

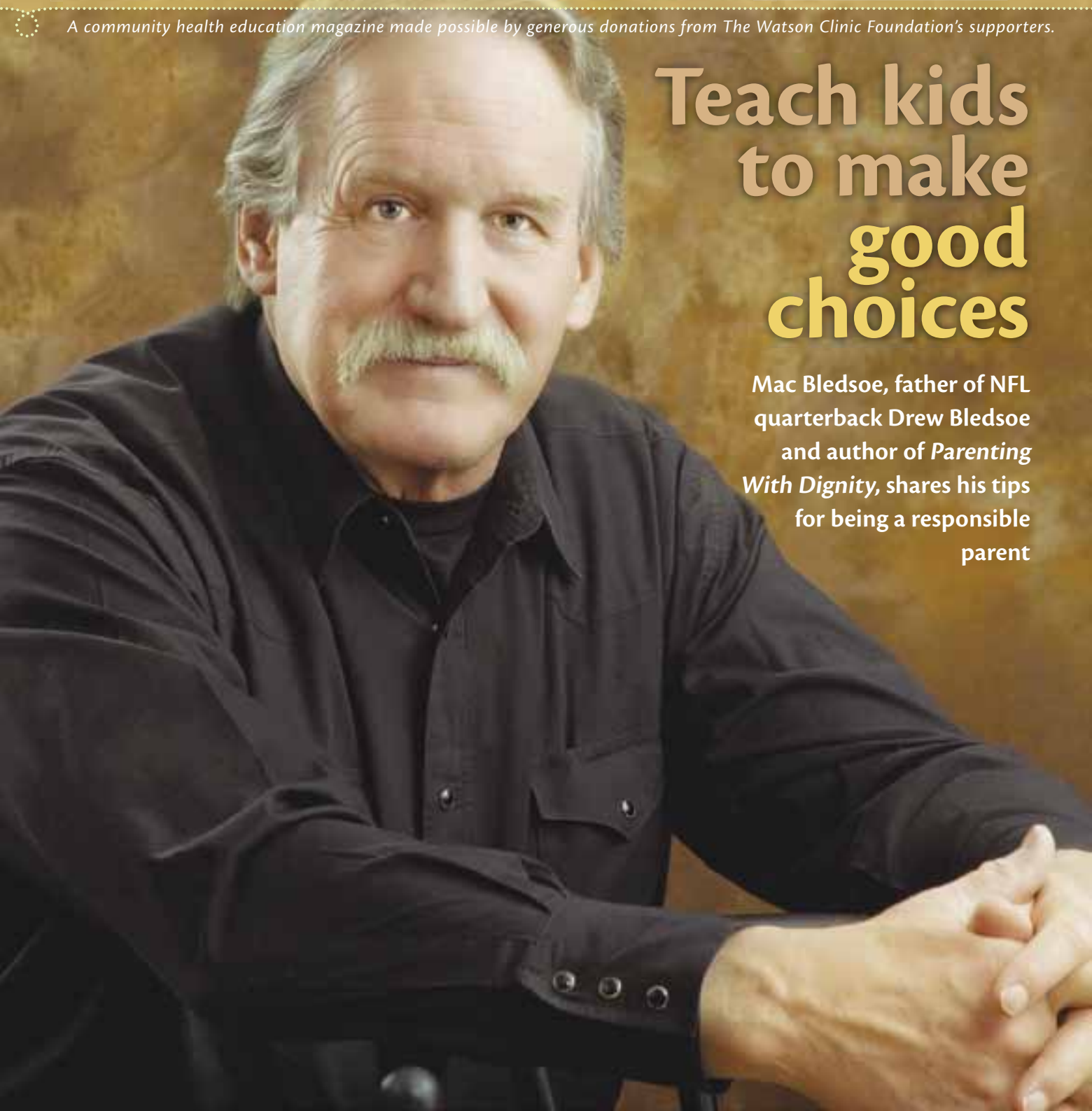
Watson Clinic

Health

WINTER/SPRING 2011

Scene[®]

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



Teach kids to make good choices

Mac Bledsoe, father of NFL
quarterback Drew Bledsoe
and author of *Parenting
With Dignity*, shares his tips
for being a responsible
parent

Heads up!

Don't forget your helmet

CUTS, BRUISES and even broken bones can heal. But damage to your brain can be permanent.

That's why—no matter what your age—whenever you bicycle, in-line skate, ski or participate in any activity in which you might get a head injury, one thing is certain: A helmet is a must, says **Steven A. Tyree, MD**, a family medicine specialist from Watson Clinic's XpressCare at Lakeland Highlands location.

During a fall or collision, a helmet absorbs most of the force of the impact that would otherwise be absorbed by your head and brain. The thick plastic foam inside the hard outer shell of the helmet cushions the impact of a blow.



● Steven A. Tyree, MD

Kids and helmets

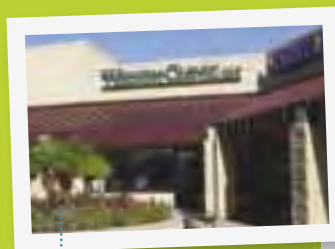
Children, in particular, are vulnerable to head injuries because they have proportionally larger heads than adults and their coordination is not completely developed. As a result, it is more difficult for youngsters to avoid obstacles when biking, sledding and doing other physically demanding activities.

If you're a parent, teach by example: Always wear your helmet when playing sports with a potential for a head injury. And insist that your child do the same.

Be aware, however, that children should take off their helmets before playing on playgrounds or climbing trees. A helmet's strap can get caught on playground equipment or tree branches and strangle a child.

Finally, keep in mind that different types of helmets are designed for different types of activities, Dr. Tyree says. Only a few can be safely worn for more than one sport—such as a bike helmet, which can be worn for biking, recreational roller- or in-line skating, and riding a nonpowered scooter. So always match the right helmet to the right activity.

American Academy of Orthopaedic Surgeons; U.S. Consumer Product Safety Commission



● XpressCare at Merchants Walk



● XpressCare at Lakeland Highlands

Quick and convenient

Watson Clinic's XpressCare locations offer convenient, fast treatments of minor illnesses and injuries on a walk-in basis. Call **863-904-6222** for more information about the XpressCare at Merchants Walk location or **863-393-9472** about our newly expanded XpressCare at Lakeland Highlands facility.

WANT TO STAY WELL? Give yourself a great 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

CLEAR UP CATARACTS Do you have cloudy or blurry vision, poor night vision, or double vision? Do headlights seem to shine too brightly? These are common symptoms of cataracts. Talk to your eye doctor to find out if you have a cataract.

National Eye Institute

Healthcare on your timeline

From the desk of Dr. Louis Saco

WITH NEARLY 70 YEARS of proud service to the members of our community, Watson Clinic remains committed to delivering comprehensive medical services in a manner that is most convenient to your fast-paced lifestyle.

That's why we've opened two Xpress-Care locations in south Lakeland, in addition to our established urgent care department at our Main Clinic, to provide emergency walk-in care for minor illnesses and injuries.

It's also why our primary care physicians have expanded their appointment availability to accommodate the urgent health needs of their established patients within 24 hours in most cases. If you're already established with a Watson Clinic primary care physician and have a minor illness or injury such as a cold, flu, upper respiratory infection or sports injury, you should call the office at **863-680-7190** and inquire about same-day or next-day appointments.

If you have not yet established a relationship with a Watson Clinic primary care physician for your personal healthcare needs, we urge you to consider our internal medicine and family medicine specialists and read about them at www.WatsonClinic.com. These fine physicians have offices at our Main Clinic in Lakeland, as well as in south Lakeland, Bartow, Lakeland

Highlands and Plant City.

Getting continuing care from your primary doctor is perhaps the most valuable thing you can do to stay healthy throughout your life. Beyond providing general

care for common illnesses and injuries, primary care physicians also offer a range of potentially lifesaving preventive screenings, including those for blood pressure, cholesterol and various forms of cancer.

Our physicians understand that your life moves at a faster pace than ever and that you require immediate care that works on your schedule when illness threatens to slow you down. We're working hard to make sure you receive the prompt attention and treatment you deserve from the doctors you trust most.

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



WINTER/SPRING 2011

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

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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).

The mammogram message

Getting your annual mammogram starting at age 40 (or earlier if you are in a higher risk category) is the best tool available for finding breast cancer at its earliest stages when it is most treatable. Yet it is estimated that 13 million women age 40 and older have never had a mammogram.

The team at Watson Clinic's Women's Center works every day to change that statistic by raising breast health awareness and the quality of care for women throughout Polk County and beyond.



Elisabeth L. Dupont, MD

"What we offer at the Women's Center is a warm and compassionate environment where women can feel com-

fortable investing in their breast health," says **Elisabeth L.**

Dupont, MD, breast surgeon and medical director of Breast Health Services for Watson Clinic's Women's Center.

Women's Center patients benefit from the latest digital mammography technologies, as well as comprehensive breast surgery and reconstruction services. Breast health nurse navigators guide patients through all phases of care, from diagnosis to intervention and through survivorship.

Make the call

Schedule an appointment for your annual mammogram.

Call 863-680-7755, option 3.



Goodbye mold, hello clean and healthy

It can be tough to find good things to say about mold.

True, it did lead to the discovery of penicillin. And it can be used to make some tasty cheese.

But mold is also unsightly. It has a less-than-pleasant odor. And, left to its own devices, it can ruin your carpets, walls and ceilings.

Most important, however, mold can cause health problems that range from the irritating to the severe.



G. Weyman Price, MD

There are thousands of known species of mold, which makes total avoidance difficult. But you can lessen your contact with mold by taking a few preventive steps, according

to **G. Weyman Price, MD**, an adult and pediatric allergy, asthma and immunology specialist at Watson Clinic South, and other experts.

MOLD AND ITS MALADIES

Mold is a fungus that thrives in places that are warm and damp.

Outdoors, mold can likely be found where things are decaying—in compost

piles, under piles of fallen leaves and within rotting wood. Indoors, it seeks the humidity found in laundry rooms, bathrooms, basements and attics.

For people who are sensitive to mold, exposure can cause allergic symptoms like congestion, irritated eyes or skin, and wheezing. In severe cases—such as when a person has asthma—reactions to mold can include shortness of breath, fever and lung infections, Dr. Price says.

Here are some ideas for breaking mold's hold around your home: ✓ Reduce indoor humidity by using an air conditioner or dehumidifier. ✓ Use exhaust fans when cooking and showering. ✓ Be sure your clothes dryer is vented to the outside. ✓ Keep your roof, gutters and yard free of decaying debris.

To clean mold from hard surfaces, use a solution of 1 cup bleach to 1 gallon of water. Rugs and other soft items that become moldy may need to be thrown out.

Call **863-680-7486** for an appointment with Watson Clinic allergy specialists Dr. Price or **Lionel V. Bonini, MD**.

American College of Allergy, Asthma and Immunology; Centers for Disease Control and Prevention

New radiation treatment offers more precision

The Center for Cancer Care & Research (CCCR) has recently begun using a new cutting-edge resource in the fight against cancer. Stereotactic body radiation therapy (SBRT) is a special external radiation therapy that precisely delivers high doses of radiation to smaller tumors in areas such as the lungs, liver and spinal column. Because of its high dosage capabilities and pinpoint precision, SBRT spares healthy tissue while aggressively suppressing tumor growth.

The new technology stands alongside CCCR's comprehensive inventory of the most advanced technologies, including positron emission tomography and ultra-speed computed tomography scanners, digital and computer-aided breast cancer detection units, 3-D conformal radiation therapy, image guided radiation therapy, the AccuBoost noninvasive radiotherapy treatment for women with breast cancer, intensity modulated radiation therapy, high-dose-rate brachytherapy, mammosite therapy, and prostate seed therapy.

Learn more

You can get more information about SBRT online or by calling us.

Visit www.LakelandCancerTreatment.com or call 863-680-7780.



Leading in patient satisfaction

Excellence in healthcare cannot be achieved without placing the satisfaction of the patient front and center. One method of achieving this is by implementing quality improvement measures to ensure that medical providers remain attuned to the needs of their patients.

In 2008, Watson Clinic took this initiative one step further by teaming up with Press Ganey, one of the top healthcare consulting companies, to give patients an opportunity for their voices to be heard.

Based on patient survey data collected during the past two years, Watson Clinic has proven to be the community healthcare leader in patient satisfaction, scoring high marks in areas such as physician time with patients, instilling confidence in patients, treating patients with courtesy and friendliness, and patients' likelihood of recommending a physician.

If you receive a patient satisfaction survey soon after a clinic visit, please take a few moments to complete it.

For more information, call 863-680-7269 to speak with a patient satisfaction specialist.



A nutty idea for boosting energy

To help power you through the day, eat a handful of walnuts, almonds or peanuts. Nuts may also help reduce your risk of heart disease and diabetes.

American Dietetic Association

DRY SKIN

A few remedies for relief

WINTER WEATHER can leave your skin worse for wear. And since you have no choice but to wear the skin you're in, that's nothing to ignore.

Fortunately, there are simple ways to cope with dry air and the itchiness it can bring. Here are some suggestions from the American Academy of Dermatology:

Wash wisely. Use warm—not hot—water and a mild soap. Apply skin lotion or cream within three minutes of finishing your bath or shower—while your skin is still damp.

Limit your bath or shower to no more than 10 minutes. Otherwise, your skin may lose more moisture than it takes in.

Use a humidifier. It will add moisture to the air and help keep your skin from cracking.

Slather on sunscreen when outdoors. Even during the cooler months, the sun can take a toll on your skin. Consider trying a sunscreen with a built-in moisturizer.

Dress for success. Dress in layers, with loose-fitting cotton clothes next to your skin. Overheating and sweating may irritate your skin, but layering clothing lets you regulate your temperature by removing garments as needed. Get out of wet clothes and shoes as soon as possible.



Pamper yourself

The Bella Vista Spa provides a full range of services to moisturize and nourish your skin, including facials, body wraps, chemical peels and microdermabrasion. These services are complemented by the finest skin care products, which are also available for purchase, including the Sanitas, Obagi and SkinMedica lines.

For more information about these and other services, such as permanent makeup, massage therapy, manicures and pedicures, visit us online at www.WatsonClinic.com or call 863-904-6250.



PERMANENT MAKEUP

Does your makeup need a makeover?

WOULD YOU LIKE TO RECLAIM the time you spend applying your makeup every morning and touching it up during the day and evening?

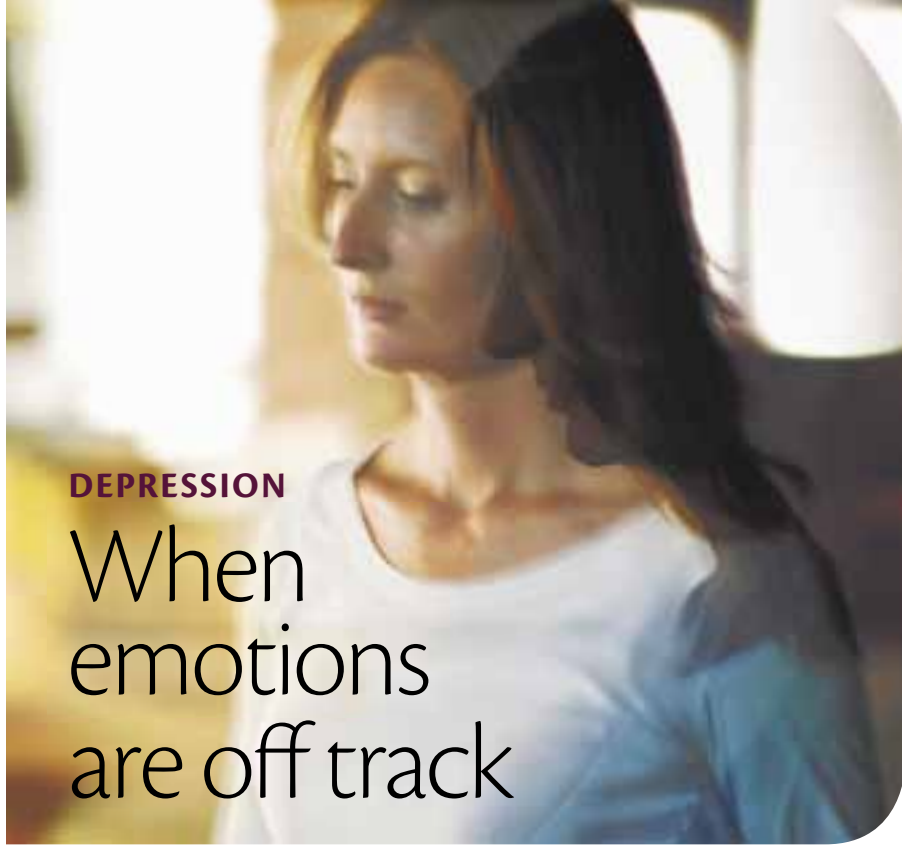
If so, permanent makeup could be the solution for you. A process that ensures you look your best no matter the time of day or what activities you're engaged in, permanent makeup has become a popular cosmetic enhancement option—not only for time-starved professionals, but for those with allergies to cosmetics; active outdoor lifestyles; poor eyesight or an inability to apply makeup; or unsightly blemishes, scars or burns.

The public and medical establishments alike

have accepted permanent makeup solutions as an efficient and practical way to enhance appearance, which in turn improves self-esteem. The procedure can also create more balanced skin pigmentation and may be used to correct various skin deformities.

The Bella Vista Spa offers comprehensive permanent makeup services, including eyebrow enhancement, eyeliner, lip liner, scar camouflage, tattoo removal and areola restoration. All procedures are performed by certified specialists.





DEPRESSION

When emotions are off track

EVERY ONE OF US has been touched by sadness. Usually we regain our emotional balance, and often—in a matter of hours or days—our mood improves.



● Daniel A. Weinberg, MD

But depression is another kind of sadness. Left untreated, it can linger for months or years, disrupting daily life and making it hard—if not impossible—to

function normally says **Daniel A. Weinberg, MD**, a psychiatrist at

Watson Clinic's main location.

People with depression may:

- Lose interest in activities that once were pleasurable.
- Feel worthless, fatigued, irritable or restless.
- Sleep too much or too little.
- Have aches and pains that don't respond to treatment.
- Have trouble concentrating, making decisions or remembering.
- Think about or attempt suicide.

No single cause

Doctors now know that some people are more susceptible to depression than others. And it can

be brought on by many things. Among them are, according to Dr. Weinberg and the American Psychiatric Association (APA): **Brain chemistry.** People with depression may have too little or too much of certain brain chemicals called neurotransmitters.

Genetics. Depression often runs in families.

Personality. Those who have low self-esteem or are generally pessimistic may be prone to depression.

Stress. Persistent or significant stress can trigger depression.

Having a baby. About 13 percent of women become significantly depressed after giving birth, possibly because of sudden changes in hormones.

Highly treatable

Almost all people with depression, whatever its causes, respond well to treatment, Dr. Weinberg says.

Counseling may be enough to help mild depression. For moderate to severe depression, counseling is often combined with antidepressants, which can correct imbalances in brain chemistry.

We're here for you

Watson Clinic offers comprehensive mental health services from three convenient locations in Lakeland.



Call 863-680-7165 (Main), 863-647-8043 (South) or 863-668-3465 (Edgewood) for an appointment.

Bluer than blue: Moms at risk

Pregnancy and childbirth can be a joyous time. But even the happiest mom can suddenly find herself in new, sad territory. It's called postpartum depression.



● Diana L. Wilson, MD

It's not unusual for a woman to feel anxious or overwhelmed for a few days after giving birth. With postpartum depression, however, symptoms last longer and are more severe, says **Diana L. Wilson, MD**, an obstetrician/gynecologist at Watson Clinic.

A woman with this condition may also: ✓ Have trouble caring for herself

or her baby. ✓ Feel increasingly helpless and sad with time.

- ✓ Have a lack of interest in her baby.

If you think you might have postpartum depression, have your partner or someone else you trust help with your baby so that you can get some rest. Try to get out of the house—consider getting a sitter and going for a walk with a friend, for instance, Dr. Wilson says.

If you still feel down two weeks after giving birth, or if you have any thoughts of hurting or neglecting your baby, tell your doctor right away.

American College of Obstetricians and Gynecologists

Bid the blues goodbye

Watson Clinic's obstetrics/gynecology department can help.



Call 863-680-7243 for an appointment.

Why weight?



• Edward Baffoe-Bonnie, MD

When the pounds start creeping up, you don't want to let your guard down.

Act fast on unwanted pounds

STEPPING ONTO your bathroom scale and discovering that you've gained 5 pounds can leave you feeling discouraged. But not nearly as discouraged as you'd be if the scale showed you were 10 pounds heavier.

There's a lesson to be learned here: When pounds start creeping up, you don't want to let your guard down.

What can happen

Weight gain becomes more likely as you age. Metabolism slows and, often, you become less active. Those changes, by themselves, can spell trouble for your waistline.

But weight problems can be further compounded if you're not eating well. Just consuming 100 extra calories a day may cause you to gain a pound in a little more than a month. In three years' time, that could total nearly 30 extra pounds.

Taking off 3 or 4 unwanted pounds as soon as they appear is easier than shedding the 30 pounds they might become

down the road. So it's smart to weigh yourself regularly and take action when the scale begins moving up.

Start by keeping track of what you eat and how much physical activity you get, says **Edward Baffoe-Bonnie, MD**, an internal medicine specialist at Watson Clinic's Main location. For example, maybe you'll see that you tend to gain weight when life is busiest and you don't get regular exercise. Adjusting your schedule to work in time for a daily walk or a trip to the gym could make a difference.

Likewise, if you recognize you're eating fast food too frequently, you might decide to change your habits.

Lose weight the healthy way

Discuss your goals with a Watson Clinic primary care physician, and structure a plan that will work for you.



Call 863-680-7190 for an appointment.

Two ways to take a measure of your weight

Are you at normal weight? Two simple checks may answer that question.

The first involves a measurement of your waist. Readings greater than 35 inches if you're a woman or 40 inches if you're a man put you at risk for weight-

related health problems.

The second check determines your body mass index (BMI). This is a measurement of your weight in relation to your height. It's a fairly reliable indicator of body fat for most adults, although not necessarily for athletes and older people. To calculate your BMI, visit www.nhlbisupport.com/bmi. BMI results are classified as follows:

- ✓ Below 18.5: Underweight.
- ✓ 18.5 to 24.9: Normal weight.
- ✓ 25.0 to 29.9: Overweight.
- ✓ 30.0 and above: Obese.

American Dietetic Association; National Institutes of Health





Heart disease: A woman's issue

Massaro, DO, a Watson clinic cardiologist, and other experts:

Control your blood pressure and blood cholesterol levels. Have your blood pressure checked every one to two years and your cholesterol levels tested at least once every five years. Abnormal cholesterol and blood pressure levels, both of which raise the risk for heart disease, can usually be managed through lifestyle changes and medications.

If you're 45 or older, get screened for diabetes. People with diabetes have high blood sugar levels, which can increase the risk of cardiovascular disease. Proper management of blood sugar, however, can help lower that risk, Dr. Massaro says.

Maintain a healthy weight. Being overweight is a major risk factor for heart disease. A healthy diet and regular exercise are the best ways to lose extra pounds. Choose foods low in saturated fat and cholesterol, and eat a variety of vegetables, fruits and grains—especially whole grains—daily. And try to get at least 30 minutes of exercise every day.

If you smoke, try hard to quit. Smoking harms your heart and is particularly dangerous if you also take birth control pills. Ask your health care provider for help in quitting.

American Heart Association; U.S. Department of Health and Human Services



Joseph P. Massaro, DO

"UNTIL I HAD a heart attack myself, I thought heart attacks were for old men."

Unfortunately, just like the 50-something woman who said those words, too many women still believe heart disease is a man's disease.


Yet among all American women who die each year, 1 in 4 dies of heart disease. It is the No. 1 killer of women in this country.

Make it personal

To help reduce your risk of becoming another women and heart disease statistic, follow this advice from **Joseph P.**

Your heart's in good hands

Watson Clinic's cardiology department encompasses all levels of cardiac care, including prevention, surgery and rehabilitation. Call to learn more.

 Call 863-680-7490.

Watson Clinic welcomes new surgeons

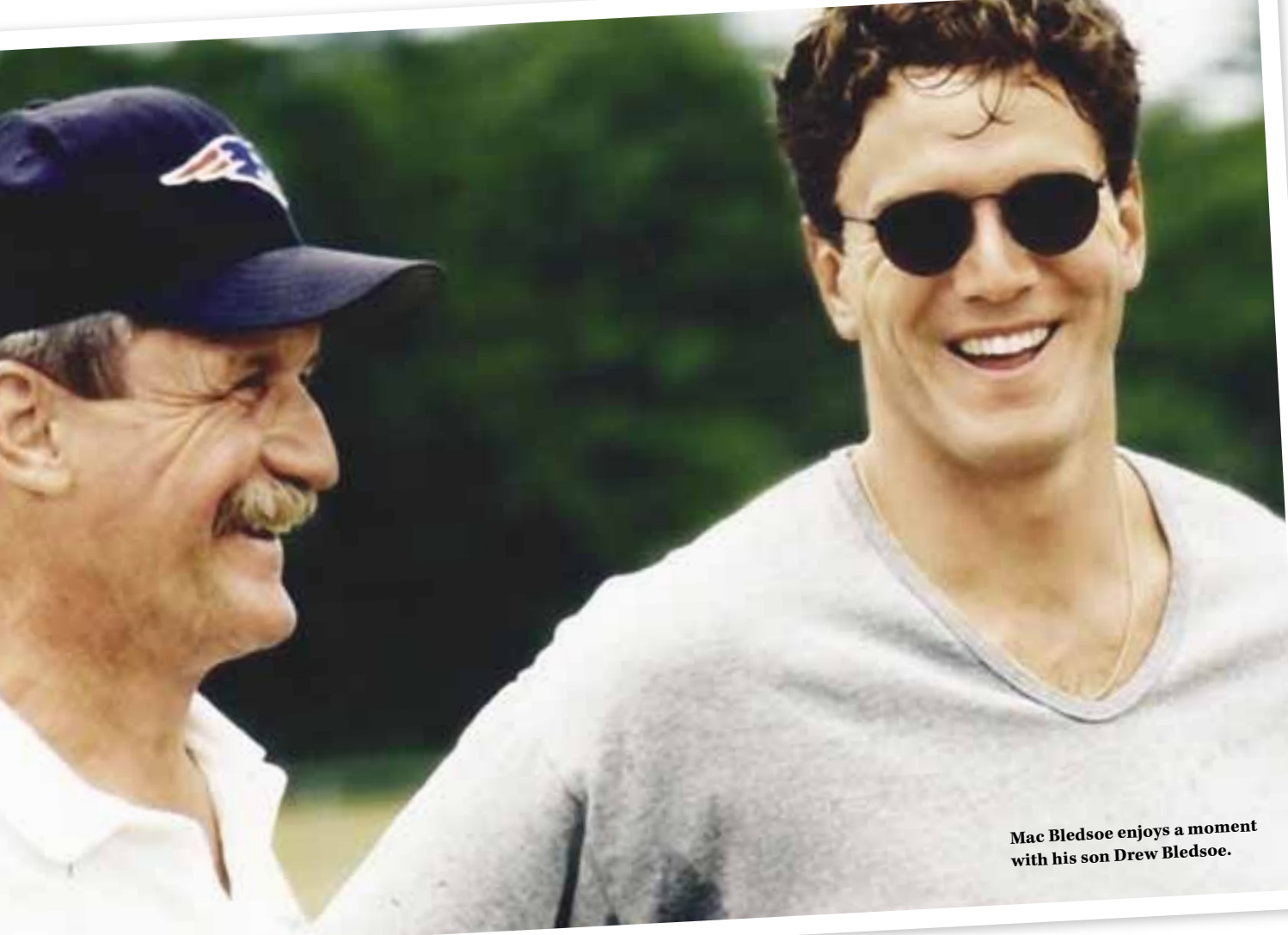
Watson Clinic is pleased to announce the addition of two new cardiac, thoracic and vascular surgeons to our expert team of cardiologists. Following an extensive nationwide search, we selected board-certified cardiothoracic surgeons **Nestor F. Dans, MD**, and **Barry L. Winton, MD**, because of their impeccable credentials, which exemplify the level of expertise for which Watson Clinic is known.

While both surgeons are employed by Watson Clinic, they will perform surgery exclusively at Lakeland Regional Medical Center (LRMC). Watson Clinic worked very closely with LRMC during this recruitment effort with a goal of maintaining the best care for our patients. As the most established cardiac surgery program in Polk County, Watson Clinic is proud to play a major role

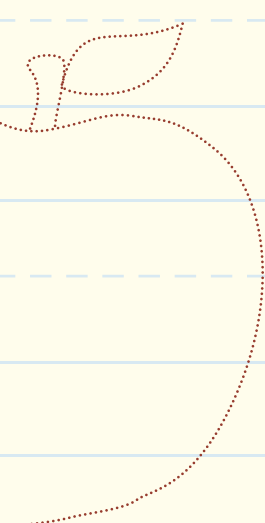
in the ranking of LRMC among the top 11.7 percent of hospitals in the country, as determined by the Society of Thoracic Surgery National Adult Cardiac Surgery Database.

The level of care these surgeons will provide will continue to distinguish us as one of the premier heart surgery centers in the nation.

For more information about these fine surgeons, please turn to the back page or visit us online at www.WatsonClinic.com.



Mac Bledsoe enjoys a moment with his son Drew Bledsoe.



The power of positive parenting

Parents can help prepare kids to make tough choices

IT'S LIKELY that when your child comes face-to-face with a life-altering decision, you may not be on hand. But if you've prepared your son or daughter to make the right decisions in tough situations, he or she is probably going to be all right.

"You can duct tape a cell phone to your kid's wrist. But when he or she needs to make an important decision about drugs or sex, you won't get a call," says Mac Bledsoe, founder and president of Parenting With Dignity, a nationally acclaimed parenting education program. "You need to prepare your kids for difficult choices. You need to teach your children how to make good decisions on their own."

Teaching parents

During a teaching career that spanned 31 years, Bledsoe became disillusioned with what he saw in the classroom—children who had not been taught how to

make moral and ethical choices.

Along with his wife, Barbara, Bledsoe resolved to do something about it.

“We decided we could help American children by teaching effective parenting skills to as many parents as possible,” he says.

While continuing to work in the classroom, the Bledsoes began holding workshops for parents that stressed the power of positive parenting. In 1996, with the backing of their son Drew, a National Football League quarterback, the Bledsoes established Parenting With Dignity.

Since that time, they have delivered their message to thousands of parents in all 50 states and Canada. Now retired from teaching and living in Montana, Mac Bledsoe continues to work with parents. He has also written two books, *Parenting With Dignity* and *Parenting With Dignity: The Early Years*.

Planning for tough choices

Robert B. Eanett, MD, a Watson Clinic pediatrician, agrees with Bledsoe that a mistake many parents make is not teaching their children how to make wise decisions.

“They wait until they have a crisis in the family before taking action,” Bledsoe says.

“They try to parent without a plan.”


Parenting With Dignity gives parents a plan and helps them learn how to prepare children to make good choices.

“Children need sound ideas about how to make good decisions,” Bledsoe says. “And they need the ideas before they are in bad situations.”

For more information, visit Bledsoe’s website, www.parentingwithdignity.com.

Great care for kids

Schedule an appointment for your child with a Watson Clinic pediatrician.

 **Call 863-680-7337 (North Pediatrics location) or 863-647-8012 (South Pediatrics location).**

From Mac Bledsoe

5 rules of parenting

Like any other skill, being a good parent takes practice and hard work. It also doesn’t hurt to be equipped with a few good tips from a seasoned parenting instructor like Mac Bledsoe.

“We have five rules that we believe will arm almost any parent with practical skills for teaching kids how to make great decisions,” says Bledsoe, the founder and president of the nationally acclaimed parenting education program Parenting With Dignity. “Our whole curriculum is based on teaching these five rules.”

1 End any criticism with a positive statement of expected behavior. Tell kids how you expect them to behave in very specific, simple terms. It often helps to include a “sales pitch” that explains why the desired behavior will bring about positive outcomes for your child.

2 Criticize the performance, not the person. Criticism is often a necessary part of improving a child’s behavior. But it should only be a criticism of the behavior.

3 Don’t assume your kids have heard it simply because you have said it. Repeat it. Kids may not learn the first time. Accept the fact that you will most likely have to repeat instructions a few times. Be patient, though, and try not to get angry.

4 It doesn’t matter what you say; it’s what your kids say to themselves that counts. No matter how much you would like to motivate and control your children, the controlling force in their lives will be what they tell themselves. So help kids learn how to think positively. One of the best ways is to teach them basic values and how to set and achieve goals.

5 Send a message of love. Love is a language, so speak it to your kids constantly and be there for them as much as possible.

Remember: Love is not just something you say; it is also something you do. You can fake like you care, but you can’t fake being there. To send a message of love to your children, you must show up. Love is not a spectator sport.

The time they most need to hear it is the time you may feel least able to say it. When you are feeling frustrated is probably the time when their heart is most open to receiving your message.



• Robert B. Eanett, MD



CHOLESTEROL

What's your number?



WHICH NUMBER comes closest to your total cholesterol level: 160? 200? 245?

If you're 20 or older, you should know the answer, says **Christina Pascal, MD**, an internal medicine specialist at Watson Clinic South. That's the age at which the National Heart, Lung, and Blood Institute (NHLBI) generally recommends beginning cholesterol screenings—and for good reason: High cholesterol contributes to heart disease, the nation's No. 1 killer.

"Your body needs some cholesterol to function properly," says **Guillermo O. Vasquez, MD**, an internal medicine specialist at Watson Clinic South. The waxy, fatlike substance, which is found in all of the body's cells, helps in making hormones, vitamin D and substances that aid digestion. Your body actually makes most of its cholesterol. Only about a quarter of the cholesterol in your blood comes from what you consume.

Cholesterol travels through the bloodstream, carried by lipoproteins—substances that are made of lipids (fats) on the inside and proteins on the outside.

There are two types:

→ Low-density lipoprotein (LDL, bad cholesterol), which can build up in artery walls and restrict blood flow. Ultimately, that may lead to a heart attack or stroke.

→ High-density lipoprotein (HDL, good cholesterol), which carries unneeded cholesterol back to your liver so that it can be removed from the body. High levels of HDL can help protect against heart disease, while low levels can actually increase the risk.

These two types of cholesterol, along with triglycerides (fats made in the body) and Lp(a) cholesterol (a genetic variation of LDL cholesterol), make up your total cholesterol count.

“Keeping your total cholesterol at a healthy level is important,” says **Juan A. Lopez, MD**, an internal medicine specialist at Watson Clinic Main. But there are target numbers for individual components, which offer insight into your heart disease risk.

Cholesterol levels are measured in milligrams per deciliter (mg/dL) of blood and, according to the NHLBI, are classified as follows: → Total cholesterol less than 200 is desirable. → LDL less than 100 is optimal. → HDL 60 and above is protective against heart disease. → Triglycerides level below 150 is normal.

Causes and concerns

Many factors contribute to abnormal cholesterol levels. Those outside of your control include:

Heredity. Genes play a part in how much cholesterol your body makes, and they can cause inherited cholesterol disorders.

Sex. Before menopause, women typically have lower total cholesterol levels than men of the same age. After about age 50, that’s reversed.

Age. Cholesterol levels tend to increase as people get older.

Factors within your control include:

Diet. Saturated fat, found mostly in foods of animal origin, is the most significant dietary contributor to elevated LDL cholesterol. Trans fats and dietary cholesterol, which come only from animal foods, also cause levels to increase.

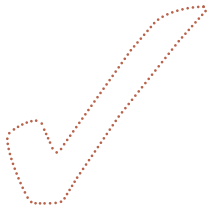
Weight. Being too heavy generally makes LDL levels go up.

Activity level. Regular physical activity may help bring LDL cholesterol levels down and HDL cholesterol levels up.

Stress. According to the NHLBI, several studies show that long-term stress appears to raise blood cholesterol levels.

Continued on page 14

Where do you stand?



Total cholesterol is an important number to know. So, too, are the numbers for components of the total cholesterol count.

A lipoprotein profile is a blood test taken after a 9- to 12-hour fast. It reveals your total, LDL and HDL cholesterol levels and your triglyceride level. The test is recommended for adults at least every five years.

Cholesterol levels are measured in milligrams per deciliter of blood and are classified as follows:

Total cholesterol	
Less than 200	Desirable
200 to 239	Borderline high
240 and above	High
LDL (bad) cholesterol	
Less than 100	Optimal
100 to 129	Near optimal
130 to 159	Borderline high
160 to 189	High
190 and above	Very high
HDL (good) cholesterol	
Less than 40	A major risk factor for heart disease
40 to 59	The higher, the better
60 and above	Considered protective against heart disease
Triglycerides	
Below 150	Normal
150 to 199	Borderline high
200 to 499	High
500 and above	Very high

Discuss your risk for heart disease with your Watson Clinic doctor, and learn ways to bring your numbers into a healthy range—or to keep them there.

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



• Juan A. Lopez, MD



• Christina Pascal, MD



• Guillermo O. Vasquez, MD



• Amanda Wiredu, MD

Continued from page 13

Lifestyle changes

To improve your cholesterol and triglyceride levels, try to:

1 Eat better. Experts recommend that you try to get no more than 7 percent of calories from saturated fat and less than 200 milligrams of dietary cholesterol a day.

Foods low in saturated fat include fat-free and 1 percent dairy products, lean meats, fish, skinless poultry, whole-grain foods, fruits, and vegetables.


Foods that are good sources of soluble fiber (such as oats and dried beans) and foods that contain plant stanols or sterols (like special buttery spreads) may make this diet even more effective, according to **Amanda Wiredu, MD**, an internal medicine specialist at Watson Clinic Main, and the NHLBI.

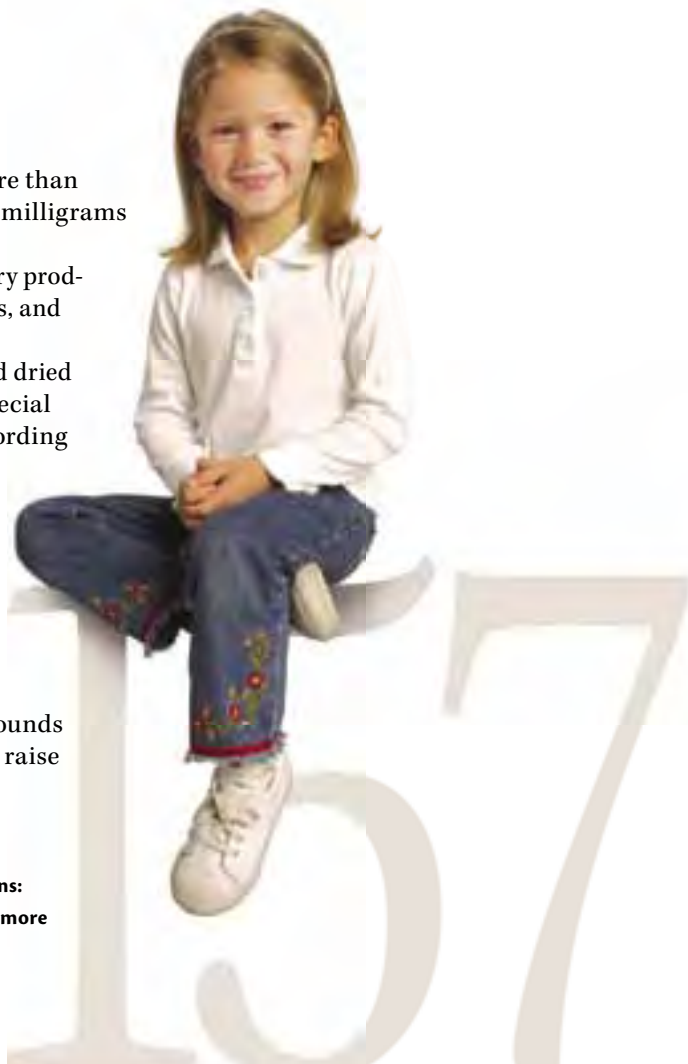
2 Get more exercise. At least 30 minutes of physical activity on most days of the week may help lower your LDL cholesterol and raise your HDL cholesterol. Regular exercise is especially important for people with high triglyceride or low HDL levels who are overweight and have a large waist.

3 Manage your weight. If you're overweight, losing extra pounds may help you lower LDL cholesterol and triglycerides and raise HDL cholesterol levels.

Great care close to home

Watson Clinic offers internal medicine services from four convenient locations: South Lakeland, Lakeland Highlands, Plant City and our Main Clinic. Call for more information or to schedule an appointment.

 Call 863-680-7190.



When it comes to cholesterol, kids count too



• Leslie A. Coello, MD

Kids and high cholesterol: They're words you may not expect to hear together. But according to the American Academy of Pediatrics (AAP), studies have shown

that children and adolescents can have elevated cholesterol levels.

Those kids have an increased risk of developing cardiovascular disease as adults. That's why the AAP recommends cholesterol screening for kids who may be at risk for the disease, including those who: ✓ Have a parent or grandparent who developed heart disease at an early age (before 55 in a father or grandfather or before 65 in a mother or grandmother). ✓ Have diabetes. ✓ Are obese. ✓ Have high blood pressure. ✓ Smoke.

Cholesterol screening in kids who need it should take place after a child

is at least 2 years old but before he or she reaches age 10, reports the AAP.

Cholesterol readings are measured in milligrams per deciliter (mg/dL) of blood. For kids between ages 2 and 19:

- ✓ Total cholesterol should be less than 170 mg/dL. Readings from 170 to 199 mg/dL are borderline high. And readings 200 mg/dL or greater are high.
- ✓ Low-density lipoprotein (LDL, bad cholesterol) should be less than 110 mg/dL. 110 to 129 mg/dL is borderline high, and 130 mg/dL or greater is high.
- ✓ High-density lipoprotein (HDL, good cholesterol) levels should be 35 mg/dL or higher.
- ✓ Triglycerides should be less than or equal to 150 mg/dL.

"Typically, doctors don't use medication to treat high cholesterol in kids younger than 8 years old unless their

levels are very high," says **Leslie A.**

Coello, MD, an internal medicine and pediatric specialist at Watson Clinic's Plant City location.

Depending on their risk factors and individual cholesterol readings, however, kids 8 and older may need cholesterol-lowering medications. But before prescribing them, doctors typically recommend lifestyle changes that can help lower a child's cholesterol level.

Kids older than 2 years should follow the Dietary Guidelines for Americans 2005 (www.health.gov/DietaryGuidelines). In general, the guidelines stress eating whole grains, fruits, vegetables and low-fat dairy products.

Kids are also advised to get at least 60 minutes of physical activity each day.

"They should do something fun that burns calories and builds endurance, strength and flexibility," Dr. Coello says.

Once a child is diagnosed, he or she will need ongoing monitoring.

WATSON CLINIC FOUNDATION PRESENTS

Casino Nite annual gala

Plans are under way for The Watson Clinic Foundation's annual gala, which continues to be one of the most colorful, exciting and memorable philanthropic events of the year.

The upcoming festivities, which once again will give attendees the pizzazz of Las Vegas, will provide more fun and spectacle than ever before.

"Our annual gala is known as the party of the year in our community, where attendees can experience the thrills and glamour of Vegas while contributing to a great cause," says Peggy Garrett, program coordinator for The Watson Clinic Foundation. "We're committed to commemorating the 10th anniversary of this event

in grand fashion."

The 2011 event, which will take place at the renowned Red Rose Inn & Suites at 2011 N. Wheeler St. in Plant City on Friday, April 15, will feature everything that has made the previous gala efforts such a resounding success: great food, exciting gaming and world-class entertainment. Cocktails and gaming will begin at 6:30 p.m.

All proceeds from the gala will benefit The Watson Clinic Foundation's efforts to improve the health of the people in our community through education, research and community service.

"Because this is such a milestone in the gala's history, we feel an even greater sense of purpose in delivering



an unforgettable night for those who give so selflessly to the Foundation and to the health and well-being of our community," says Caune Bamberg, executive director of The Watson Clinic Foundation.

For more information or to RSVP for this event, please call The Watson Clinic Foundation office at **863-802-6220**.

Be in charge of your arthritis pain



● Marian F. Ceniza, MD

Some things you just have to put up with—rush-hour traffic, annoying relatives, your spouse singing along to the oldies station—but arthritis pain isn't one of them.

You may think such aches and pains are just part of getting older and must be endured. But that's not true. There are many things you can do to help yourself feel better.

Here are a few suggestions from **Marian F. Ceniza, MD**, a Watson Clinic rheumatologist, and the Arthritis Foundation:

Don't delay. If you have painful joints but haven't been diagnosed with arthritis, see your doctor. Starting treatment for the condition early may relieve pain and help protect your joints from further damage.

Check your options. There may be new medicines on the market since you were last prescribed an arthritis

treatment. If your current medicine isn't working well, ask your doctor if a different medicine or dosage might help. However, don't change your dosage without consulting a physician first, Dr. Ceniza says.

Move that body. It may seem like exercise is a bad idea for someone with arthritis, but the opposite is true. Keeping fit makes your muscles and bones stronger and can actually reduce your pain. You just need to do activities that are safe for you. Good choices may include walking or swimming. Your doctor can give you more advice.

Lighten your load. Shedding excess weight through diet and exercise can help reduce pressure on your joints.

Play in the dirt. Planting a garden can be therapeutic for sore hands. Plus, it can yield beautiful, delicious and nutritious results.

Get your mind off it. Distraction can work wonders when it comes to pain. Read a book, listen to music, see a movie, visit friends or choose other activities you enjoy.



Open up. Talking about your arthritis with friends or in a support group can help ease stress and frustration.

Feel better

Watson Clinic specialists can help you resolve your arthritis pain. Schedule a consultation with the rheumatology, pain management or hand surgery departments.

➔ Call 863-680-7486 (rheumatology), 863-680-7300 (pain management) or 863-680-7214 (hand surgery).

Surviving **CANCER**



How to cope once treatment ends

AFTER A CANCER DIAGNOSIS, it can be hard to focus on much besides doctor visits, therapy, test results and other urgent issues.

But when your cancer treatment is finally—and thankfully—over, you may find yourself with a new set of questions.

For instance: Who's going to help me stay healthy? How do I cope with the lingering physical and emotional effects of treatment? And, perhaps most important, will my cancer come back?

These are all common post-treatment concerns that can catch some cancer patients unprepared, say **Galina Vugman, MD**, and **Luis A. Franco, MD**, two members of the Watson Clinic team of oncologist-hematologists at the Center for Cancer Care & Research, and other experts.

According to Dr. Vugman, when patients are in the middle of treatment, they have a pretty regimented life devoted to appointments, caregivers and therapy. Once it's over, their anxiety often goes

up. People wonder if they'll be able to cope with their new, so-called normal life.

Look back, plan ahead

One of the best ways to move forward is to understand where you've been. A written summary of your cancer treatment can be a good place to start.

Prepared by your oncologist, this summary documents:

- The type of cancer you had.
- When it was discovered.
- The specifics of your treatment, including surgeries; radiation sites and amounts; chemotherapy drugs and doses; and results of pertinent lab reports, x-rays or CT scans.

"This summary is more than just a record of what's been done—it's also a road map to your future health care needs," Dr. Franco says.

With regular postcancer checkups and tests, your doctor can determine if the cancer has come back and help you



● Galina Vugman, MD



● Luis A. Franco, MD

Some side effects may show up late

Powerful cancer treatments such as chemotherapy and radiation can be lifesavers. But they can also result in additional health problems, some of which only surface years after treatment.

Of course, not every cancer patient will have late-appearing side effects. When problems do occur, they vary from person to person and depend on the types of cancer treatment received.

The most common late-appearing effect is osteoporosis, according to the American Society of Clinical Oncology (ASCO). Those at increased risk for this bone disease include people who've had chemotherapy or hormone therapy and those who've taken steroids.

Among other late-appearing side effects of cancer treatments are:

- ✓ Problems with the heart, lungs or organs of the digestive system.

- ✓ Infertility, sexual dysfunction, early menopause or other hormone-related issues.
- ✓ Hearing or vision loss.
- ✓ Learning disorders or memory loss.

If you've been treated for cancer, ask your doctor about any screening tests you should have to detect problems early.

For example, ASCO recommends that people who've had radiation therapy to the head, neck or throat get yearly thyroid exams. Radiation to those areas increases the risk for thyroid cancer.

Likewise, those who've had radiation to the chest or who have taken high doses of certain antitumor antibiotics, such as doxorubicin, may need tests to evaluate lung and heart functions.

Your doctor can also advise you about any routine checkups and immunizations you may need.

recognize early signs of problems. These visits also give you a chance to discuss any persistent physical or emotional concerns.

Follow-up care is different for each person. It's based on the type of cancer you had, your treatment and your overall health. Follow-up care may come from your oncologist, your primary care doctor or another health services provider.

Physical changes

People who've been treated for cancer often have a number of continuing physical and mental effects once treatment ends. Common ones include pain, trouble concentrating, and bowel or bladder problems.

Perhaps the most pervasive complaint is fatigue. It can last months or even years after treatment.

"For the majority of people,

fatigue resolves over time, but it takes much longer than people anticipate," Dr. Vugman says.

Your doctor can help decide the cause of your fatigue and suggest ways to manage it. Coping with fatigue may involve medication, an exercise program or changes to your diet.

Other ways to handle fatigue include planning activities for when you feel most alert, taking short naps or rest breaks, and asking others for help when you need it.

Emotional changes

Cancer treatment can also have an impact on your emotional well-being. In fact, the top concern among cancer survivors is a fear the cancer will return, Dr. Franco says.

There are a number of ways to deal with this fear. Sticking with your treatment plan, learning

relaxation and stress-busting techniques, and making healthy changes in your lifestyle can help.

Having a realistic perspective is also important, Dr. Franco says. "Sometimes, survivors overestimate the chance of the disease coming back."

Depression can also occur after treatment. If feelings of anxiety, sadness, guilt or helplessness persist or get in the way of your daily life, tell your doctor. He or she may recommend medication or counseling that could help.

One of the best ways to deal with a variety of post-treatment issues is to join a cancer survivors' support group, Dr. Vugman says. There you can learn coping techniques from cancer veterans and help others by sharing your own insights. Your doctor or nurse can help you find a group.

It's also important to recognize the progress you've made so far and to give yourself the time you need to heal.

"Just like treatment takes time, recovery takes time," Dr. Franco says.

A group effort

The Center for Cancer Care & Research offers support groups to help patients and their caregivers in their journey of survival.



Go to www.LakelandCancerTreatment.com/support.html or call 863-680-7780 for more information.

One of the best ways to deal with all kinds of post-treatment issues is to join a cancer survivors' support group.

DIABETES

Protecting *your kidneys*



Many of the same steps that can help prevent kidney disease can help slow its progress if the disease is found early.



• Michael Achinger, MD



• Steven Achinger, MD



• Mark Stampf, MD

Care for your kidneys

The nephrology team at the Watson Clinic Kidney Center treats a variety of kidney disorders and provides state-of-the-art dialysis services for patients with kidney failure. Call to schedule an appointment.



Call 863-680-7190.

YOUR KIDNEYS work hard every day doing the vital job of keeping your blood clean.

But having diabetes can overburden your kidneys, putting you at risk for chronic kidney disease—a condition that damages the kidneys and reduces their ability to filter blood, says Watson Clinic nephrologist **Michael J. Achinger, MD**.

Over time, the damage can worsen and lead to kidney failure and a need for dialysis, says Watson Clinic nephrologist **Steven G. Achinger, MD**.

Diabetes is the leading cause of kidney failure, accounting for nearly 44 percent of new cases a year, according to the doctors and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

But diabetes isn't the only cause of kidney problems. The other major risk factor is high blood pressure.

What can go wrong

Your kidneys each contain millions of blood vessels that act as filters for your blood. The waste products these filters remove leave the body as urine, while protein and other needed substances are returned to the bloodstream.

After many years, high blood sugar or high blood pressure can damage the kidneys' filters. When that happens, protein leaks into the urine and waste products collect in the blood.

Eventually the kidneys may stop working altogether (kidney failure).

Then the only treatments are dialysis—in which a machine is used to filter the blood—or a kidney transplant, Dr. Michael Achinger says.

Protect your kidneys

Fortunately, many of the same steps that can help prevent kidney disease can help slow its progress if the disease is found early, according to Dr. Steven Achinger. So it's important to be tested for the condition.

Here are some ways to help prevent or treat kidney disease:

Control blood sugar and blood pressure. Keeping blood sugar levels near normal may help cut the risk of kidney disease by as much as one-third, the American Diabetes Association reports. Work with your doctor to meet your target goals.

Also strive to keep your blood pressure below 130/80 mm Hg. Have it checked often. Exercising, reducing your intake of salt and controlling your weight are some lifestyle changes that can help reduce blood pressure.

Take medicines as directed. Blood pressure drugs called ACE inhibitors and angiotensin receptor blockers (ARBs) can slow kidney disease. Your doctor may recommend them to lower blood pressure and to help preserve your kidney function, according to Dr. Michael Achinger.

Seek dietary advice. To help treat kidney disease, your doctor may suggest reducing the amount of protein you eat, which may take some of the workload off your kidneys.

Watson Clinic endocrinologist **Khanh T. Pham, MD**, is now seeing patients at Watson Clinic's Bartow location in addition to the Main Clinic in Lakeland. Appointments: **863-680-7190**.



• Khanh T. Pham, MD

Stop diabetes before it starts

If you knew you were on track to develop diabetes in the not-so-distant future, would you seize the opportunity to make some changes that can help prevent the disease?

Millions of Americans can do just that and put a positive spin on a diagnosis of pre-diabetes—a condition in which blood sugar levels are higher than normal but not yet high enough to be full-blown diabetes.

When a person has pre-diabetes, he or she is on course to get type 2 diabetes within a decade, reports the National Institutes of Health.

But that outcome isn't inevitable. Studies show that people who have pre-diabetes can get their blood sugar under control and lower their risk of diabetes significantly.

Since you could have pre-diabetes and feel fine, your doctor may test you for the condition if you're older than 45 or, regardless of age, are overweight and have other risk factors, such as:

- ✓ High blood pressure.
- ✓ A family history of diabetes.
- ✓ A personal history of diabetes during pregnancy.

By losing some weight and exercising regularly, you can help your body better use insulin, a hormone that helps regulate your blood sugar level.

Losing just 5 to 10 percent of your weight may help reduce your risk for diabetes by 60 percent or more. Exercising regularly can help you shed pounds. Aim for 30 minutes of daily activity, such as brisk walking.

Talk with your doctor about pre-diabetes and what you can do to help avoid or control this serious risk for a serious disease.

American Diabetes Association

Education and support for diabetes

Watson Clinic offers an interactive education program to help patients better understand their diabetes and develop a plan to take control of their disease.

The classes, which take place at the Bella Vista Building at 1755 N. Florida Ave. in Lakeland, are taught by certified diabetes educators and include topics like blood sugar monitoring, carbohydrate counting, meal planning, stress management, physical activity and risk reduction.

In addition to these group classes,

individual education is offered at Watson Clinic's Main and Plant City locations. Also available are 72-hour continuous glucose monitoring, blood sugar monitoring and insulin pump support, with a referral from your physician.

Watson Clinic also offers a monthly "Community Diabetes Support Group."

If you're a Watson Clinic patient, call **863-680-7490** for more information or to register for any of these offerings.

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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Welcome, new physicians!



Michael A. Addonizio, MD
Interventional radiology

Medical degree: Hahnemann University School of Medicine,

Philadelphia, Pa.

Internship: internal medicine, Alton Ochsner Medical Foundation, New Orleans, La.

Residency: diagnostic radiology, State University of New York Health Science Center, Brooklyn, N.Y.

Board-certification: radiology

Location: Watson Clinic Main

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.



Barry L. Winton, MD
Cardiac/thoracic/vascular surgery

Medical degree: Indiana University, Indianapolis, Ind.

Internship and residency:

general surgery, Indiana University/Methodist Hospital, Indianapolis, Ind.

Fellowship: cardiothoracic surgery, the Medical College of Wisconsin, Milwaukee, Wis.

Board-certification: general surgery, cardiothoracic surgery

Location: Watson Clinic Main



Nestor F. Dans, MD
Cardiac/thoracic/vascular surgery

Medical degree: Tulane University, New Orleans, La.

Internship: general surgery, Tulane University, New Orleans, La.

Residency: general surgery, Dartmouth-Hitchcock Medical Center, Lebanon, N.H.

Fellowships: critical care/trauma, University of California/San Diego Medical Center, San Diego, Calif.; cardiovascular surgery and cardiopulmonary transplantation, Pat O. Daily, MD, Medical Corporation, San Diego, Calif.; thoracic and cardiovascular surgery, St. Luke's Hospital/Mid-America Heart Institute, Kansas City, Mo.

Board-certification: general surgery, critical care, thoracic surgery

Location: Watson Clinic Main



Elizabeth A. Ziner, DO
Critical care medicine

Medical degree: Southeastern University, Fort Lauderdale, Fla.

Internship and residency: internal medicine, pulmonology and critical care, University of South Florida, Tampa, Fla.

Fellowship: pulmonology and critical care, University of South Florida, Tampa, Fla.

Board-certification: internal medicine

Location: Lakeland Regional Medical Center