Have you heard?
Comprehensive care at the Hearing Center  page 6

Making the most of a milestone
Make midlife your time to up your health game  page 8

Family history and cancer risk
Learn what this does—and doesn’t—mean for you  page 12
**WATSON CLINIC** has been honored to serve the medical needs of our beloved patients in Bartow for over 30 years. Bartow’s families have become an essential part of our family.

That’s why we’ve expanded our offerings to better assist Bartow patients of all ages achieve and maintain their wellness goals.

Situated directly adjacent to Bartow Regional Medical Center, Watson Clinic Bartow and Watson Clinic Bartow Obstetrics & Gynecology locations deliver comprehensive healthcare services from an exceptional team of highly trained physicians and medical providers.

Watson Clinic Bartow offers family medicine, endocrinology, podiatric surgery, plastic and reconstructive surgery, an on-site laboratory, x-ray and bone density scanning capabilities, dietary counseling, diabetes education, and rheumatology. With easy appointment availability, state-of-the-art technologies and compassionate and personable care, this office has long been the medical establishment of choice for patients and families in Bartow and the easternmost portions of Polk County.

Meanwhile, the range of services offered at Watson Clinic Bartow OB-GYN are tailored for women of all ages, including routine gynecologic examinations, prenatal care, contraceptive management and treatments for irregular bleeding, pelvic pain, urinary incontinence, fecal incontinence, pelvic organ prolapse, painful bladder syndrome, sexual dysfunction and issues brought on by conditions like osteoporosis and menopause.

Gynecologic procedures will be conducted both in-office and at Bartow Regional Medical Center.

Bartow patients can benefit from over a dozen additional specialties at the nearby Watson Clinic Highlands facility at 2300 E. County Road 540A in south Lakeland, including walk-in care without an appointment at the XpressCare at Highlands facility. Call for more information.

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For more information on the convenient locations, diverse specialties and expert physicians available to patients in Bartow and surrounding communities, visit WatsonClinic.com/Bartow.
Empowering a new generation of survivors

FROM THE DESK OF DR. STEVEN G. ACHINGER

ACCORDING to data from the National Cancer Institute, approximately 38 percent of men and women in the United States will be diagnosed with cancer at some point in their lifetime.

There’s no doubt: cancer—in all its forms—remains a deeply concerning health issue that requires vigilance in our country and around the world.

Here’s the good news. The number of cancer survivors continues to increase year after year. This encouraging trend is due to many factors, including more precise screening technologies, more sophisticated and highly targeted therapies, and a myriad of research and treatment trials that have paved the way for future generations of survivors.

However, the chief catalyst behind this spike in cancer survivorship is you. As awareness of the disease has heightened in the public consciousness, more patients are engaging in cancer prevention than ever before. The patient population has a wider understanding of the tremendous benefits that result from early detection, a healthy diet, and abstinence from tobacco and excessive alcohol use.

When it comes to cancer prevention, education is key. The more you know about the disease, the more effective you’ll be in steering clear of its controllable risk factors, or in defeating the disease should it strike you or someone you love.

Watson Clinic’s commitment to cancer education, progressive treatments and technologies, and patient advocacy has played an essential role in shaping our legacy. Our Cancer & Research Center is one of only a handful of facilities in our state to earn gold status recognition from the American College of Surgeons Commission on Cancer.

Our commitment to patient education continues in the pages of this magazine. Inside, you’ll find a number of articles that provide valuable and illuminating insights, including a piece on the hereditary components of cancer.

Yours in good health,

Steven G. Achinger, MD, FASN
Watson Clinic Managing Partner

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

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WatsonClinic.com
A great place for a quick bite

Located on the first floor at Watson Clinic Main in Lakeland, Cafe 1600 at Watson Clinic offers a menu of delicious breakfast and lunch items, including soups, sandwiches, a salad bar, desserts and daily specials. Open from 7 am to 2:30 pm Monday through Friday, it’s a convenient and satisfying option for patients who want to grab a quick bite after their appointment or lab visit.

For more information, visit WatsonClinic.com/Cafe.

Understanding lymphedema

WHEN YOUR FILTERS MALFUNCTION

A condition characterized by excess fluid retention, lymphedema afflicts millions of Americans. For those who experience this condition, it’s crucial to receive care from a properly trained and certified lymphedema therapist.

When appropriate treatment and management is lacking, lymphedema can lead to severe complications, including long-term tissue damage, potentially life-threatening infection and a loss of function in affected limbs.

What is lymphedema?

Lymph nodes are structures throughout the body that help filter and drain potentially harmful fluids, including bacteria and waste.

Lymphedema can result when these lymph nodes are compromised. The condition most often occurs when the lymph nodes are damaged as a result of cancer or removed during the course of cancer treatment. This can lead to fluid buildup and swelling in the arms or legs, though other areas of the body may be affected as well.

Other conditions that might result in lymphedema or lymphatic dysfunction include blood clots, chronic venous insufficiency, genetic abnormalities of the lymph system, surgery, infections and certain lymphatic diseases.

Treatment and management

There is no cure for lymphedema, but proper management can diminish its symptoms. Possible treatments include the use of compression bandages to control swelling and disperse excess fluid, compression devices that effectively drain affected regions, exercise, lifestyle changes, and massage therapies.

Watson Clinic’s team of over 200 physicians can provide easy referrals to any member of our lymphedema team when appropriate.

Our lymphedema therapists are certified by the Lymphology Association of North America, which testifies to the quality and consistency of the services they provide.
Impeccable credentials

Watson Clinic’s Credentialing department works to verify a physician’s qualifications, education record, various licenses and ability to perform the services for which they are hired. Recently, the Credentialing department earned an accreditation from the National Committee for Quality Assurance (NCQA). Valid through 2021, the accreditation acknowledges that Watson Clinic’s credentialing and recredentialing practices adhere to the highest quality standards.

“This accreditation assures our community that the credentials of Watson Clinic’s exceptional medical specialists are beyond reproach,” says Sherry Cromwell, Manager of Watson Clinic’s Credentialing department. “Our department continues to compare favorably with the very best medical organizations in the nation, as we received exemplary ratings across the board in all categories.”

The accreditation resulted from a rigorous review of policies, filing practices and quality improvement measures. NCQA is an independent, not-for-profit organization dedicated to assessing and reporting on the quality of health-related programs. NCQA certification statuses and other information about healthcare quality can be found on their website at ncqa.org.

New! Easy ways to pay

Our new online bill pay system is now available through your MyChart at Watson Clinic patient portal account. Review your statements, make payments on one or multiple accounts, and sign up for e-statements with this easy new platform. Visit WatsonClinic.com and click “Online Bill Pay—MyChart” under the “Patient’s Corner” drop-down menu at the top right of our home screen for more details and to sign up in minutes.

Major league care

In our ever-changing world, there are traditions we can always count on. Baseball is one of them. Generations have enjoyed the excitement of the ballpark and the thrill of the games played there by our great athletes. There is a strong sense of camaraderie shared among players and fans.

Watson Clinic shares its own special bond with local baseball heroes. For many years, we’ve been proud to serve as the official medical provider for the Detroit Tigers Florida Operations and the Lakeland Flying Tigers. From preseason physicals to the general wellness or surgical care of players and staff alike during each season, Watson Clinic has the expert specialists, the advanced technologies and the accessible locations they need to stay healthy and in the game.

We’ve worked to provide all of our patients with that same level of major league care since 1941. For more information on our comprehensive Orthopaedic Surgery & Sports Medicine department, visit WatsonClinic.com/Sports.
We’re all ears
WE HAVE YOUR HEARING HEALTH NEEDS COVERED

Over 48 million Americans experience some degree of hearing loss in one or both ears. The Watson Clinic Hearing Center offers a variety of services to meet the hearing healthcare needs of infants, children and adults alike.

Whether hearing loss is due to injury, illness or the natural progression of aging, the Hearing Center’s licensed audiologists have the training and technologies to enhance the quality of life for hearing-impaired patients. In addition to evaluation and treatment services, the department has a complete line of state-of-the-art hearing aids available for sale and offers comprehensive repair of these devices as well.

The care provided by the Hearing Center is complemented by Watson Clinic’s board-certified otolaryngologists (ear, nose and throat specialists) and facial plastic surgery specialists.

The Watson Clinic Hearing Center operates from two convenient locations in Lakeland: the Watson Clinic Bella Vista Building and Watson Clinic Highlands.

Appointments are available through physician referral. For more information, call 863-680-7486.
Is vaping addictive?
The use of e-cigarettes, or vaping, has become a common alternative to smoking traditional tobacco. However, its long-term health effects are not yet fully known.

Vapor from e-cigarettes usually contains nicotine, a highly addictive chemical. Studies have also shown that some e-liquids contain other cancer-causing chemicals and toxins, heavy metals, and other addictive compounds.

Another major concern is the number of young people who use e-cigarettes. Multiple studies suggest that teenagers who smoke e-cigarettes are more likely to move on to tobacco or other drugs. Nicotine is also dangerous for a teen's developing brain—it can cause problems with attention span and learning, and raise risks for mood disorders and long-term problems with impulse control.

There is no sufficient evidence that e-cigarettes help smokers quit. In fact, some studies have found that people who tried to use e-cigarettes as a quit aid were less likely to quit smoking than those who didn’t. There are a number of other smoking cessation methods that can help smokers quit effectively and safely.

How do you know if you have osteoporosis?
You can’t feel your bones getting weaker. This means that osteoporosis, a disease of dangerously fragile bones, can sneak up on you. People often don’t realize they have it until they break a bone, usually in the hip, spine, or wrist.

That’s why bone density testing is so important. This test can detect osteoporosis before you break a bone, and predict your risk of a future fracture.

Bone density testing can be done in several ways. The most common one, a DEXA test, is like having an x-ray and is painless.

Osteoporosis is common among older adults, especially women. Doctors advise bone density testing for women 65 and older.

Your doctor may also advise testing if you have a higher risk of osteoporosis; for example, if you have a family history of osteoporosis or you’ve broken bones after age 50.

Watson Clinic offers DEXA bone density scanning capabilities from three convenient locations—Main, Bartow and Highlands. Ask your doctor if the scan is right for you.

What are the benefits of breastfeeding?
Breast milk has just what a baby needs to grow and thrive. Plus, breastfeeding is good for you too.

Breast milk has the right mix of protein, fat, sugar and water, which makes it easy for a baby to digest.

It helps protect your baby from illness, such as ear infection. Breastfed babies have a lower risk for problems like asthma and diabetes later in life.

Breastfeeding your baby may help you burn calories. Plus, it can lower your risk for breast cancer, diabetes and other illnesses.

Get ready to breastfeed before your baby arrives. Know that it can take some time for you and your baby to get the hang of things. Talk to your healthcare provider for help.

It’s best to give your baby breast milk for as long as possible—a year or more. If you have to go back to work, don’t worry. You can pump breast milk so your baby can have it in a bottle when you are at work.

Jeremy M. Katzmann, MD, FAAFP, is a board-certified family medicine specialist at Watson Clinic Highlands. Call 863-680-7190 to schedule an appointment.

Clarita S. Ketels, DO, is a board-certified internal medicine specialist at Watson Clinic Main. Call 863-680-7190 to schedule an appointment.

Tarek Garas, MD, is a board-certified OB-GYN at Watson Clinic Bartow Obstetrics & Gynecology and Watson Clinic Bella Vista Building. Call 863-680-7312 to schedule an appointment.
Is it time for a midlife makeover?

YOU’RE NEARING—OR MAYBE PAST—a milestone that’s hard to ignore: your 40th birthday. If you’ve let your health slide some until now, then it’s time to get serious about taking care of yourself. A good first step: replacing any unhealthy habits with ones that will help fend off diseases—like heart disease, diabetes and cancer—that become greater threats as you get older.

Ready for a healthier future? Here’s a six-step plan:

1. **WATCH THE SCALE.**
   As we age, our body composition shifts. We lose muscle and gain fat. This shift slows our metabolism and can lead to middle-aged spread. One way to fight it—and get to or stay at a healthy weight—is to eat slowly. It takes your brain at least 15 minutes to get the message that your stomach has been fed. Let those minutes pass before you decide to have a second helping. And don’t combine eating with other activities like driving or watching TV. You’re setting yourself up for overeating.

   Weighing yourself regularly can also help keep your scale from moving in the wrong direction. If more than a few pounds creep on, ask yourself: Am I eating more or moving less than usual? If so, commit to adjusting your diet or activity level.

2. **STRESS LESS.** Yes, that’s sometimes easier said than done—particularly if, like many people in midlife, you’re working at a job while caring for kids and aging parents. Still, managing stress now helps protect you from chronic diseases that could occur in the future.

   One fast way to tame tension is to do deep, relaxed breathing. Or try this relaxation exercise: Start with one muscle. Hold it tight for a few seconds and then relax. Do this with each of your muscles, beginning with your toes and feet and working your way up through the rest of your body.

   And try to let go of what you can’t control. Delegate too, even if that doesn’t come easily at first. If other people make your load lighter, why not let them? Perhaps most important, do something you enjoy every day. You’re worth it.

3. **GET A LITTLE MORE EXERCISE.**
   “Most healthy adults should aim for 150 minutes a week of aerobic activity,” says Dr. Rony J. Alvarado, a board-certified family medicine specialist at Watson Clinic Highlands. “That means cardio workouts that get your heart pumping, at a moderate intensity.”

   And don’t forget the weight room. “Aim for muscle-strengthening activities on two or more days a week that work all of your major muscle groups,” Dr. Alvarado says.

   For motivation, pair up with a pal. When someone’s counting on you to go for a brisk morning walk or a gym date, you’re more likely to show up. The good news: Anything that gets you moving more or using your muscles counts as exercise, whether that’s pushing your lawn mower, pacing while you chat on your cell phone or boosting your balance with tai chi.

   And make this your mantra: Any exercise is always better than none. So especially on busy days, squeeze in some exercise whenever you can. Head for the stairs—not the escalator. Set your alarm 15 minutes earlier for a brief bout of morning exercise. Walk over to a co-worker’s desk instead of emailing. You get the idea.
DON’T MISS OUT ON PREVENTIVE CARE.
Partner with your primary care provider to make sure you’re up-to-date on the checkups and screening tests you need to find diseases early, before they cause symptoms and when they are often easier to treat.

Be sure to share your family health history with your provider, since that can help determine when you need certain tests. For example, the American Cancer Society recommends that people at average risk of colon cancer start screening at age 45. However, your provider may advise earlier testing if you have a close relative who had colon cancer or colon polyps.

PUT THE “EX” BEFORE SMOKER IF YOU LIGHT UP.
If you’ve been smoking for a long time, it may be such a part of your life that you can’t imagine quitting; however, as you probably know, few things are more important for a healthy future than kicking your habit.

There’s no one right way to quit. Still, some methods work better than others. Counseling (from your provider, a support group or a telephone quit line) combined with medicine (such as a nicotine gum or patch) gives you the best chance of success. Tell your friends and family you plan to quit too—and ask for their support. Don’t be discouraged if you’ve tried to quit before. It often takes several serious attempts to quit for good. The bottom line: Keep trying.

HELP YOURSELF TO HEALTHIER FOODS.
Dr. Jason C. Saylor, a family medicine specialist at Watson Clinic Main and Watson Clinic Highlands, recommends focusing on the following foods: fruits and vegetables, whole grains, low-fat dairy products, fish, skinless poultry, legumes, nuts, and heart-friendly oils, such as canola or olive oil. “Go easy on foods with saturated fats, trans fats and sodium, as well as red meat, sweets and sugary drinks,” he says.

Too much of a diet makeover? Then start with small changes and gradually build from there. For instance, eat a piece of fruit for an afternoon snack or use whole-wheat bread to make a sandwich. Once a healthy habit sticks, move on to another.

A primary care provider can help guide you on the road to better health. If you need a provider, visit WatsonClinic.com. Click on “Physician Search,” where you can search for the perfect match for you.
COPD—short for chronic obstructive pulmonary disease—literally takes your breath away. You may know this common lung disease as emphysema or chronic bronchitis, the two main kinds of COPD. In both types, the airways that carry air into and out of the lungs are partially blocked. Smoking is most often to blame.

COPD is also a progressive disease, meaning trouble breathing keeps getting worse. And while COPD was long thought of as mainly a man’s disease, statistics now show otherwise. More than 7 million women in the U.S. are living with COPD—more than the number of men.

COPD also develops at an earlier age in women. And while the number of men dying from COPD is going down, death rates in women are climbing. Doctors can’t fully explain these trends, but almost as many women as men now smoke. And it may be that cigarette smoke is more damaging to women’s lungs. A likely reason for this vulnerability: Women’s lungs and airways are smaller than men’s, so the same amount of inhaled smoke may do more harm. Estrogen may also make women’s lungs more sensitive to tobacco exposure.

Know the possible red flags
Troubling too: Millions of women have COPD, but are undiagnosed, often because their symptoms are mistaken for asthma. And diagnosis is crucial, since treatment can help ease symptoms.

That’s why it’s so important to recognize these COPD warning signs and symptoms:
• A persistent cough or coughing up lots of mucus.
• Shortness of breath, especially with moderate physical activity.
• Wheezing.
• Chest tightness.

Never downplay these symptoms. Tell your doctor if you have them, rather than waiting to feel better.

You can breathe easier
If you do have COPD, try to focus on this: There are ways to make living with it easier. Be sure to:

Stop smoking if you light up. This is the best way to help prevent more damage to your lungs. Studies show that women especially benefit from quitting.

Follow your treatment plan.
Certain medicines may help open your airways and make them less inflamed. If your COPD becomes severe, your

Located at Watson Clinic Main in Lakeland, Watson Clinic’s Pulmonology department features three board-certified physicians who specialize in treating pulmonary diseases, including pneumonia, asthma, emphysema, tuberculosis, COPD and complex chest infections. Call 863-680-7190 to schedule an appointment.

Eric G. Catz, MD  Eric J. Lipson, MD  Naem Shahrour, MD
Protect yourself from COPD

Chronic obstructive pulmonary disease (COPD) is highly preventable. As many as 90 percent of all cases are caused by smoking. That means the best way to protect yourself from COPD is to not start smoking—or to stop if you do.

If you’ve had trouble stopping, don’t give up. Quitting smoking is a journey, and it often takes several tries to quit for good.

Avoid secondhand smoke too. Protect yourself and your family with a smoke-free home.

Finally, try to avoid chemical fumes and dust at home and work. These lung irritants also raise COPD risk.

Sources: American Cancer Society; American Lung Association

Reach out. You might also ask your doctor to help you find a COPD support group. The emotional support and practical advice of other people with COPD may help you feel in control.

A heightened risk in women

Your doctor may also advise oxygen therapy through a tube or mask.

Protect your lungs from pollutants. Limit your exposure to dust, fumes and chemicals at home and work. Stay indoors as much as possible during air pollution alerts.
At a recent family gathering, you learn that your aunt was just diagnosed with cancer. It’s shocking news—but it also reminds you of the fact that your grandfather had cancer years ago too. Or was it a distant cousin?

The state of your relatives’ health may have you wondering: If cancer runs in my family, does that mean I’ll get the disease too?

If your relatives have—or have had—cancer, it may increase your own risk for the disease, but it’s certainly no guarantee that you’ll get it. Most people with cancer do not have a family history of the disease. Also, not everyone with cancer in the family has what’s considered a strong family history or an inherited genetic risk. Both of those situations can increase your chances of getting cancer considerably.

All of that said, knowing your family history of cancer is very important. If you are at higher risk, there may be things you can do to help lower your risk. Or you may need to follow a different screening schedule to increase your chances of finding and treating any cancer as early as possible.

**3 cancers that may run in families**

Many people get confused when it comes to family history and cancer risk. Here’s a quick look at what it means to have a family history of three common cancers.

**BREAST CANCER.** Breast cancer in the family is more likely to be significant if it occurs in a close relative. For instance, if your mother, sister or daughter had breast cancer, it may nearly double your chances of getting the disease. Your risk can be even higher if more than one close relative (such as your mother and your sister) had breast cancer, especially at a relatively young age.

“It’s important to know that a genetic component only applies to 20 percent of patients with breast cancer,” says Dr. Elisabeth L. Dupont, a board-certified breast surgeon at the Watson Clinic Women’s Center. “We have a huge problem with women who ignore screenings or a physical finding because they do not have a family history.”

Sometimes, having close relatives with breast cancer can mean that a woman—or a man—has inherited a genetic tendency to develop the disease, most often a mutation in the BRCA1 or BRCA2 genes.

A woman normally has a 1 in 8 chance of getting breast cancer in her lifetime, but in the case of an inherited BRCA gene mutation, that risk can climb to 7 in 10. Men rarely get breast cancer, but of those that do about 1 in 5 have a close relative—male or female—with the disease.

Tell your doctor if you’re concerned about your family history. If an inherited risk for breast cancer is suspected, genetic counseling and testing may be an option.

**FIND OUT WHAT IT MEANS**

If you are at increased risk:

Your doctor may suggest steps to reduce your risk for breast cancer that go beyond those recommended for women at average risk. According to Dr. Dupont, these depend on your risk, and may include:

- Having earlier and more frequent screenings. Your doctor may recommend that you start getting mammograms before you turn 40, possibly along with an MRI scan.
- Taking medicines, such as tamoxifen or raloxifene, to help prevent breast cancer.
- Undergoing preventive surgery. Some women at very high risk may consider having surgery to remove both breasts. “While this reduces the risk of breast cancer considerably, it doesn’t eliminate it,” says Dr. Dupont.

If you’re a man with a strong family history of breast cancer, talk to your doctor about what type of screening might be best for you.

**COLORECTAL CANCER.** Having just one parent, sibling or child with colorectal cancer or a history of polyps (abnormal growths that may develop into colorectal cancer over time) can increase your own risk for the disease. Having two or more relatives with colorectal cancer can raise that risk even more.

According to Dr. Robert D. Lamport, a board-certified gastroenterologist at Watson Clinic Main in...
Watson Clinic specializes in the prevention, diagnosis and treatment of all forms of cancer. Services are available at multiple locations, including the Watson Clinic Cancer & Research Center in Lakeland. For more information on the types of cancer in the accompanying article or to schedule an appointment, call 863-680-7755, option 3 (breast health services), 863-680-7300 (urology) or 863-680-7490 (gastroenterology).

Lakeland, you can also be at higher risk if several other relatives (such as aunts, uncles or grandparents) had colorectal cancer. As with breast cancer, colorectal cancer in the family is more likely to be a concern if it occurred at a younger age than usual, such as before 60.

“In rare cases, a strong family history can actually suggest hereditary colorectal cancer,” says Dr. Lamport. “One example is Lynch syndrome. This syndrome causes a person’s lifetime risk of developing colorectal cancer to be as high as 80 percent.”

If you are at increased risk:
Your doctor may want you to be screened earlier (before age 45) and more often than people at average risk. Screening helps find colorectal cancer early. It also lets doctors find and remove polyps before cancer may develop. People with an inherited colorectal cancer syndrome may sometimes start screening in their 20s or earlier.

**PROSTATE CANCER.** Having a father, brother or son with prostate cancer can make a man’s own chances of getting prostate cancer two to three times higher than it is for other guys. “The more relatives a man has who have prostate cancer, the more likely he may be to develop it himself,” says Dr. G. Byron Hodge, a board-certified urologic oncologist at Watson Clinic Main in Lakeland.

If you are at increased risk:
Dr. Hodge suggests discussing with your doctor the pros and cons of prostate cancer screening with a PSA blood test at an earlier age than is advised for most men—in your 40s instead of waiting until your 50s. These discussions about screening may begin at:
- Age 40, if more than one of your first-degree relatives had early prostate cancer.
- Age 45, if you have one close relative diagnosed with prostate cancer at an early age or if you’re African American.

**Share your history**
If someone in your family has or had cancer, tell your doctor. Again, if you are at increased risk because of your family history, it doesn’t mean you will get cancer. That can even be true if someone in your family has an inherited form of the disease. In all cases, however, knowing that you have a family history of cancer can be an important heads-up. It may give you extra incentive to get screened and to adopt healthy habits that may help lower your cancer risk in some cases. Among the habits to try: eating a healthy diet rich in fruits, vegetables and whole grains, maintaining a healthy weight, exercising regularly, and avoiding smoking.

Sources: American Cancer Society; American Society of Clinical Oncology; National Cancer Institute

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**Elisabeth L. Dupont, MD,**
a board-certified breast surgeon at the Watson Clinic Women’s Center

**G. Byron Hodge, MD,**
FACS, a board-certified urologic oncologist at Watson Clinic Main

**Robert D. Lamport, MD,**
FACP, a board-certified gastroenterologist at Watson Clinic Main
Gather around the table

There are plenty of reasons why you should try to have more meals—especially healthy ones—as a family.

According to the American Academy of Pediatrics and other experts, when families eat together:

- They share more than a tasty meal—they share good conversation. Dinner time is a break from the busy schedule and a chance to bond and ask kids about their day.
- It sets a good example. Kids tend to make healthier choices, like more helpings of fruits and veggies, when they see adults eating healthfully. Those are habits that kids may continue when they become adults.
- Kids are less likely to become overweight, which can hurt their health.
- Kids may develop better social-emotional health, which leads to better grades, more confidence and an ability to handle online bullying better.

These seven simple steps can help you find more time for family meals, as well as help you make those meals more healthful and meaningful.

Write a grocery list. Be sure to include wholesome, easy-to-cook ingredients. For instance, you can quickly create a healthy meal on the fly with items like rotisserie chicken, veggie burgers, frozen vegetables and mashed potatoes, jarred pasta sauce, whole-wheat spaghetti, and frozen ravioli or stuffed shells.

Make your own frozen dinners. If on Wednesdays you’re too busy to cook, make a double batch of vegetarian lasagna earlier in the week, freeze half and reheat it when you need it. Add an easy side salad and some fruit, and voila! You have dinner and dessert in a snap.

Embrace your slow cooker. Put ingredients in before you head to work, and dinner will be waiting for you when you get home.

Invite your kids into the kitchen. Making meals together is fun, and it shows your kids just how important mealtime is. Even youngsters can handle some meal-prep tasks, such as tossing a salad.

Don’t force your kids to eat healthy foods. Pressuring kids to eat certain foods doesn’t work, and it may make them like the foods even less. Do offer healthy foods on a regular basis and in a variety of ways, and let your kids see you eat them too. Talk about how good they taste.

Insist on eating at the table. Turn off the TV, and call everyone to gather around the dining table.

Ban texting at the table. Make mealtime a tech-free time for both kids and adults. This makes it much easier to enjoy a relaxing meal and conversations with each other.

Need more tips on how to make healthy eating a family tradition?
Schedule an appointment now with a member of Watson Clinic’s Internal Medicine or Family Medicine departments by calling 863-680-7190.
First founded in 1960, the Watson Clinic Foundation has made an indelible mark on our community and beyond by enhancing health awareness through education, research and service.

Recently, the Foundation extended their reach to literacy by donating 336 copies of a local author’s children’s book to the ReadingPals program. This initiative from the United Way promotes literacy among school-aged children.

The book, by Lakeland author Jennifer Hazen Buss, is called The Knot Monster. It tells the story of Ellie, a young girl who hates having her hair brushed by her mother every morning because it is tangled by knots. The knots are made by the Knot Monster, who dances in her hair each night. When she tries to catch it, she learns something unexpected.

A special connection
This donation is especially meaningful for the Foundation, because Buss is a mammography technician at the Watson Clinic Women’s Center.

“The author of this delightful book is one of Watson Clinic’s own,” says Watson Clinic Managing Partner Dr. Steven Achinger, chairman of the board for the Watson Clinic Foundation. “Jennifer works every day to improve the lives of her patients. And now, as an author, she’s working to enlighten and empower younger generations.”

The Foundation’s donation is in addition to 100 copies that Buss provided herself, a combined contribution that ensures each member of the 436-member program receives their own copy of the book.

The difference reading makes
“When we enable a child to read at maximum proficiency, we empower them to live their best life,” says Dr. Achinger. “Self-empowered children become more invested and motivated adults. Enhanced literacy is connected to a person’s listening skills, comprehension, vocabulary and memory. All of these attributes have significant ties to healthcare, whether it’s the ability to understand and follow a doctor’s care recommendations, adherence to a medication regimen or the propensity to practice self-care.”

Spearheaded by the United Way of Central Florida, the ReadingPals program promotes childhood literacy by matching volunteers with area schoolchildren for one hour a week. During that time, the adult guides the child through a concentrated reading time. With the assistance of classroom teachers and trainers, the mentor touches upon each core competency required by the Polk County School Board curriculum.

Find out more ways the Watson Clinic Foundation is making a difference in the community by calling 863-904-2656, or visit online at WatsonClinic.com/WCF.
WE ARE PLEASED TO PROVIDE THE FOLLOWING SERVICES, MANY OF WHICH CAN BE ACCOMMODATED ON A WALK-IN BASIS:

MAINTENANCE INJECTIONS:
• B12
• Lupron
• Depo-Testosterone
• Lovenox
• Nucala
• Steroids
• Prolia and many more

INFUSIONS:
• Antibiotic Infusions
• Medication Infusions to treat conditions such as Crohn’s Disease, Rheumatoid Arthritis, Psoriatic Arthritis, Anti-Inflammatory and Immunodeficiencies, Asthma, Iron Deficiency, Nausea and Dehydration.
• EKGs

PROCEDURES:
• Central Line Dressing Changes
• PICC/Port Access for Blood Draws
• Much more

ASK YOUR PROVIDER TO ORDER YOUR NEXT MEDICATION, TREATMENT OR EKG AT OUR NEW WATSON CLINIC HIGHLANDS LOCATION!

Call 863-607-3684 for more information.
Open Monday – Friday • 8 am – 5 pm
Watson Clinic Highlands • 2300 E. County Road 540A • 1st Floor • Lakeland
www.WatsonClinic.com/NurseClinic