

Watson Clinic

Health Scene[®]

WINTER 2010-11

FOOD NETWORK STAR

Nothing off-limits

Ellie Krieger says healthy eating
is not about deprivation—
it's about good choices

*A community health
education magazine made
possible by generous donations
from The Watson Clinic
Foundation's supporters.*



Support when you need it

A cancer survivor's journey is often overwhelming. Support groups can provide survivors with the comfort, knowledge and guidance they need.

Watson Clinic Women's Center and the Center for Cancer Care & Research (CCCR) are pleased to introduce a series of support groups specially tailored for cancer survivors. These groups provide the tools to cope with the various emotional and psychosocial aspects of cancer, lessen attendees' sense of isolation by giving them a forum to communicate with others who share their journey, and offer assistance in finding necessary resources.

ARTS IN MEDICINE PROGRAM

Weekday programs, time varies

CCCR Boardroom
863-603-4718

The Arts in Medicine Program uses healing arts to promote comfort and well-being for patients and families.

AMONG FRIENDS

Second Tuesday of each month, 5 to 6 p.m.

CCCR Boardroom
863-680-7559

A monthly all-female cancer support group to address emotional and psychosocial aspects of dealing with cancer.



ALL CLASSES ARE OPEN TO THE COMMUNITY.

For more information, go to www.LakelandCancerTreatment.com/support.html.

BREAST CANCER SUPPORT GROUP

Third Wednesday of each month, 10 to 11:30 a.m.

CCCR Boardroom
863-680-7559

A monthly breast cancer support group designed to promote emotional wellness for everyone affected by breast cancer, this group is open to newly diagnosed patients and those in treatment as well as those whose cancer is in remission. Attendees share personal experiences and get valuable information in a caring and confidential environment.

CANCER CAREGIVER SUPPORT GROUP

Tuesdays, 10 a.m. to noon

CCCR Boardroom
863-291-5560

This ongoing support group for patients, caregivers and their families is led by representatives from the Cornerstone Hospice Group. Attendees can share and receive valuable counsel on topics such as questions after a diagnosis, the role of the caregiver, stress management, legal issues and much more, all in a warm, caring environment.



YOUNG ADULTS CONQUERING CANCER

Fourth Thursday of each month, 5:30 p.m.

CCCR Boardroom
863-603-4791

A young-adult support group that addresses emotional and psychosocial aspects of dealing with all types of cancer.



CANCER SURVIVOR EDUCATION SERIES

Quarterly, 6 to 7 p.m.

CCCR Boardroom
863-603-4744

Topics include sexuality, nutrition, spirituality, exercise and rehabilitation.

CONQUERING CHEMO

Thursdays, 2 to 3:30 p.m.

CCCR Boardroom
863-603-4730

A weekly education class offered before chemotherapy to empower patients and their families with the most up-to-date information on cancer treatment and side effect management. Topics include defining cancer, understanding chemotherapy, outlining the side effects of chemotherapy and symptom management.

LUNCH & LEARN—COMMUNITY CANCER SERIES

Second Tuesday of each month, noon to 1:30 p.m.

CCCR Boardroom
863-603-4791

Aimed at educating community members about issues related to cancer, survivorship and general health.

YOUR INNER HERO: LIFE AFTER CANCER TREATMENT

Second and fourth Wednesday of each month, 2 to 3:30 p.m.

CCCR Boardroom
863-603-4730

A post-treatment education class for survivors that discusses follow-up care, managing physical changes after chemotherapy, maintaining social and work relationships, and much more. Now that you've found the strength to fight cancer, join us as you enter the next phase of life.

MAN TO MAN PROSTATE CANCER SUPPORT GROUP

Third Wednesday of each month, 5 to 6:30 p.m.

CCCR Boardroom
863-688-2326

A support group where patients learn about and discuss prostate cancer, treatment, side effects and how to cope.



TAKE SOME
'ME' TIME Looking
for ways to stay stress-free
this holiday season? Make
time to relax, exercise
regularly, eat healthfully,
and get enough rest
and sleep.

American Psychological
Association

LIGHTS OUT
Candles are a part of many
holiday traditions, but
keep safety in mind when
you use them. Extinguish
all candles before you go
to bed, leave the room or
leave your home.

U.S. Consumer Product
Safety Commission

SMOKING
LINKED TO
BLINDNESS Here
is another reason not to
smoke: You could lose
your vision. A study
showed that smoking
increases the risk for age-
related macular degen-
eration. Vision loss from
this condition can't be
restored.

University of Sydney, Australia

The gold standard in cancer care

From the desk of Dr. Louis Saco

THE AMERICAN CANCER SOCIETY estimates that more than 1.5 million new cancer cases will be diagnosed in 2010, excluding noninvasive cancers or basal and squamous cell skin cancers. Much progress has been made in the fight against cancer, but as this number indicates, there is still much work to be done before we can claim an end to the disease.

Watson Clinic and the Center for Cancer Care & Research (CCCR) remain committed to leading the fight for those affected by cancer in our community.

Our recent reaccreditation by the American College of Surgeons Commission on Cancer (CoC) is a testament to our success in exceeding the needs of our patients through compassionate care, advanced technology, investment in research, and a diverse range of educational and support programs.

The CoC sets the standard for accessing excellent cancer care throughout the country, and their commendation indicates only the most comprehensive and expert care for cancer patients. CCCR is proud to be one of only three freestanding cancer centers in the country to receive this prestigious honor. You can read more about the CoC and their evaluation of our

facility on pages 12 and 13 of this issue.

Between Watson Clinic and CCCR, we comprise the largest cancer care team in the area. And as the only local affiliate

of the renowned H. Lee Moffitt Cancer Center & Research Institute, we can deliver unparalleled cancer services to our community, including groundbreaking clinical trials and the latest developments in screenings, treatments and follow-up care.

This issue of *Health Scene* features a slate of cancer-related topics and highlights the expertise of many of our top cancer specialists. For more information, visit our website at www.LakelandCancerTreatment.com.

Yours in good health,

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



● Louis S. Saco, MD, FACP



WINTER 2010-11

**Executive Director,
The Watson Clinic Foundation, Inc.**
Caune Boydston Bamberg

HEALTH SCENE is published as a special service for the friends and neighbors of WATSON CLINIC. It is supported by generous contributions made to The Watson Clinic Foundation, Inc. The Foundation's mission is to promote the wellness of mankind through education, research and community service. If you wish to be added to or removed from the HEALTH SCENE mailing list, please write to healthscene@WatsonClinic.com or Watson Clinic's

Department of Marketing Communications and Media Relations at 4263 S. Florida Ave., Lakeland, FL 33813, or call 863-904-4653. We will facilitate your request before the next issue.

Watson Clinic Board of Directors

Louis S. Saco, MD, FACP, chairman and chief executive officer; Richard Cardosi, MD; John Ellington Jr., MD; Randel Miller, MD; Stephen C. Swengros, MD; Scott Swygert, MD; Guillermo Vasquez, MD; Jorge Gonzalez, MD, medical director; Stanley Piotrowski, chief administrative officer; Keith Pernicano, chief financial officer; Melinda Harrison, senior associate administrator of operations

Health Scene Communications Team

Jamey DuVall, Nicole Longo, Nancy S. Martinez, Jim Tompkins

Information in HEALTH SCENE comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your Watson Clinic healthcare provider at 863-680-7000.

Copyright © 2010 Coffey Communications, Inc.
HSM25770h

Check out our websites

www.WatsonClinic.com

www.LakelandCancerTreatment.com



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



Taking meds? Be sure to tell your doctor

Imagine plotting a course into unfamiliar territory when you have only a small portion of a larger map. It's bound to make for a tough journey—and perhaps a dangerous one.

That's how it is for a doctor planning someone's treatment without a full picture of the medicines that person is taking.

All medications can affect your health. That includes prescriptions; over-the-counter medicines; and dietary supplements, such as herbal remedies.

Sometimes these products interact. As a result, they may not work well together. Other times, taking two or more of them can cause dangerous side effects.

So be sure to tell your Watson Clinic doctor about every medication that you take.

U.S. Food and Drug Administration



Remember the tomatoes

When you're making a salad, don't forget the tomatoes. Eating one tomato a day can provide about one-third of your daily vitamin C requirement and 1 to 2 grams of fiber.

American Dietetic Association

Protecting your skin

William J. Roth, MD, PhD, a board-certified dermatologist at Watson Clinic's Bella Vista Building, answers the following questions concerning the risks associated with skin cancer.



Q: What are the risk factors for skin cancer?

A: Exposure to sunlight is the main risk factor for skin cancer. Additional conditions that may place you at increased risk include a fair complexion, family history and past history of severe sunburns.

Q: How can I protect myself?

A: It is recommended that you avoid the sun during the peak hours of 10 a.m. to 4 p.m.; wear protective clothing, such as a wide-brimmed hat, long pants and long-sleeved shirts to reduce exposure to the sun; and apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure. You should reapply the sunscreen every 1½ to 2 hours.

Finally, you should have your skin checked regularly by a dermatologist. Skin cancer is treatable if detected early. It's also crucial that you consult your dermatologist, particularly if you encounter a questionable mole, sore or scaly patch of skin, because the risk is much greater the longer you go without treatment.



● William J. Roth,
MD, PhD

To schedule an appointment with a member of Watson Clinic's dermatology team at the Bella Vista Building or south Lakeland facilities, call **863-680-7267**. For our Sun City Center and Zephyrhills locations, call **866-409-DERM**.



Reducing radiation exposure

Radiologic technology has advanced at a rapid pace and has proven an indispensable tool for the diagnosis and treatment of conditions like heart disease and cancer.

In spite of the tremendous benefits associated with radiology and imaging, radiation exposure, particularly in children, has long been a concern.

Watson Clinic has taken a step in addressing that concern with the purchase of groundbreaking software that greatly reduces the amount of radiation exposure without sacrificing image quality.

“We’ve been able to incorporate this software into our inventory of cutting-edge radiology technologies,” says **Chat Virapongse, MD**, a senior radiologist in

Watson Clinic’s radiology department. “The results have been astounding, as we’ve been able to document a 40 percent reduction in radiation exposure to patients across the board.”

Watson Clinic’s decision to incorporate these measures is a testament to its ongoing commitment to providing exceptional patient care. The radiology department is the only one in the area—and one of only a few in the state—to invest in this technology, which will benefit the patients of both Watson Clinic and the Center for Cancer Care & Research.

“Radiation dosage is a growing concern,” Dr. Virapongse says. “And Watson Clinic is leading the pack in terms of implementing solutions that ensure the health and satisfaction of our patients.”



• Chat Virapongse, MD

Why go anywhere else?

Featuring the latest technology and the largest team of cancer specialists in the area, the Center for Cancer Care & Research in Lakeland has set the standard for world-class cancer care close to home. But there’s a companion facility in Bartow that may offer even greater convenience to area patients.

Watson Clinic has made comprehensive and compassionate cancer care easily accessible to residents of south and east Polk County as well with the Center for Cancer Care & Research—Bartow facility at 2000 Osprey Blvd., Suite 100.

Residents of Bartow and surrounding communities have direct access to the latest radiation treatment technologies—including ultrasound-guided prostate intensity-modulated radiation therapy (IMRT)—as well as CCCR’s extended team of medical, surgical and radiation oncologists and hematologists; certified chemotherapy nurses and mammographers; radiation therapists; physicists; social workers; and dietitians.

The Bartow location serves the emotional needs of cancer patients as well by offering a series of special programs and supportive outreach efforts, such as the in-house Gift Closet sponsored by the American Cancer Society, which provides patients with free wigs and prosthetics.

Patients who receive their care at either location get immediate, as-needed referrals to Watson Clinic’s team of more than 200 board-certified physicians across 40 medical specialties. To learn more, call **863-519-7005**.



• CCCR offers a convenient location in Bartow.

Do you want to stay well?

Give yourself a good chance of fighting off the flu, colds and other bugs by washing your hands frequently. Scrub your hands for at least 20 seconds using soap and running water.

Centers for Disease Control and Prevention





The new high-dose-rate brachytherapy treatment suite at CCCR was elegantly designed with women's preferences in mind.

Treating you in style

New cancer treatment suite

AS PART OF ITS ONGOING EFFORT to elevate the quality of cancer care in our community, the Center for Cancer Care & Research is proud to introduce a one-of-a-kind new treatment suite.

In stark contrast to the typically cold and sterile feel of a clinical setting, the new suite is elegantly designed to cater to female cancer patients, featuring calming pink walls and an ornately tiled breast cancer ribbon on the floor of the entranceway.

The procedures performed in the room will involve the AccuBoost system, a patient-friendly, noninvasive radiotherapy procedure for women with early-stage breast cancer, as well as cervical high-dose radiation procedures.

'THE BEST IN THE WORLD'

5,000 pounds of cancer-fighting technology

THE CENTER FOR CANCER CARE & RESEARCH (CCCR)

is proud to offer patients the most advanced technology in the field of cancer treatment. The Varian Trilogy System, which has been available at CCCR's facility for more than a year, is no exception. This 5,000-pound linear accelerator is widely described as the most precise and powerful cancer treatment technology in the world.



• Sandra J. Sha, MD

"A linear accelerator is most commonly used for external beam radiation treatments, stereotactic radiotherapies, and intensity-modulated radiation therapy (IMRT)," says **Sandra J. Sha, MD**, a Watson Clinic

radiation oncologist at CCCR. "It works by delivering a uniform dose of high-energy x-ray to the patient's tumor, destroying the cancer cells while sparing the surrounding normal tissue."

Power meets comfort

This is the first machine of its kind to deliver high doses of radiation very quickly and with great precision. That means faster treatments, greater patient



• John T. Barrett, MD, PhD

comfort, and the potential for better outcomes.

"For example, former treatments may have taken 10 to 15 minutes with the patient having to remain still during the duration," explains **John T. Barrett, MD, PhD**, a Watson Clinic radiation oncologist at CCCR. "However, the new procedure only takes two to three minutes, making it much more tolerable."

Other unique characteristics of this new technology include: **High-quality imaging and precision** that targets tumors and delivers radiation faster than ever before—while still protecting the surrounding healthy tissue.

Versatility that allows for the treatment of a wide range of abnormalities (from small vascular malformations and tumors to larger cancers) even in regions where the tumor moves during treatment.

Rapid Arc technology allows for quicker delivery of each dose with improved dose distribution.

For more information about radiation oncology services at CCCR, visit our website at www.LakelandCancerTreatment.com or call 863-603-4717.





PROSTATE CANCER

Know the risks and symptoms



● Jens C. Carlsen, DO

Call 863-680-7300 to make an appointment with a Watson Clinic urologist.

PROSTATE CANCER is the second most common type of cancer and cause of cancer death among men. But assessing your risk for developing the disease can be challenging.

“Age is by far the most common risk factor for developing prostate cancer,” says **Jens C. Carlsen, DO**, a urologist with Watson Clinic. “The disease is most prominent among men who are over the age of 65.”

Other factors—including family history and being an African American—are also common among men with prostate cancer, but definitely do not guarantee that you will develop the disease.

Common symptoms of prostate cancer include urinary issues, such as trouble passing urine or a burning sensation

when you urinate; difficulty achieving an erection; blood in the urine or semen; and frequent pain in the lower back, hips or upper thighs. Yet these symptoms are more likely to be associated with other conditions, such as an infection.

The only way to be certain is through proper screening.

According to the American Cancer Society, prostate cancer screening should occur beginning at age 50 for men at average risk for developing the disease, and age 45 for men at a higher risk (including African Americans and those with a close family relative diagnosed with the disease before age 65).

Screening tools include a prostate-specific antigen (PSA) blood test and a digital rectal exam.



● Joseph S. Cody, MD

Call 863-680-7490 to schedule an appointment with a member of Watson Clinic’s gastroenterology team.

Good choices combat colon cancer

IF YOU WANT to reduce your risk for colorectal cancer, here are some steps you can take, courtesy of Watson Clinic gastroenterologist **Joseph S. Cody, MD**; the American Cancer Society (ACS); and the American Institute for Cancer Research: **Eat well.** Consume plenty of plant-based foods—at least five servings a day of fruits and vegetables—and several servings daily of fiber-rich foods. These include beans and whole-grain breads, cereals, rice, and pasta. Limit red meat to no more than 18 ounces per week, and avoid eating processed meat altogether.

Manage your weight. “Obesity is a major risk factor for colorectal cancer,” Dr. Cody says. “Taking steps to lose weight can yield many benefits, including a reduced

cancer risk.”

Keep moving. Get at least 30 minutes of moderately intense physical activity (brisk walking and swimming, for example) every day of the week.

Don’t smoke. Recent studies indicate that long-term smokers are more likely than nonsmokers to die from colorectal cancer.

Get screened. Regular screening for colorectal cancer is one of the most powerful weapons in preventing the disease, according to Dr. Cody and the ACS. “Colonoscopy is an especially important tool,” Dr. Cody says. “Not only can we find precancerous polyps, but we can remove them at the same time. It’s like a one-two punch in the fight against cancer.”

LIZ LANGE

Fashion designer, survivor



Set a healthy trend: Pencil in a Pap test

How many things on your to-do list can save your life? If getting a Pap test is on your list, you know you have at least one. That's because nearly 70 percent of the women who might have died from cervical cancer this year in the United States are still alive because of this screening.



Richard J. Cardosi, MD

"The Pap test, also called a Pap smear, is a cancer screening test that can find changes in cells in the cervix, the lower part of the uterus that opens into the vagina," says **Richard J. Cardosi, MD**, a gynecologic oncologist with Watson Clinic. "If abnormal cells can be discovered before they become cancerous, cancer can be prevented. And if cancer is found in its earliest stages, it can be successfully treated."

Dr. Cardosi and numerous professional societies recommend the following guidelines:

- ✓ Have their first Pap test at age 21.
- ✓ Be screened every two years between the ages of 21 and 29.
- ✓ Continue screening every three years between the ages of 30 and 65.

"These guidelines apply only to women who have normal test results," Dr. Cardosi says. If your Pap test turns up something abnormal or if you have chronic health problems, ask your healthcare provider how often you should be screened.

Pap tests, as well as HPV vaccines, are available by appointment:

- ✓ Call **863-680-7243** for gynecology.
- ✓ Call **863-680-7578** for gynecologic oncology.

FOR MANY WOMEN, Liz Lange is synonymous with pregnancy and motherhood. After all, the clothing designer is considered to be responsible for helping transform maternity fashion.

Now, after recovering from cervical cancer, Lange hopes her name will also be associated with cervical cancer prevention and survival. Since 2007 she has been active with the Gynecological Cancer Foundation (GCF), telling her story.

Surviving cervical cancer

It was a routine screening—Lange's scheduled Pap test—that uncovered cancer in 2001. Her test revealed dysplasia, or abnormal tissue, in the cervix, the lower part of the womb. In some cases this abnormal tissue won't turn into cancer and can be easily treated. In Lange's case, the cells proved to be cancerous.

After her diagnosis, Lange underwent a hysterectomy, chemotherapy and radiation. Her treatment was aggressive and left her exhausted and stressed. But from beginning to end, she had the support of those close to her.

"I was lucky to have my family, particularly my sister, and my best friends," Lange says. "They helped

me get through."

But she chose not to tell everyone around her what was happening. She worried that going public with her story would hurt her business.

"I'm supposed to be the queen of maternity chic," Lange says. She feared that losing her fertility during cancer treatment did not fit well into that image.

"I'm also just a very private person," Lange says. "I didn't want my disease to take over every interaction I had. But that is a personal choice.... Everyone has to decide what is best for them."

After six years cancer-free, Lange was ready to start sharing.

"As years passed and there was more distance between me and the disease, I began to feel that I wanted and was even obligated to tell my story so that women would understand the importance of regular screenings," she says.

"I urge all women to talk to their health care providers and other women in their lives about cervical cancer and make sure they are getting all of the recommended tests. Cervical cancer can be detected early and cured!"

"I don't want any woman to put off her Pap test. It literally saved my life."

MAMMOGRAMS

No more excuses

SOME EXCUSES hold up. Alarm clocks do occasionally fail, and tires do go flat.

But when it comes to taking care of your breast health, no excuse will do.

That's especially true when the excuse is based on misinformation. Here are four reasons women often give for not getting mammograms—along with the facts.

- 1** "I don't have time." The truth is, a mammogram screening takes only about 20 minutes. You can usually make an appointment for a time that is convenient for you.
- 2** "It will hurt too much." There may be some discomfort, since your breasts need to be flattened slightly to get the best x-ray picture—but that's only for a few seconds. If you're still menstruating, time your mammogram for right after your period, when your breasts are likely to be less tender. Take an over-the-counter pain reliever before or after screening to lessen the discomfort.
- 3** "I don't have any symptoms or a family history of breast cancer." Not having these risks may lower your chances for getting breast cancer, but they don't rule it out. Most women who get breast cancer do not have a family history of the disease. And early breast tumors—which mammograms can detect—may be too small to feel and may cause no symptoms.
- 4** "It costs too much." Most insurance plans cover mammograms. So do Medicare and Medicaid. If you don't have insurance, call the National Breast and Cervical Cancer Early Detection Program at 800-CDC-INFO (800-232-4636) or your local American Cancer Society office and ask about a free or low-cost mammogram.

Because regular screening with mammograms saves lives, the American Cancer Society and other experts recommend that women have yearly mammograms starting at age 40.

A few breast cancer facts you may not know

Breast cancer is second only to lung cancer as the most common cancer killer in U.S. women, says **Elisabeth L. Dupont, MD**, a breast surgeon with Watson Clinic's Women's Center.



● Elisabeth L. Dupont, MD

- ✓ Men get breast cancer too, though not very often. "Less than 1 percent of breast cancer cases are in men," Dr. Dupont says.
- ✓ Being physically active decreases the risk of getting breast cancer.
- ✓ Since the early 1990s, the

rate at which people in the U.S. are being diagnosed with breast cancer has increased, but the rate at which they are dying from the disease has dropped. This is due to advanced technology and early detection efforts.

- ✓ Researchers are studying the genetic differences between women who get breast cancer and those who don't.
- ✓ With early-stage breast cancer, life expectancy is the same for all women, whether they have breast-sparing surgery—also known as a lumpectomy—or a mastectomy.

American Cancer Society; Centers for Disease Control and Prevention

It is recommended that women have yearly mammograms starting at age 40. Call Watson Clinic's Women's Center at 863-680-7755, option 3, to schedule yours today.



ELLIE KRIEGER

**ADVICE FROM
FOOD NETWORK STAR**

Nothing

FRENCH FRIES are one of Ellie Krieger's weaknesses. She craves them, despite their reputation as a bad-for-you food.

So instead of banning fries altogether, which is against Krieger's basic philosophy of food, she has a guilt-free home recipe. Hers are made with fresh garlic, salt and a splash of canola oil. The fries are then baked, instead of deep-fried, and tossed with fresh parsley.

"Never say never," says Krieger, a registered dietitian and star of the Food Network's popular show *Healthy Appetite*. She believes that there should be no fear or guilt when it comes to food.

A foodie's rules

Krieger encourages people to eat and cook for health and joy. Her cook-



Questions? Talk nutrition with a registered Watson Clinic dietitian with a referral from your primary care physician. Call 863-680-7190 to schedule an appointment at any one of seven convenient locations.



Raspberry fool

INGREDIENTS

- 1½ cups nonfat vanilla yogurt
- 1 10-ounce package frozen unsweetened raspberries, thawed
- ⅓ cup confectioners' sugar
- ¼ cup well-chilled heavy cream
- 4 ladyfinger cookies

DIRECTIONS

- ✓ Place the yogurt in a strainer lined with a paper towel, and let it drain and thicken in the refrigerator for at least 4 hours and up to 1 day. Discard the liquid, and set the thickened yogurt aside.
- ✓ Process half the raspberries in a food processor until smooth. Transfer the purée to a fine mesh strainer, and strain it into a large bowl, pressing the liquid out with a rubber spatula. Discard the seeds. Whisk in the confectioners' sugar. Stir in the remaining raspberries.
- ✓ In a chilled medium bowl, whip the cream with an electric mixer until soft peaks are formed. Gently fold in the yogurt. Fold in the raspberry mixture.
- ✓ Spoon the fool into cocktail glasses and chill, covered with plastic wrap, for at least 1 hour and up to 1 day. Serve with ladyfinger cookies.

Eating well tip: Well-chilled cream whips more easily and gives you more volume than room-temperature cream, which means a chilled cream provides a bigger dollop for the same number of calories. So keep your cream refrigerated for at least 12 hours before using it, and take it out just before whipping. It also helps to chill the bowl and beaters too. You can whip cream several hours in advance and store it, covered, in the fridge until you are ready to use it.

NUTRITION INFORMATION

Serves 4.
Serving size: ½ cup. Amount per serving: calories: 240; total fat: 7g; monounsaturated fat: 2g; polyunsaturated fat: 0.4g; saturated fat: 4g; protein: 7g; carbohydrates: 40g; fiber: 1g; cholesterol: 62mg; sodium: 85mg. Excellent source of vitamin C. Good source of calcium, phosphorus, protein, riboflavin and vitamin B₁₂.

Ellie Krieger, *The Food You Crave* (Taunton Press, 2008)

off-limits

book *The Food You Crave: Luscious Recipes for a Healthy Life* (Taunton Press, 2008) is classic Krieger, with healthier versions of such favorites as grilled cheese sandwiches, pizza and chocolate pudding pie.

Krieger takes a *usually-sometimes-rarely* approach to food. *Usually* foods are colorful vegetables and fruits, whole grains, lean meats, fish, beans, nuts, low-fat dairy products, and healthy oils. They're the staples of recipes, meals and snacks.

“Enjoy your food, be mindful of it, and really take it in.”

Ellie Krieger, *Healthy Appetite*

Sometimes foods have been more refined—such as white flour, sugar and regular pasta—or are higher in saturated fats, such as chicken thighs.

Rarely foods—butter, cream and full-fat cheeses, for example—are eaten rarely but “strategically placed for maximum impact and flavor,” Krieger says.

“I make my mashed potatoes with low-fat buttermilk for creaminess and tanginess, but I put a little pat of butter right on top, where you can see it and taste it,” she says. “We eat with our eyes too.”

Eating what you love

One of Krieger's rules for health: Eat three meals and one or two healthy

snacks every day. Then make small changes to improve nutrition without sacrificing flavor. Other tips:
→ Use heart-healthy canola oil instead of butter in muffin, cake and quick bread recipes. Try using half oil, half butter in cookie recipes.
→ Skip the breakfast bagel (equivalent to four or five pieces of bread) and substitute thinly sliced, dark pumpernickel bread.

→ Add mashed white beans to hot soup to thicken it and to add vitamins, minerals, protein and fiber.

→ Use avocado or low-fat buttermilk or yogurt as a base for creamy salad dressings.

Krieger recommends using ingredients as close to their original condition as possible, such as fresh fruits and veggies and frozen or canned foods without added sugar or salt. Bagged salad greens and canned pumpkin are convenience foods that don't compromise on nutrition.

Finally, “Savor every bite,” she says.

“The worst thing you can do is stand in front of the refrigerator, hastily eating something you think is bad for you.

“Enjoy your food, be mindful of it, and really take it in. If we did that with all of our food, we'd eat less and enjoy our food more.”

Leading the way in cancer care



● Thomas L. Moskal
MD



● Fred Schreiber,
MD

“Targeted
therapies are
the wave of
the future.”

THE SUCCESSFUL TREATMENT

of cancer demands a team approach, and the Center for Cancer Care & Research (CCCR) is a diverse collaboration between specialists from Watson Clinic LLP, Clark & Daughtrey Medical Group, P.A., and the finest independent physicians in the area.

As the only local affiliate of the world-renowned H. Lee Moffitt Cancer Center & Research Institute, CCCR offers patients unfettered access to new technologies, national trials and comprehensive follow-up care.

Since it first opened in 2003, CCCR has changed the landscape of cancer care in the community.

Personalized care

CCCR team—including surgeons, radiologists, medical oncologists, nurses, research staff and additional clinicians and managers—meets regularly to discuss all

ongoing cancer cases.

“We meet two to four times a week as a group to review individual cases,” says **Fred Schreiber, MD**, a Watson Clinic hematologist/oncologist at CCCR, physician chair of the Cancer Committee and vice president of Watson Clinic’s Center for Research. “For the patient, it’s like having multiple doctors come to their bedside.”

During these meetings, specialists review individual cases, examine patient x-rays and biopsies, and discuss various treatment options. In addition, conferences are conducted and dedicated to specific types of cancer, including breast cancer, lung cancer, and cancers of the bone marrow system.

Exceeding standards

CCCR recently received reaccreditation by the American College of Surgeons Commission on Cancer (CoC) for an additional three years.

The CoC is dedicated to improving survival rates and quality of life for cancer patients. An integral part of their mission is measuring the success rates of treatment centers like CCCR. Following an in-depth evaluation, CCCR received not only a renewal of their accreditation, but an astounding seven special commendations for going above and beyond expectations in areas including outcome analysis, quality of data, continuing education for staff, strict adherence to data reporting guidelines, high clinical trial enrollment, community outreach and quality improvement.

CCCR is one of only three freestanding cancer centers in the country to receive this honor.

“This remarkable accreditation illustrates the exemplary standards we maintain for our patients in the areas of treatment, research, education and quality of care,” says Dr. Schreiber.

Investing in the future

Not only are CCCR patients counseled on the latest clinical trials available to them and encouraged to play an active role in their own care, but they are also given the opportunity to chart the course for the future of cancer care by participating in research programs like Total Cancer Care.

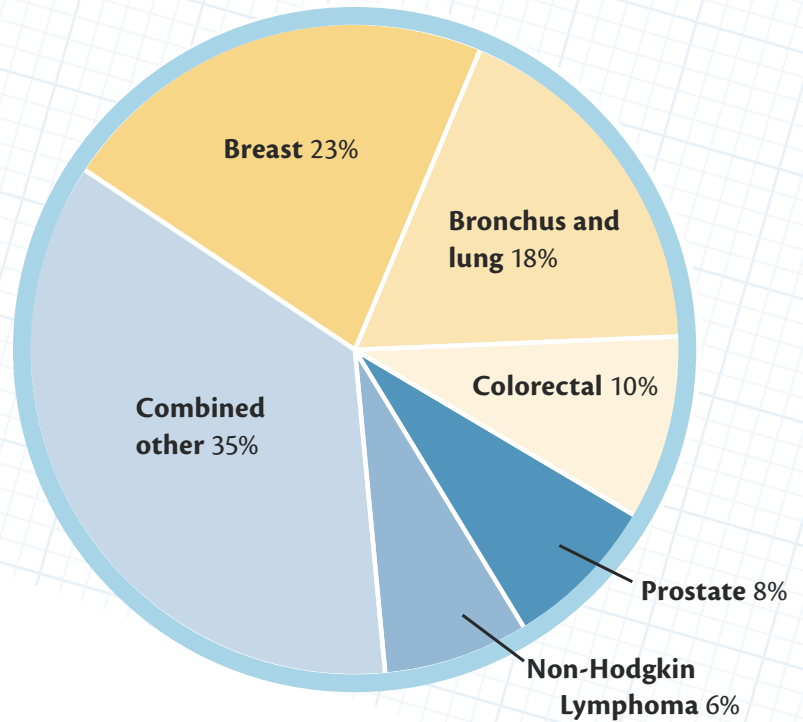
Total Cancer Care, an ambitious re- search project with 17 collection sites across Florida, involves the collection of hundreds of thousands of tumor samples, from which scientists can pinpoint specific molecular fingerprints. This will allow more personalized drug and treatment therapies that can more effectively target individual cancers.

“Targeted therapies are the wave of the future,” says Dr. Schreiber. “There have been significant breakthroughs in just the last 5 to 10 years that have taken some cancers from incurable to curable. The Total Cancer Care project is an effort that could revolutionize the treatment of cancer in our lifetime.”

Of course, the fight against cancer will not only be fought and won in scientific labs and treatment facilities, but through outreach efforts within every community as well.

“CCCR works diligently to promote cancer prevention and awareness in various forums, such as lectures or community screening events,” says **Thomas L. Moskal, MD, FACS**, a Watson Clinic surgical oncologist with CCCR. “We frequently collaborate with the nation’s most respected cancer organizations, such as the American Cancer Society and the Leukemia & Lymphoma Society.”

Cancers treated at CCCR in 2009



The graph above represents the types of cancer most frequently treated by CCCR in 2009.

The largest team in the area

Watson Clinic and CCCR collaborate closely to fight every facet of cancer in our community. This diverse team includes the following specialists:

- ✓ Anesthesiologists
- ✓ Breast surgeons
- ✓ Cardiologists
- ✓ Critical care intensivists
- ✓ Dermatologists/ dermatopathologists
- ✓ Facial plastic surgeons
- ✓ Family practitioners
- ✓ Gastroenterologists
- ✓ General surgeons
- ✓ Gynecologists
- ✓ Hospitalists
- ✓ Internal medicine physicians
- ✓ Nephrologists
- ✓ Neurologists
- ✓ Obstetricians
- ✓ Oncologists
- ✓ Ophthalmologists
- ✓ Orthopedists
- ✓ Otolaryngologists
- ✓ Pain management physicians
- ✓ Pathologists
- ✓ Plastic surgeons
- ✓ Psychiatrists
- ✓ Pulmonologists
- ✓ Radiation oncologists
- ✓ Radiologists
- ✓ Surgical oncologists
- ✓ Thoracic surgeons
- ✓ Urologists



When you choose CCCR for cancer treatment, you and your primary care physician become part of a highly specialized healthcare team.



When your partner has cancer

Communication is a crucial part of caregiving

YOUR PARTNER has a team of experts dedicated to his or her cancer care: doctors, nurses, pharmacists, technicians. But one of the most important team members is you, the caregiver.

“As a caregiver, you may be asked to take on many roles,” says **Luis A. Franco, MD**, a Watson Clinic oncologist/hematologist at the Center for Cancer Care & Research (CCCR).

Perhaps you’ll serve as a personal assistant, arranging treatment schedules and transportation. Maybe you’ll have to assume financial, legal or housekeeping chores.

“You may also be asked to do some basic home health duties, such as administering intravenous medicines or helping your partner dress or use the bathroom,” says **Galina Vugman, MD**, a Watson Clinic oncologist/hematologist at CCCR.

Open communication

As valuable as all these responsibilities are, one of your central roles as a caregiver involves communication. It can help both of you to talk about your partner’s illness and treatment and the pressures they can cause.

But often, just when communication is most important, the stress and worry of cancer can make it harder than ever for some couples to connect.

According to Dr. Franco, Dr. Vugman and the American Cancer Society, there are several things a caregiver can do to keep communication flowing:

→ Take your cues from your partner, and



● Luis A. Franco,
MD



● Galina Vugman,
MD

understand that people communicate differently. Some are talkative, while others say what they mean through gestures or actions.

- Understand that some people may not want to start a difficult conversation, but will talk if you bring up the subject.
- Listen when your partner speaks. Don't change the subject or interrupt. Making yourself available just to listen can be one of the most supportive things you can do.
- When the time is right, share your own thoughts and feelings about your partner's illness and treatment.
- While conversations about cancer are important, encourage your partner to also talk about other things going on in your lives.

Ask for help

"If you and your partner are having trouble communicating, consider asking other caregivers how they handle this part of their role," Dr. Vugman says. You might also want to talk to a mental health professional.

"The caregiver's job can be difficult, but it can also be rewarding in ways you may not have anticipated," Dr. Franco says. You may discover inner strengths and abilities you didn't know you had. You may also develop better communication and a closer relationship with your partner.

Local resources

The Center for Cancer Care & Research offers comprehensive services to assist you and your partner. For a listing of support groups, see page 2 of this issue. For more information, visit our website at www.LakelandCancerTreatment.com or call **863-680-7780**.



Cancer Take care of yourself

Caring for a loved one with cancer is a big job. But don't let it overshadow your own very legitimate physical and emotional needs.

Remember, putting in a little effort to bolster your own body and spirit will help you better care for your partner.

According to the American Cancer Society and others, there are several things you can do:

- ✓ Try to maintain a healthy diet, and try to exercise at least a little bit each day. Even 15 to 30 minutes of activity can help ease the stress common to caregivers.
- ✓ Get enough rest. If you aren't sleeping well at night, try taking short naps during the day. If sleep becomes an ongoing problem, talk to your doctor.
- ✓ Consider joining a support group. It's a good way to see how others deal with some of the same issues you're facing.
- ✓ Set aside some time for fun. Connect with a friend. Work in the yard. Watch a movie. Let yourself laugh.
- ✓ Ask for help. You may find family, friends and neighbors eager to help with some of the caregiving duties.
- ✓ Keep up with your own medical checkups and screenings.

If you're feeling overwhelmed, talk to your partner's healthcare team about resources available to help you.

What's your

THERE'S NO DENYING that it's tough to quit smoking.

But there's also no denying that giving up cigarettes is one of the most important things you can do for your health.

That can be your main motivation for quitting. But a little thought can help as well.

"Perhaps you smoke for reasons you don't think about," says **Eric G. Catz, MD**, a Watson Clinic pulmonologist.

"Or you continue smoking for reasons you do give thought to—like the fear of gaining weight if you quit.

By thinking about why you light up, you'll help break down barriers that keep you from becoming smoke-free."

Following are some frequently cited reasons people smoke and some tips from Dr. Catz and the National Cancer Institute and American Cancer Society for addressing them.

To relieve stress

Smoking temporarily changes brain chemistry, making you less anxious and more relaxed.

What you can do: Think about what causes your stress and how it affects you. For example, does worrying about work give you a headache? Do relationship difficulties keep you awake at night? Once you've identified what causes your stress, you can turn your attention to finding stress-busting techniques that are healthier than smoking.

One suggestion is to find a book on dealing with stress.

"Practice the stress-easing suggestions it offers until you find a few that help you feel better," Dr. Catz says.

To relieve boredom

Sometimes, smoking is simply a way to pass time.

What you can do: Always have something to do. For example:

- Go outside—provided it's not to a place you associate with smoking.
- Carry something with you—a book or a crossword puzzle—to

"Let's Talk" smoking cessation information sessions are held at CCCR. Call 863-802-6220 to learn more.



● Eric G. Catz, MD

To make an appointment with a Watson Clinic pulmonologist, call **863-680-7190**.



● Shalini Mulaparathi, MD

To make an appointment with an oncologist-hematologist at CCCR, call **863-603-4770**.

reason for smoking?

occupy yourself during downtime. Simply holding something, such as your cell phone, will make it harder to pick up a cigarette.

→ Use your senses as a distraction. Note sounds around you or shapes of things you pass.

Others around you smoke

Being with smokers can make you want to light up.

What you can do: Spend time in places where smoking isn't allowed. Tell people close to you that you need their support, and offer examples of things they can do to help you—like not smoking in your presence. "If others do light up when you're around, excuse yourself and don't return until their cigarettes are out," Dr. Catz says.

You enjoy smoking after meals

Smoking urges can be strong after certain meals and after consuming specific foods and drinks.

What you can do: Think about the foods that make you crave cigarettes, and avoid them. After a meal, keep your hands busy by peeling an orange or cracking some nuts for dessert. Or cap off a meal by taking a walk or brushing your teeth. You might even try washing your dishes by hand. Lighting up is pretty tough with wet fingers!

You crave cigarettes

"Urges will lessen with time," Dr. Catz says. "Until they do, have a strategy for dealing with them."

What you can do: Stay focused on your reasons for quitting. Try chewing on gum or a carrot stick when you have the desire to put something in your mouth. Consider

wearing a rubber band around your wrist and snapping it against your skin when an urge to smoke arises. Use this technique to remind yourself of all of the unpleasant things associated with smoking. Saying "No!" out loud or telling yourself, "I'm too strong to give in" may do the trick too.

You think you'll gain weight if you stop

"Sometimes people do gain weight when they quit smoking," Dr. Catz says. "But there are ways to lower this risk."

What you can do: Choose foods that are low in calories and fat. Crunchy foods, like rice cakes or pretzels, and those that take a long time to eat can be good. Other strategies include drinking water between meals and getting more exercise. Physical activity can both lower stress and reduce cigarette cravings.

A fresh beginning

However you choose to get smoke-free, the important thing is that you do. Your doctor can provide more advice and tools to help you. With willpower—and a good plan—you can become one of the millions of Americans who have successfully kicked the habit.

To schedule an appointment with a Watson Clinic pulmonologist, you need a referral from your primary care physician. Please call **863-680-7190**.

Current smoking may raise risk of second breast cancer

"If a woman has had breast cancer, three factors within her control—smoking, drinking alcohol and being obese—may increase her risk of developing cancer in her other breast," says **Shalini Mulaparthy, MD**, a Watson Clinic oncologist/hematologist at the Center for Cancer Care & Research (CCCR).

Researchers examined data from approximately 1,000 women diagnosed with estrogen receptor-positive cancer in one breast. Of those women, 365 had developed cancer in the other breast (contralateral breast cancer).

According to the study results, current smoking was linked with a 120 percent increased risk of developing contralateral cancer. Drinking seven or more alcoholic beverages a week was linked with a 90 percent increased risk. Obesity was linked with a 40 to 50 percent increased risk. (Obesity is defined as having a body mass index higher than 30.)

"These findings give breast cancer survivors three potential ways to lower their chances of developing contralateral breast cancer," Dr. Mulaparthy says.

To make an appointment with an oncologist/hematologist at CCCR, call **863-603-4770**.

Journal of Clinical Oncology,
Vol. 27, No. 32

Watson Clinic is proud to be tobacco-free throughout our many locations and on all campus grounds.

TOAST FOR THE CURE

Celebrating a banner year

The Watson Clinic Foundation Auxiliary announced that their annual Toast for the Cure event raised a record amount of \$123,225 in support of local cancer care and research efforts.

Toast for the Cure was held at the Lakeland Yacht & Country Club 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.



Next year's event will be held on Sunday, Feb. 13, 2011.

All donations to The Watson Clinic Foundation Auxiliary are directed toward the funding of enhanced services for local cancer patients, and donations are accepted 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 Chairperson, PO Box 6257, Lakeland, FL 33807.

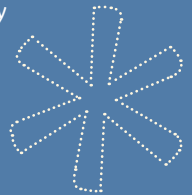
For more information about next year's Toast for the Cure event, or to learn how become an Auxiliary member, please call Linda Logan at **863-802-6220**, or e-mail WCFAuxiliary@WatsonClinic.com. Auxiliary members may be asked to participate in a variety of tasks, including event logistics and sponsor recruitment.

WATSON CLINIC
FOUNDATION, INC.

About the Foundation

As a nonprofit organization, The Watson Clinic Foundation provides services and opportunities that elevate the health consciousness and quality of life within the community. Through programs like the Healthy Woman Summit, the Arts in Medicine Program, and various educational events throughout the year, the Foundation empowers community members with potentially lifesaving inspiration and information about a variety of health-related issues.

Please call **863-802-6220** for more information.



Finding hope through cancer research

The Watson Clinic Center for Research offers a wide variety of clinical research trials focusing on the treatment of cancer, providing patients at the Center for Cancer Care & Research (CCCR) the latest innovations in targeted therapy.

Early in patients' treatment, they are given the option of participating in any current trials that may be of benefit to them. At any given time, CCCR is involved with dozens of clinical trials, many of them focused on colon cancer, breast cancer, lung cancer and leukemia (as these are the most commonly diagnosed cancers).

The Center for Research staff meets with each interested patient, reviewing every detail of the trial to avoid confusion or surprise. They also offer extensive, personalized follow-up care

in conjunction with physicians and researchers from both CCCR and H. Lee Moffitt Cancer Care & Research Institute. Participation is completely voluntary and patients may withdraw at any time.

More opportunities. CCCR's affiliation with H. Lee Moffitt Cancer Care & Research Institute affords patients entry into the most advanced clinical trials in the field of oncology research, including the Total Cancer Care project, aimed at developing more effective targeted therapies.

Interested?

Learn which clinical trials are currently under way.



Visit www.LakelandCancerTreatment.com, select "Clinical Research" and look under "Active Studies," or call 863-904-2482.

Welcome, new physicians!



Gary W. Beaver, DO

Neurology

Special expertise:
Multiple sclerosis

Internship and residency:

Neurology, Madigan Army Medical Center in Tacoma, Wash.

Medical school: Chicago College of Osteopathic Medicine in Downers Grove, Ill.

Board certification: Psychiatry and neurology

Location: Watson Clinic Main

Appointment line: 863-680-7300



Camilo E. Guzman, MD
Orthopaedic surgery

Fellowship: Adult reconstructive surgery, Sinai Hospital of Baltimore, Baltimore, Md.

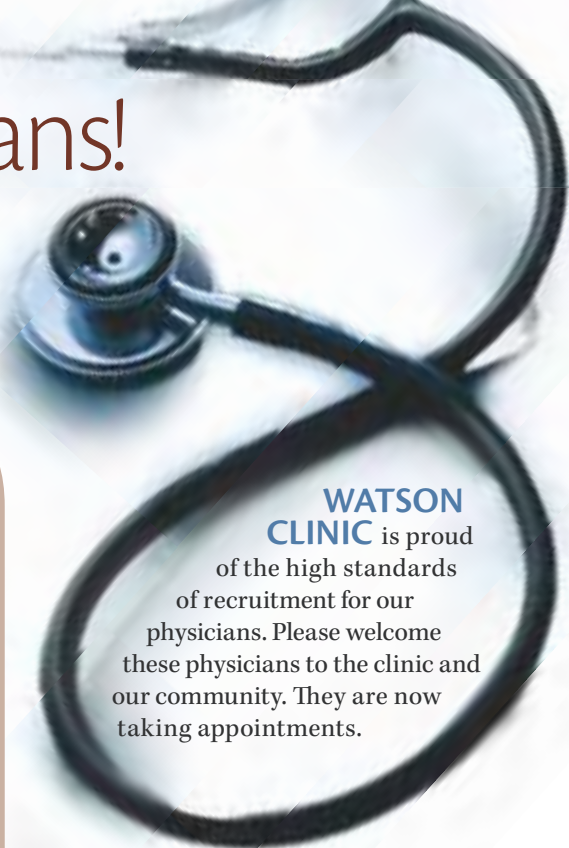
Residency: Orthopaedic surgery, Albany Medical Center, Albany, N.Y.

Internship: Pedro Leon Regional Hospital in La Mesa, Condinamoria, Colombia

Medical school: Pontificia Universidad Javeriana in Bogota, Colombia

Location: Watson Clinic Main

Appointment line: 863-680-7214



WATSON CLINIC is proud of the high standards of recruitment for our physicians. Please welcome these physicians to the clinic and our community. They are now taking appointments.



Graham S. Clark, MD
Dermatology

Residency: University of South Florida in Tampa

Internship: Aurora St. Luke's Medical Center in Milwaukee, Wis.

Medical school: University of Minnesota in Minneapolis, Minn.

Board certification: Dermatology

Location: Watson Clinic South

Appointment line: 863-680-7267



Juan A. Lopez, MD
Internal medicine

Internship and residency: Internal medicine, St. Barnabas Hospital in Bronx, N.Y.

Medical school: Pontificia Universidad Catolica Madre in Santiago, Dominican Republic

Board certification: Internal medicine

Location: Watson Clinic Main

Appointment line: 863-680-7190



Margareth A. Saldanha, MD
Neurology

Special expertise:
Sleep medicine

Fellowship: University of Miami

School of Medicine

Internship and residency: Neurology, University of Miami School of Medicine

Medical school: University of Miami

Board certification: Psychiatry and neurology

Location: Watson Clinic Main

Appointment line: 863-680-7300



Leslie A. Coello, MD
Internal medicine/ pediatrics

Internship and residency: Internal

medicine and pediatrics, Jackson Memorial Hospital/University of Miami

Medical school: Medical College of Wisconsin in Milwaukee, Wis.

Location: Watson Clinic-Plant City

Appointment line: 863-680-7190



Cristina Pascal, MD
Internal medicine

Internship and residency: Internal medicine, St.

Barnabas Hospital in Bronx, N.Y.

Medical school: Universidad Nacional Pedro Henriquez in Santo Domingo, Dominican Republic

Board certification: Internal medicine

Location: Watson Clinic South

Appointment line: 863-680-7190



Diana L. Wilson, MD
OB/GYN

Internship and residency: Obstetrics and gynecology,

Truman Medical Center in Kansas City, Mo.

Medical school: Kansas University of Medicine in Kansas City, Kan.

Board certification: Obstetrics and gynecology

Location: Watson Clinic Main

Appointment line: 863-680-7243

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

The
WATSON CLINIC
Foundation, Inc.

100 S. Kentucky Ave., Suite 255
Lakeland, FL 33801

Nonprofit Org.
U.S. Postage

PAID

Marietta, GA
Permit No. 913

Top-of-the-line tresses

Update your look with a wig from Bella Vista Spa

WATSON CLINIC'S BELLA VISTA SPA is happy to offer a full line of René of Paris wigs and hairpieces.

The collection consists of a large number of the latest fashionable designs. Made from the very finest synthetic and human hair materials and hair-enhancement products, these amazingly realistic wigs feature the natural texture and luster of real human hair.

The René of Paris line is ideal for both men and women, whether you simply desire a different look or have experienced hair loss due to chemotherapy treatments or other conditions.

Bella Vista Spa specialists have advanced training in the proper fitting and grooming of all wigs.



Make a day of it!

Watson Clinic's Bella Vista Spa, at 1755 N. Florida Ave. in Lakeland, is the perfect place to enjoy the luxury and pampering of a day spa experience provided by a team of licensed estheticians and massage therapists. The Bella Vista Spa features a menu of diverse and highly advanced nonsurgical cosmetic enhancements and facial rejuvenation services, including facials, microdermabrasion, chemical peels, massage therapies, permanent makeup, body contouring, light therapy and much more.

All spa services are available to the public, whether or not you are a Watson Clinic patient.

Hours are 9 a.m. to 6 p.m., Monday through Friday, and 9 a.m. to 2 p.m. on Saturdays. Call **863-904-6250** for more information, or ask about our extended hours offered to fit your schedule.