical

procedure using a catheter that emits radiofrequency energy into the faulty veins. The energy shrinks the collagen in the vein wall, causing the vein to close. VNUS requires only a small entry point and results in little or no pain and minimal downtime. Patients are usually active within a day.

✓ **Endovenous laser treatment (EVLV)** is a nonsurgical option for eliminating varicose veins at the source through targeted laser energy. The diseased veins shut quickly, in a procedure that generally lasts about an hour. Downtime is minimal after an EVLT procedure, with little or no discomfort.

✓ **A phlebectomy procedure** uses a series of very small incisions at the site of the vein, into which a small hook is inserted and used to remove

the faulty vein from under the skin. Patients usually wear compression stockings for two to three weeks after the procedure, though normal activities can be resumed within 24 hours.

✓ **Sclerotherapy** treats varicose and spider veins through an injection that works to shrink the vein at its root. This option is usually reserved for purely cosmetic purposes.

For more information or a consultation, call The Vein Center at Watson Clinic's Heart & Vascular Institute at **863-680-7003, option 1**.

The Vein Center at
WATSON CLINIC LLP
Heart & Vascular Institute

Get help for hernia

Most hernias in adults are caused by heavy strain on the abdominal wall.



● Jack B. Thigpen Jr., MD

Worried about a hernia?

Call for more information or to schedule an appointment with a member of Watson Clinic's general surgery team, which includes Jack B. Thigpen Jr., MD; Scott T. Kelley, MD; and Thomas L. Moskal, MD.



Call 863-680-7486.

IT'S NOT MUCH FUN to think about—a portion of your intestine protruding beneath the skin. But that's what happens when you have a hernia.

Most hernias in adults are caused by heavy strain on the abdominal wall. According to Watson Clinic general surgeon **Jack B. Thigpen Jr., MD**, and the American College of Surgeons, factors most likely to cause a hernia include:

- Lifting heavy objects.
- Sudden twists, pulls or muscle strains.
- Weight gain.
- Chronic coughing.
- Straining on the toilet because of constipation.

Along with a visible bulge on one or both sides of your groin, symptoms of a hernia can include: → Discomfort or sharp pain, especially when lifting or exercising. → A feeling of weakness or pressure in the groin. → A burning or gurgling feeling at the bulge.

Treating a hernia

A hernia does not get better over time.

If you can tolerate the symptoms, your

doctor may recommend watchful waiting. "But if a hernia is causing you pain and discomfort, you'll probably need surgery," Dr. Thigpen says.

To repair a hernia, a surgeon may use the following:

Open hernia repair. The surgeon makes an incision in the groin, pushes the protruding tissue back into the abdominal cavity and reinforces the muscle wall with stitches. Usually, a piece of synthetic mesh is used to reinforce the muscle wall. **Laparoscopic hernia repair.** The surgeon makes several small incisions in the lower abdomen and inserts a laparoscope—a thin tube with a tiny video camera attached to one end. The camera sends images to a monitor, and the surgeon repairs the hernia using synthetic mesh.

It can take up to four weeks to recover from hernia surgery. You'll need to follow your doctor's instructions on things such as bathing, exercising and lifting.

When a hernia is an emergency

Most hernias don't require immediate medical attention. But if a hernia pinches off the blood supply to your small intestine, you need to seek help right away. The condition—called a strangulated hernia—must be treated with surgery immediately.

Signs of a strangulated hernia include: ✓ Extreme tenderness and redness near the hernia bulge. ✓ Sudden pain that increases rapidly. ✓ Fever. ✓ Rapid heart rate.

Left untreated, a strangulated hernia can cause nausea, vomiting and severe infection. It can become life-threatening within a matter of hours.

If you notice any signs of a strangulated hernia, immediately go to the nearest hospital emergency department.

American College of Surgeons

Take a closer look

Watson Clinic's radiology department features a 90 percent digital inventory of advanced imaging systems, including:

- ✓ Three high-field magnetic resonance imaging (MRI) machines, including an open-bore model for patients who are obese or have claustrophobia.
- ✓ Three multislice computed tomography (CT) scanners, including a 64-slice scanner.
- ✓ A computer-aided detection (CAD) system for detecting calcium deposits in breasts.
- ✓ Four digital mammography units.
- ✓ Eight ultrasound units.
- ✓ A 16-slice PET/CT scanner.
- ✓ A gamma camera for breast imaging.
- ✓ Coronary CT angiography.
- ✓ A breast MRI scanner.
- ✓ A full nuclear medicine department with molecular imaging capabilities.

Less radiation equals less risk

Watson Clinic invests in radiation reduction technology



● Mehdi Poutschi-Amin, MD

ADVANCED computed tomography (CT) scan technologies give specialists a clearer view of injuries and diseases than ever before. Countless lives have been saved by the use of these imaging systems, because they provide

physicians with the guidance they need to offer the most precise and comprehensive treatments possible.

"CT scans utilize high-intensity x-rays to create incredibly detailed and accurate three-dimensional images of your internal organs," says Watson Clinic radiologist **Mehdi Poutschi-Amin, MD**. "They have proven essential in detecting a variety of cancers, heart disease and many other conditions in their earliest stages."

In recent years, however, studies have indicated that the use of these revolutionary tools may carry an unwelcome burden: high radiation levels.

As an advocate for patient safety, Watson Clinic began investigating options for radiation reduction in 2008. Today we are the only radiology department in the

area—and one of the few in Florida—to incorporate technologies that greatly reduce the level of radiation exposure for patients who undergo CT scans.

"We've implemented groundbreaking new software to our CT devices that reduces radiation exposure by 40 percent and more without sacrificing image quality," Dr. Poutschi-Amin says. "This means that our patients at Watson Clinic and the Center for Cancer Care & Research will still receive the enormous benefits associated with these technologies but in a manner that is much safer for them."

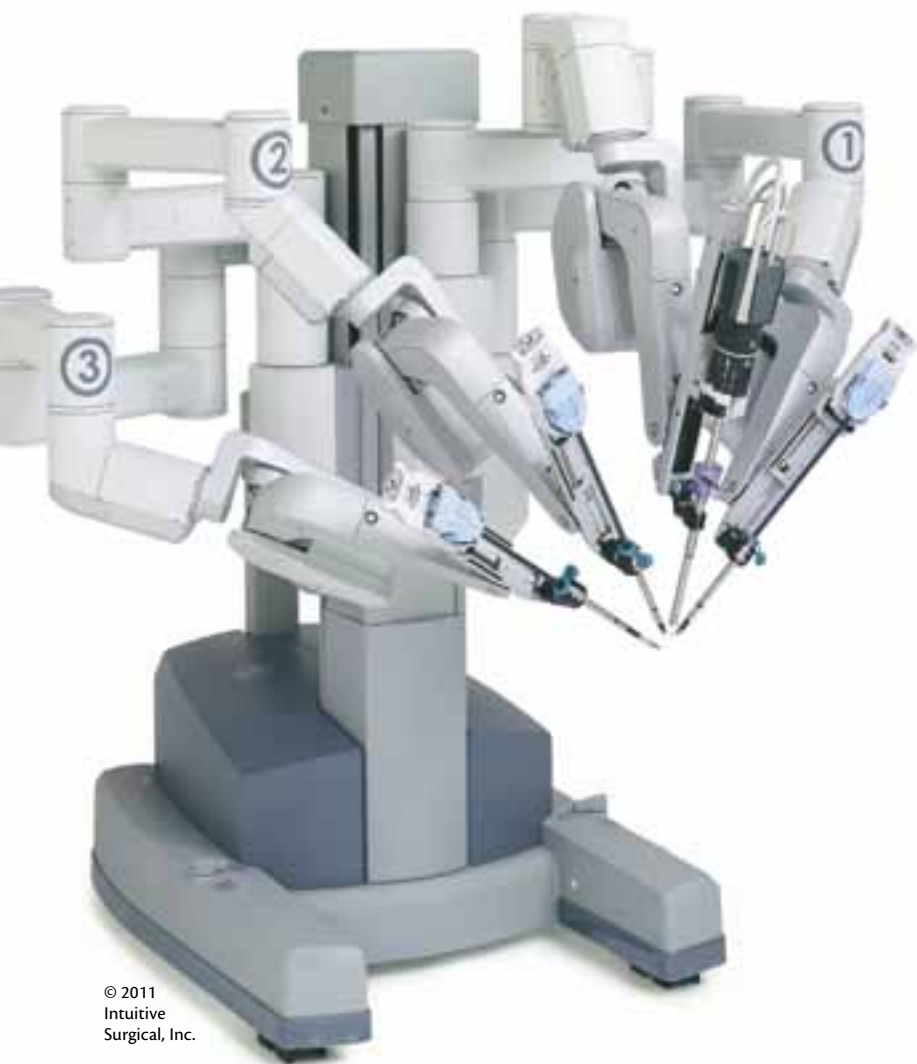
This voluntary measure reflects Watson Clinic's ongoing commitment to taking the lead for the welfare of our community.

"As the dialogue concerning radiation safety continues to swirl within medical communities across the country, we're proud to have already stepped out in front of the issue and taken action," Dr. Poutschi-Amin says.

For more information about radiation reduction technology and Watson Clinic's radiology department, visit us online at www.WatsonClinic.com/specialties/radiology.html.



Meet the newest of our



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FIVE HUNDRED YEARS AGO, Leonardo da Vinci was working in Italy as an artist and engineer, drawing amazingly detailed sketches of human anatomy and even designing a number of complex machines.

Today, a robot-assisted surgery system that bears his name is being used by doctors worldwide to perform hysterectomies and prostate removals and assist with additional complex procedures.

What is da Vinci?

The da Vinci Surgical System consists of two main pieces of equipment. The first is a computer console that contains a viewing monitor, hand controls and foot pedals. This is where the surgeon sits.

The second is a cart that sits beside the patient. It has four robotic arms with flexible, articulated wrists. One arm holds a miniature camera that transmits a 3-D high-definition image of the operating area to the surgeon at the console monitor. The other three arms can hold a variety of surgical tools.

During surgery, the surgeon sits at the console a few feet from the operating table. A magnified, high-definition image



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For more information about these procedures or to schedule an appointment with any of these physicians, please call 863-680-7578 for gynecologic oncology, 863-680-7243 for obstetrics/gynecology or 863-680-7300 for urology.



● Richard J. Cardosi, MD, FACOG



● David Bowers, MD

member surgery team

of the operating area appears on the monitor. The surgeon then performs the procedure, using the hand and foot controls to manipulate the robotic arms.

What are the benefits?

The magnified view of the operating field, combined with the flexibility and precision of the computer-aided surgical tools, allows for very small incisions and pinpoint accuracy.

“Compared with traditional surgery, these smaller incisions result in less blood loss, less pain and a quicker recovery,” says **Richard J. Cardosi, MD, FACOG**, a Watson Clinic gynecologic oncologist. Dr. Cardosi was the first specialist in the area to use the system to perform a hysterectomy. He is currently ranked among the top 10 nationally and second in the state of Florida for his robotic experience. He performs nearly 60 percent of his surgeries that way.

In 2006, Watson Clinic urologists **David Bowers, MD**, and **James A. Wilson, MD**, became the first physicians in Florida to perform two robot-assisted laparoscopic radical cystoprostatectomies (bladder and prostate removal

surgery). In addition to these procedures, both physicians continue to use robotic techniques for a host of other surgeries, including prostatectomies (partial or complete removal of the prostate gland) and partial nephrectomies (removal of part of a kidney).

“The procedures we perform robotically have been overwhelmingly positive for the patient,” Dr. Bowers says. “For example, in some procedures, such as removal of the prostate, the use of robotics can also lessen the amount of time a urinary catheter is needed after surgery.”

Meanwhile, Watson Clinic obstetrician/gynecologist (OB/GYN) **Tarek Garas, MD, FACOG, FACS**, performs a variety of gynecologic procedures using the robotic method, including hysterectomies and those aimed at treating reproductive issues, pelvic floor dysfunction and uterine fibroids (benign, noncancerous growths). There are additional Watson Clinic surgeons who are in the process of obtaining their credentials and are preparing to offer robotics as part of their practice.

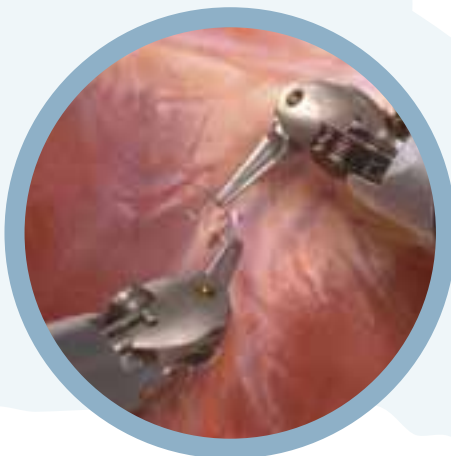
Each Watson Clinic physician performs surgical procedures at Lakeland Regional Medical Center.



● James A. Wilson, MD



● Tarek Garas, MD, FACOG, FACS



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What our patients are saying

Two patients of **Richard J. Cardosi, MD**, recently shared their experiences with robotic surgery:

“I was sent to Dr. Cardosi by my regular OB/GYN because they were concerned about what they saw on my tests. When we discovered surgery was necessary, Dr. Cardosi introduced me to the concept of robotic surgery. A week and a half after they removed my uterus and ovaries, I felt wonderful again, and six weeks later I was completely healed. I don’t even think about it anymore. I’m cancer-free.”

—55-year-old female patient, Lakeland, FL

“After it was discovered I may have uterine cancer, I met with Dr. Cardosi and he told me I was a good candidate for a robotic hysterectomy. There’s no comparison to the traditional method of surgery. I was only in the hospital recuperating for 14 hours, and then I was up walking and experiencing no pain. I can’t get over how quickly I recovered.”

—65-year-old female patient, Winter Haven, FL

Got stiff, painful joints?

It may be time to consider a total joint replacement

A JOINT IS THE POINT

at which one bone meets another.

These bones are connected by ligaments, which act as elastic bands and allow the bones to remain secure as movement occurs. Cartilage prevents the bones from rubbing against each other during this movement.

Our joints rely upon this precise structure to function properly and without discomfort. Yet all of us are susceptible to damage to our joints, whether through injury, conditions such as arthritis or the general deterioration that occurs with age.

“There are a number of noninvasive therapies available to those who suffer from joint damage, which include anti-inflammatory medications, physical therapy, and diet and exercise to promote weight loss,” says **Phuc Vo, MD**, a board-certified orthopaedic surgeon with Watson Clinic. “But if you still experience discomfort and your quality of life has not improved after exhausting these therapies, then surgery becomes the final option.”



● Phuc Vo, MD

Surgical options

Arthroscopic surgery is a minimally invasive technique that allows a surgeon to identify and treat certain

A joint approach to orthopaedic care

Watson Clinic's orthopaedic surgery team offers joint replacement, joint resurfacing, arthroscopic surgery, rotator cuff repair, ligament reconstruction, cartilage injury surgery and more. They also work in collaboration with Watson Clinic's network of additional medical specialists, including sports medicine practitioners, athletic trainers, and physical and occupational therapists. In addition to providing comprehensive care to their patients, Watson Clinic is proud to be the official medical provider for the Detroit Tigers Florida operations and the Lakeland Flying Tigers.

ORTHOAEDIC SURGERY/ SPORTS MEDICINE

- ✓ Prashant J. Desai, DO
- ✓ Camilo E. Guzman, MD
(Se habla español.)
- ✓ Douglas A. Shenkman, MD
- ✓ Russell C. Sklenicka, MD
- ✓ Phuc Vo, MD
- ✓ Marc A. Volpe, MD
- ✓ Sakeena Baccas, PA-C

- ✓ Jason Bulman, PA-C
- ✓ Vishia Sule, PA-C
- ✓ Kevin Wemyss, PA-C

ORTHOAEDIC TRAUMA SURGERY (AT LAKELAND REGIONAL MEDICAL CENTER)

- ✓ Peter Kazmier, MD
- ✓ Andrea D. Adkins, ARNP-C

SPORTS MEDICINE (NON-SURGICAL)

- ✓ Salvador O. Montenegro, MD
(Se habla español.)

HAND SURGERY

- ✓ Ann L. Licht, MD, FACS
- ✓ Anne M. Meo, DO

ALL ARE LOCATED AT WATSON CLINIC MAIN

1600 Lakeland Hills Blvd.
Lakeland, FL 33805
Call **863-680-7214**.

joint problems. A tiny camera is inserted through small incisions so that the joint structure can be seen and problems can be diagnosed.

If necessary, equally small instruments can be inserted through other incisions so that the doctor can, for example, take out bone fragments and remove or repair torn cartilage and ligaments. Recovery from arthroscopy is often much faster than from traditional surgery.

Sometimes a severely damaged joint cannot be repaired through arthroscopy or joint resurfacing, a procedure that results in minimal bone loss by treating only the damaged section of a salvageable joint. In these cases, a total joint replacement becomes the solution.

"Total joint replacement procedures can be performed on a number of joints, including the hip, knee, shoulder, ankle, elbow and fingers," says **Camilo E. Guzman, MD**, a Watson Clinic board-certified orthopaedic surgeon. "Recent advancements have made these procedures more popular and successful than ever before."



● Camilo E. Guzman, MD

During the procedure,

a surgeon switches the damaged joints with replacements made of metal, plastic or ceramic materials. The prostheses are perfectly tailored to fit the contours and restore mobility to the affected areas. There's even a replacement just for women, designed specifically to fit the shape of the female anatomy. Artificial joints typically last for 10 to 25 years.

"The tools and technologies that exist today allow us to perform these procedures in a minimally invasive manner, which means our patients experience a shorter recovery time and improved results," Dr. Guzman says.

Patients who have a total joint replacement usually stay in the hospital for two to four days after the procedure. Hip and knee replacements can require the use of crutches for up to two weeks and a cane after that, as patients build up strength in their new joints. Physical therapy is often used to complement recovery by building strength.

Ready for a replacement?

For more information about total joint replacement procedures or to schedule a consultation with a member of Watson Clinic's orthopaedic surgery team, call **863-680-7214**.

Caring for your knees

What do healthy knees need? A little nurturing, lots of exercise and just the right amount of nutrition, according to bone and joint experts.

Taking steps to protect your knees is smart, since they're the body's largest joints and among the most easily injured, according to the American Academy of Orthopaedic Surgeons (AAOS).

One of the most common knee problems is osteoarthritis. It occurs when cartilage, the rubbery tissue between bones, breaks down. Osteoarthritis can cause pain, stiffness and swelling and make it hard to bend or straighten the knee.

Other common knee problems result from inflammation or injury.

To help keep your knees working right, develop strong, flexible leg muscles, advises the AAOS.

Good exercises include climbing stairs and lifting weights. If you already have some knee problems, try walking, swimming or cycling.

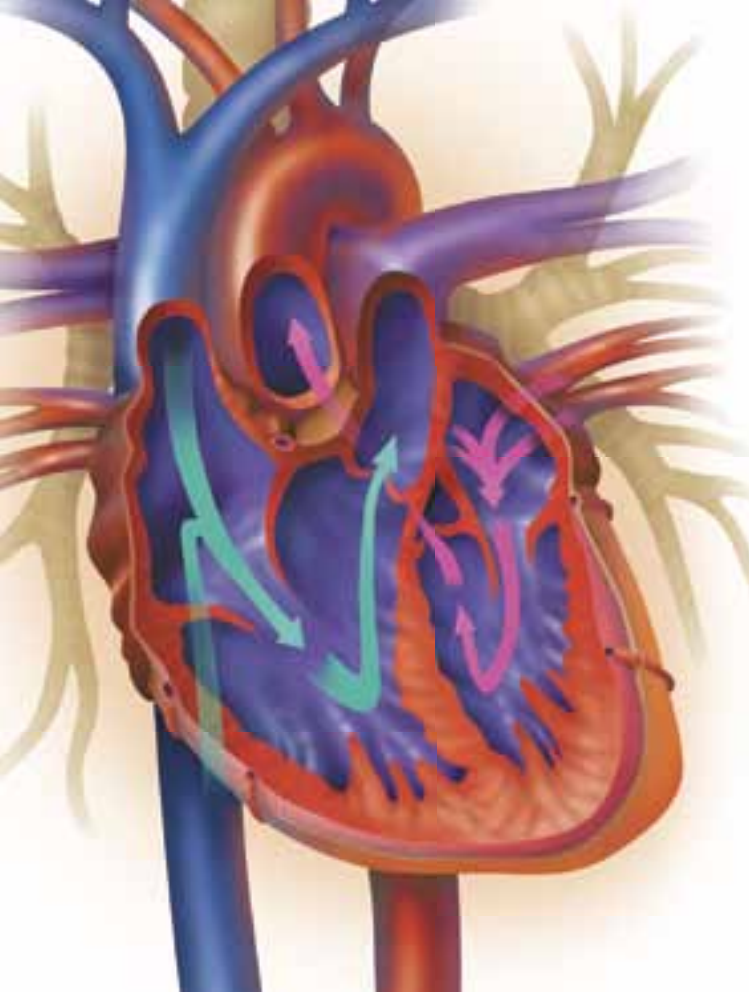
Strengthening exercises tighten muscles, and tight muscles are more injury-prone. That's why gentle stretching is important.

When you begin an exercise and stretching program, go slowly and increase intensity gradually.

Talk to your doctor or physical therapist before you start an exercise routine.

Along with exercise, proper nutrition is also important.

But perhaps the most important dietary advice is to eat no more than you need to maintain a healthy weight. Being overweight puts added pressure on the knees.



Bypass surgery creates new route for blood flow

FOR YOUR HEART to pump life-giving blood through your body, the vessels need to give blood a clear passage.

But over time, the coronary arteries, which carry oxygen-rich blood to the heart, can become narrowed or blocked by plaque—a substance composed of fat, cholesterol, calcium and other materials found in the blood. This reduces blood flow to the heart muscle. When the blockage is severe, the result can be angina (chest pain or discomfort) or even a heart attack.

What is bypass surgery?

Coronary artery bypass grafting, or bypass surgery, is one treatment. In this surgery, an artery or vein taken from your body—for example, from your leg or chest—is connected to the blocked artery, bypassing the blockage and routing blood around the problem area.

There are several types of bypass surgery, including:

- Traditional surgery, in which the chest is opened to reach the heart.
- Minimally invasive, or nontraditional, surgery, in which small cuts are made to access the heart and bypass the blocked or narrowed artery.

What comes next?

“After surgery, you’ll typically spend one or two days in the intensive care unit,” says **Barry L. Winton, MD**, cardiac/thoracic/vascular surgeon at Watson Clinic. “Then you’ll be moved to an area with less intensive care for about three to five days before being discharged.”

Full recovery from traditional bypass surgery can take 6 to 12 weeks or more. Nontraditional bypass surgery needs less recovery time.

“Bypass surgery is not a cure for heart disease,” Dr. Winton says. Your doctor will help you with a treatment plan that will likely include lifestyle changes. Your doctor may also refer you to a cardiac rehabilitation program.



● Barry L. Winton, MD

American Heart Association; National Heart, Lung, and Blood Institute

Options for bypass surgery



● Nestor F. Dans, MD

Coronary artery bypass grafting (CABG) is the most common type of open-heart surgery in the U.S.

“It’s also known as bypass surgery, heart bypass surgery and coronary artery bypass surgery,” says **Nestor F. Dans, MD**, a cardiac/thoracic/vascular surgeon at Watson Clinic.

Types of CABG include the following:

- ✓ **Traditional.** This is the most frequently performed kind of CABG, and it’s used when at least one major artery needs to be bypassed. A large incision is made in the chest bone to allow access to the heart. Medicines are given to stop the heart, and a heart-lung machine keeps blood and oxygen moving through the body during the operation.
- ✓ **Off-pump.** This procedure is similar to traditional CABG. However, the heart isn’t stopped, and a heart-lung machine isn’t used. It’s also called beating heart bypass grafting.
- ✓ **Minimally invasive.** There are several kinds of minimally invasive bypass procedures. They involve only small incisions rather than opening the chest bone to get to the heart.

To learn more about CABG, talk to your doctor.

National Heart, Lung, and Blood Institute

We’re here for your heart

Watson Clinic is proud to offer the most established cardiac surgery program in Polk County. Our specialists conduct heart surgeries exclusively from Lakeland Regional Medical Center.



Call 863-680-7490 for more information.

Extra help for baby's arrival



● Donald W. Langley, DO, FACOG

For an appointment with Watson Clinic's OB/GYN department, please call 863-680-7243.

MOST BABIES enter this world in the customary way. But 1 out of 3 infants needs some extra help arriving and is delivered via surgery—or cesarean section.

If you are pregnant, your doctor might suggest a cesarean section (commonly called a c-section) if it appears to be safer for you or your baby than a vaginal birth.

While some c-sections are planned because of a known medical problem, most occur unexpectedly when complications arise during labor.

Rest assured, a c-section is generally very safe for a woman and her baby, says **Donald W. Langley, DO, FACOG**, a board-certified obstetrician/gynecologist with Watson Clinic. It can even be a lifesaving operation.

Why surgery may be needed

A c-section may be medically necessary for many reasons. Among them:

Your labor stalls. About one-third of c-sections occur because labor either slows down or stops altogether. If medications don't speed things up, a cesarean may be needed.

Your baby is too large for your pelvis. Some babies are simply too big to pass safely through a woman's birth canal.

Your baby is breech. A baby who enters the birth canal feet- or buttocks-first is considered in the breech position. Your doctor might be able to move the baby into the less risky head-first position before labor starts. If not, a c-section may be the best choice.

Labor is too stressful for your baby. A change in your baby's heart rate may indicate that your baby is in trouble and needs to arrive by c-section, Dr. Langley says.



There are problems with the umbilical cord. Sometimes, the cord becomes pinched or compressed in labor. If this happens, your baby may not get enough oxygen. As a result, an emergency cesarean may be warranted.

The placenta (afterbirth) covers all or part of the lower end of your womb. Your baby's exit from the birth canal may be blocked if this pregnancy complication, known as placenta previa, occurs.

You're expecting twins, triplets or more. Though many women carrying twins safely give birth in the traditional way, those having more than two babies usually deliver by cesarean.

You've already had a c-section. "A past cesarean may mean that you need one this time too," Dr. Langley says.

American College of Obstetricians and Gynecologists

Tired of taking a pill every day?

WATSON CLINIC'S gynecology department is pleased to offer the revolutionary permanent birth control procedures Essure and Adiana. Both minimally invasive procedures require no incisions, no general anesthesia and no hormones.

During the brief procedures, small flexible inserts are placed into the fallopian tubes via the vagina, cervix and uterus, not through incisions.

Over a period of three months, the body and the inserts work together to form a natural barrier that prevents sperm from meeting an egg.

"Both procedures are overwhelmingly effective," says **William M. Alford, MD**, who is one of the department members to have received extensive specialty training for these procedures. "There are no hormones involved, so the menstrual cycle

remains unaffected. In addition, patients only require a limited recovery time and usually return to normal activities the very next day."

These procedures are not reversible and may not be appropriate for every woman.



● William M. Alford, MD

Hey, feet, GET



● Brett J. Widick, MD

WANT TO FOLLOW a path to better health? Chances are, one runs right through your neighborhood. To find it, put one foot in front of the other.

“Walking just might be the perfect exercise,” says **Brett J. Widick, MD**, a family medicine specialist at Watson Clinic’s South location. “It offers so many benefits, yet it’s easy and cheap to do. For the most part, all you need is a good pair of walking shoes and some time throughout the week in order to reap healthy rewards.”

For example, a walking program may help:

- Reduce your risk for chronic health problems, such as type 2 diabetes and heart disease.
- Rein in your blood pressure, cholesterol or blood sugar levels if they’re too high.
- Burn calories, an essential part of managing your weight.
- Tone your muscles and strengthen your bones.
- Reduce your stress and help you feel more energetic.

An added bonus: “Walking regularly may even help you enjoy a longer life, research shows,” Dr. Widick says.

First steps

As a beginning exercise walker, you’ll want to start slowly. Don’t try to set a speed record or cover a lot of ground—even a five-minute

Step out safely

Walking for exercise is a healthy step, but do take strides to stay safe and injury-free. Follow these pointers from experts:

Find a safe place to walk. If there are no sidewalks in your neighborhood or if you don’t feel safe walking there, explore options such as walking on trails at schools or parks or walking at a mall.

Walk with a partner. Invite friends or relatives to walk with you, or consider joining or starting a walking group.

See and be seen. If you walk in low light, such as at dusk or dawn, wear light-colored clothing or a reflective vest. Always be aware of your surroundings and traffic.

Start slowly. Injuries often occur when exercisers do too much too soon. Gradually build up your walking speed and distance over several weeks or more.

Stay hydrated. Drink plenty of water before, during and after exercise to help avoid dehydration and heat illness.

Wear the proper shoes. Well-fitting walking shoes with good arch support, a firm heel and cushioning soles are a sound investment in comfort and safety.

Warm up and cool down. Warm up for the first few minutes by walking at an easy pace, and then do some light stretches. Cool down by walking slowly again, followed by light stretches.



American Academy of Orthopaedic Surgeons; American College of Sports Medicine; National Institutes of Health

MOVING!



● Rony J. Alvarado, MD

walk is a good start.

Find a pace that feels comfortable. “As your body adjusts to being more active, work up to walking farther or for longer periods of time, and aim for a brisk pace,” says **Rony J. Alvarado, MD**, a family medicine specialist at Watson Clinic’s Lakeland Highlands location. “But if you can’t talk while walking, that’s a sign you need to slow down.”

How much time should you devote to your new routine?

Government guidelines recommend at least 2½ hours of moderate aerobic exercise, like brisk walking, each week—or about 30 minutes five days a week.

You can break up those 30 minutes into shorter blocks of time during the day. “For example, you might take a 10-minute brisk walk before breakfast and again after lunch and dinner,” Dr. Alvarado says. “You’ll still get all the health benefits of a single, long walk.”

To help you stay motivated once you begin walking, you might consider inviting a friend or relative to get fit with you.

Check in

Walking for exercise is generally a safe activity. That said, it’s a good idea to check with your doctor first before embarking on a walking program if you:

- Have an ongoing health problem, such as heart disease, diabetes, high blood pressure, arthritis or asthma.
- Experience symptoms such as chest pain, dizziness or shortness of breath.
- Are pregnant.
- Are older than 40 and haven’t exercised in a while.

Of course, being in any of those categories doesn’t necessarily mean you can’t exercise. But it’s a good idea to make sure your activities are safe and right for you.

American College of Sports Medicine; American Council on Exercise; National Institutes of Health

To schedule an appointment with a member of Watson Clinic’s family medicine department at any of their six convenient locations, call 863-680-7190.

If the shoe fits



● Ripal Y. Patel, DPM

Remember when sneakers were just sneakers?

These days, buying athletic shoes can seem as complicated as buying a car—with features like pumps, lights, reflectors, pockets

of air and shock absorbers. With a dizzying array of brands and styles, it can be hard to choose what you need.

Generally, you should wear sport-specific shoes for sports you play more than three times a week, according to the American Orthopaedic Foot & Ankle Society.

“Well-constructed shoes can provide comfort and can help prevent injury,” says **Ripal Y. Patel, DPM**, a Watson Clinic podiatric surgeon.

NEW SHOE REVIEW

Sport-specific shoes are designed to protect areas of your feet that get the most stress during a particular activity.

Walking shoes should have a soft upper; smooth tread; good shock absorption; and a slightly rounded sole that encourages the natural roll of the foot during walking motion.

Jogging and running shoes need good cushioning, flexibility, lightness, traction and stability in the heel area.

Aerobic shoes should be lightweight and have extra shock absorption under the ball of the foot.

Tennis shoes should support the foot during quick side-to-side movements or shifts in weight. Shoes should provide stability on the inside and outside of the foot and flexibility in the sole under the ball of your foot.

Basketball shoes need a thick, stiff sole. High-top shoes can help

prevent ankle sprains.

Cross-training shoes combine features of other types of shoes and are a good choice for a variety of sports.

FINDING THE FIT

“Even the best-designed shoes can lead to foot problems if they don’t fit correctly,” Dr. Patel says. To get the best fit:

- ✓ Always have both of your feet measured.
- ✓ Fit shoes to the larger foot.
- ✓ Wear the socks you normally wear to work out.
- ✓ Shop for shoes at the end of a workout, when your feet are largest.

Your new shoes should be comfortable from the moment you try them on.

Watson Clinic’s podiatric surgery department includes Dr. Patel and **James J. Butler Jr., DPM**. Call 863-680-7214 for an appointment.

The Foundation for a healthier community

Putting the 'fun' in fundraiser

The Watson Clinic Foundation Auxiliary, a local philanthropic organization led by chairwoman Linda Logan, recently presented a check to the Watson Clinic Foundation for contributions raised during the seventh annual wine and cheese fundraiser. This year's fundraising event was held at the Lakeland Yacht & Country Club in February and provided an opportunity for community members to gather in support of the Auxiliary while generating increased awareness and additional funding for enhanced services available to local cancer patients. The annual event is the cornerstone of the Auxiliary's efforts.

To date, the Auxiliary has garnered more than \$423,500 in support of local cancer care and research efforts.

All donations to the Watson Clinic Foundation Auxiliary are directed toward funding enhanced services for local cancer patients at the Center for Cancer Care & Research, and donations are welcomed year-round. Checks should be made payable to the Watson Clinic Foundation, with "Auxiliary" noted in the memo line, and mailed to Linda Logan, Auxiliary chairwoman, P.O. Box 6257, Lakeland, FL 33807.

For more information about fundraising events or becoming an Auxiliary member, please contact Logan at **863-802-6220** or WCFAuxiliary@WatsonClinic.com. Auxiliary members participate in a variety of tasks, from event logistics to sponsor recruitment.

SINCE 1960, The Watson Clinic Foundation has worked to improve health awareness and the quality of medical care in our community. Assisted by the generous financial support of compassionate individuals and local businesses, the Foundation's efforts have reached across Florida and beyond.

Education is the key to improving the wellness of our community. That's why the Foundation offers a series of free educational programs featuring knowledgeable healthcare professionals who discuss a variety of medical disorders, the latest treatment options, and preventive measures you can take to avoid or lessen the effects of each condition discussed. Topics include cancer, cardiovascular disease, diabetes, geriatrics, osteoporosis and stroke. The centerpiece of these efforts is the annual Women's Health Summit, which offers a full day of health education and empowerment for women in the community.

Preventive screenings are important, so the Foundation provides free community health screenings on a regular basis, including blood pressure checks, body fat analysis, mammograms, skin and prostate cancer screenings, and many more.

The Foundation is also committed to shaping the future of medicine, an effort defined by the Foundation's scholarship fund, which has helped students from prestigious educational institutions such as Duke University, the University of Florida, the University of South Florida, Baylor University, Polk State College and Travis Technical Center. In addition, the organization has funded more than 50 medical research programs since its inception and continues to support the most promising research conducted today.

For more information on these and other programs spearheaded by The Watson Clinic Foundation and to find out how you can make a difference in your community, please call **863-802-6220** or go to www.WatsonClinic.com/watson-clinic-foundation.





Searching for Dr. Right

Your choice of primary care physician is one of the most important healthcare decisions you'll ever make. He or she can be your trusted wellness advisor for most of your life, providing you with treatments for a wide variety of ailments; continued guidance on topics like nutrition and exercise; and preventive care in the form of important health screenings for conditions like high blood pressure, high cholesterol and various cancers.

Watson Clinic offers exceptional primary care from a team of internal medicine and family medicine physicians. These specialists have offices at five convenient locations, including our Main Clinic in Lakeland, south Lakeland, Bartow, Lakeland Highlands and Plant City.

For more information about our team of more than 50 primary care specialists, visit our website at www.WatsonClinic.com. Or call **863-680-7190** for an appointment.

A key to better health

WHAT'S A PRIMARY CARE physician's specialty? You. And if you don't have one of these specialists as your medical caretaker, now is the time to get one.

Primary care physicians are trained to take care of all aspects of your health—physical, mental and emotional.

A primary care doctor will focus on forging a long-term relationship with you. He or she will ask you about your family history, your life and work, and other factors that can affect your health.

A primary care doctor will take the time to listen to and answer your medical questions because he or she knows that getting to know you is the key to helping you make good healthcare decisions.

Deciding on a doctor

As an adult, you'll probably choose between two main types of primary care doctors. You might select: → An internist, who treats only adults. → A family physician, who treats both children and adults.

No matter which type of doctor you pick, your primary care physician will be the one to:

- Advise you about screening tests and vaccines.
- Treat common illnesses such as sore throats and the flu.
- Help you manage any chronic diseases, like diabetes or asthma.

Your doctor may offer education and counseling as well.

If you do encounter more serious health problems, your primary care doctor can act as a case manager. He or she can recommend specialists, such as a cardiologist (for heart disease) or an oncologist (for cancer), and can help you keep track of the different doctors and treatments you may need.

This kind of comprehensive care can have positive results. Research shows that people who routinely see a primary care doctor have better overall health and lower healthcare costs than people who don't get that kind of medical attention.

Comprehensive, personalized and economical care—that's what a primary care doctor can deliver to you.

American Academy of Family Physicians

Looking for a primary care doctor? Call us at 863-680-7190. Or go to our website at www.WatsonClinic.com.

REACH US

Watson Clinic Locations

Bartow	863-533-7151
Behavioral Health at Edgewood	863-668-3465
Bella Vista Building	863-904-6200
Center for Cancer Care & Research—Bartow	863-519-7005
Center for Cancer Care & Research—Lakeland	863-680-7780
Center for Rehabilitative Medicine	863-680-7700
Dermatology at Sun City Center	813-633-6121
Dermatology at Zephyrhills	813-788-7867
Kidney Center	863-680-7560
LabCare Xpress at Merchants Walk	863-680-7190
Lakeland Highlands	863-647-2313
Main Clinic	863-680-7000
North Pediatrics	863-680-7337
Plant City	813-719-2500
South	863-647-8011
Women's Center	863-680-7556
XpressCare at Lakeland Highlands	863-393-9472
XpressCare at Merchants Walk	863-904-6222
Health Scene	863-904-4653
The Watson Clinic Foundation	863-802-6220

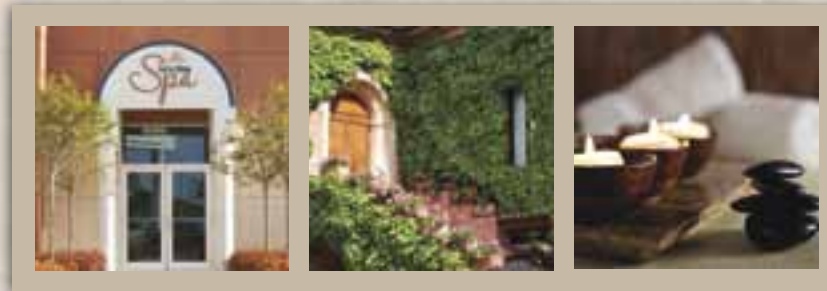
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**Present this coupon and receive 10%
off product purchase of \$50 or more.**

Good through 8/31/11

Can not be combined with any other discounts or coupons. | Occupational License #CE9977973

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863-904-6250 | www.WatsonClinic.com

Convenient to Watson Clinic Patients | Open to the Public