COVID-19: Getting you back on track

Don’t skip your child’s shots
Preventive care is still important during the pandemic
Could it be asthma? How to spot the symptoms

THINK ABOUT How hard it would be to breathe through a straw for minutes or hours on end. That’s how breathing can sometimes feel for people who have asthma. Asthma is a chronic lung disease that causes the airways to narrow. This can make it hard to breathe. “More than 25 million Americans now live with asthma, and that number continues to rise,” says Dr. G. Weyman Price, a board-certified allergist at Watson Clinic South in Lakeland. “While asthma affects people of all ages, it most often starts when you’re a kid.” It’s important to spot the symptoms of asthma and to get medical help for it.

What are the signs? Sometimes asthma symptoms are mild and go away on their own—at other times, symptoms can get worse. When this happens, it could bring on an asthma attack. Common asthma symptoms include:

- Coughing.
- Wheezing.
- Chest tightness.
- Shortness of breath.

Not all people with asthma have the same symptoms—and having these symptoms doesn’t always mean someone has the disease. If you think you have asthma, see your doctor. He or she can find out if you have the disease by:

- Looking at your health history.
- Doing a physical exam.
- Performing a simple lung function test.

What causes it? The cause of someone’s asthma isn’t always known, but a number of things—known as triggers—can bring on symptoms or make them worse. Common triggers include:

- Allergens, such as dust mites, animal dander, mold, and pollens from trees, grasses and flowers.
- Respiratory infections.
- Cigarette smoke, air pollution and certain chemicals.
- Physical activity.
- Stress.

If you do have asthma, your doctor can help you find out what your triggers are. You can then learn how to avoid them.

Treating asthma There is no cure for asthma, but it can be managed well if you learn how to control it. It’s important to get ongoing care and watch for signs that the disease is getting worse. Asthma is treated with two types of drugs:

- Quick-relief drugs. These provide temporary relief from asthma symptoms.
- Long-term control drugs. These are taken daily to control airway swelling. It’s important to take your asthma drugs the right way. So be sure to follow your doctor’s instructions. Most of the time you can treat asthma symptoms on your own, but get medical help right away if you:

- Have trouble walking or talking because you are out of breath.
- Develop blue lips or fingernails.

By working with your doctor and learning how to manage your asthma, you can breathe freely and live an active life.

To schedule an appointment with an allergist, call 863-680-7486 (Dr. Lionel Bonini) for Watson Clinic Main or 863-647-4045 (Dr. G. Weyman Price) for Watson Clinic South or visit WatsonClinic.com/Allergy.

W.H.O.E.V.E.R. you are and whatever your walk of life, the COVID-19 pandemic has brought about a series of unique challenges for all of us. This journey continues to evolve, but I wanted to take a moment to look back and reflect on what we’ve been through together thus far.

We’ve come a long way since the pandemic began. Today I especially want to thank and honor our amazing nurses, doctors and employees. You really stepped up when our community needed you most. Your caring and dedication in a time of crisis has inspired all of us. You truly embody our mission of providing comprehensive medical services of the highest quality. We are forever grateful for all that you have done and continue to do to keep us well and safe.

I also want to thank our community for your patience, support and personal sacrifices during this national crisis. These are unparalleled times, and it’s heartening to see how you’ve come together for a common cause. You’ve practiced safe social distancing. You’ve provided meals, masks and thanks to healthcare workers. You’ve shown extraordinary kindness to each other. It is an honor to serve you.

As we move forward from here, this is our commitment to you: The health and well-being of our community remains the top priority at our Clinic. We’ll continue to take strong measures to protect our patients and staff while making sure that you and your family have access to safe, high-quality care—now and in the future.

You’ve relied on us before. You can rely on us now. When you need care, we will be here for you.

Yours in good health,

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

WATSON CLINIC FOUNDATION
2901 W. Memorial Blvd., Lakeland, FL 33815

FALL 2020

President, Watson Clinic Foundation, Inc.
Galina Vugman, MD

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WatsonClinic.com 3
Watson Clinic is pleased to introduce a new appointment number for our departments of Otolaryngology (ENT), Facial Plastic Surgery, Speech-Language Pathology and our Hearing Center at both the Bella Vista Building and Highlands locations.

Appointments with all physicians and medical providers in these departments can now be scheduled by calling 863-904-6296. This updated appointment line will make your healthcare experience even more convenient and efficient.

Diabetes education gets quality endorsement from ADA

Watson Clinic’s diabetes education program recently earned an Education Recognition Certificate from the American Diabetes Association (ADA). This certification confirms that Watson Clinic’s program adheres to the strictest standards set forth by the ADA in regards to maintaining a staff of knowledgeable health professionals and providing the highest caliber of educational resources and disease management services for patients with diabetes.

The Clinic’s diabetes education program has held ADA recognition for the past two decades, and this latest renewal is valid until 2023.

“One in every 11 Americans suffers from diabetes, including an increasing number of children and adolescents,” says Watson Clinic diabetes educator Nancy Ulm, RD, LD, CDE. “With these alarming statistics in mind, it’s important that patients know they’re receiving the most up-to-date information and guidance in the management of their condition. This certification renewal from the American Diabetes Association is a ringing endorsement of the quality of our program here at Watson Clinic.”

Watson Clinic’s diabetes education program provides patients with the management skills and emotional support they need to live their life to the fullest in the face of diabetes. Led by certified diabetes care and education specialists (CDEs) and registered dietitians (RD), the program offers both group and individual sessions devoted to a variety of common concerns related to the treatment and management of diabetes, including management basics, meal planning, blood sugar and continuous glucose monitoring, weight management, medication injection training, stress management counseling, and insulin pump support.

Diabetes education program is housed at both the Watson Clinic Main and Bartow locations. Appointments are available exclusively through a Watson Clinic physician referral.

To learn more, visit WatsonClinic.com/Diabetes or call 863-680-7490.

Watson Clinic Plant City adds nephrology services

Watson Clinic Plant City is pleased to announce the addition of nephrology to their list of expert services. Members of Watson Clinic’s highly skilled nephrology department will provide comprehensive care at this location every Friday.

“With this expansion, we’re making expert kidney care more accessible and convenient than ever for patients in Plant City and surrounding communities,” says Watson Clinic managing partner and board-certified nephrologist, Dr. Michael J. Achinger.

Watson Clinic’s nephrology department specializes in the screening, diagnosis and treatment of kidney disorders, including chronic kidney disease. They also provide care for patients who require dialysis treatment at multiple facilities across Polk County, and hospital-based consultations for patients with kidney failure. Their patients are two times more likely to receive a kidney transplant in comparison to the state average.

In addition to the Plant City location at 615 E. Alexander St., this department is housed in Watson Clinic Main at 1600 Lakeland Hills Blvd. in Lakeland and Watson Clinic Bartow Obstetrics & Gynecology at 2000 Osprey Blvd., Suite 201, in Bartow.

- Michael Achinger, MD, MS
- Steven Achinger, MD
- Marcia Berry, APRN
- Angela Ritchea, APRN

Watson Clinic Sleep Disorders Center achieves reaccreditation

Watson Clinic’s Sleep Disorders Center has received a re-accreditation by the American Academy of Sleep Medicine (AASM) for a period of five years. This achievement testifies to Watson Clinic’s commitment to excellence in the testing, diagnosis and treatment of sleep disorders.

To receive the five-year accreditation, the center had to meet or exceed all standards for professional healthcare as designated by the AASM following a detailed inspection of the center’s facility and staff. Additionally, the facility was evaluated for its testing procedures, physician training, facility goals and quality improvement measures.

The Watson Clinic Sleep Disorders Center is the oldest in Polk County, and it has achieved accreditation by the AASM since 1991. The department consists of neurologist Dr. Daniel Traviesa and pulmonology specialists Dr. Eric Lipson and Dr. Mohamad Shahrour.

Located at Watson Clinic Main in Lakeland, the center treats a range of disorders, such as sleep apnea, restless legs syndrome, narcolepsy, insomnia and many more.

In addition, the center has also been designated by the American Thoracic Society as a Level 3 Sleep Center, the highest level of designation for a sleep center.

Watson Clinic’s Sleep Disorders Center is located at Watson Clinic Main in Lakeland, and it has achieved accreditation by the AASM since 1991. The department consists of neurologist Dr. Daniel Traviesa and pulmonology specialists Dr. Eric Lipson and Dr. Mohamad Shahrour.

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For more information, visit WatsonClinic.com/Sleep or call 863-680-7627.
INTRODUCING
OUR NEWEST PROVIDERS

CHRISTOPHER BAIRD, MD
HOSPITALIST
Medical school: University of Medicine of New Jersey/Rutgers
University, New Brunswick, NJ
Residency: University of Florida/Orlando Regional
Medical Center, Orlando, FL,
Internal Medicine
Board certification: Internal Medicine
Location: Lakeland Regional
Health Medical Center

YENENE DESTA, MD
INFECTIOUS DISEASES
Medical school: Gondar College of Medical Sciences,
Gondar, Ethiopia
Residency: Atlanta Medical Center, Atlanta, GA, Internal Medicine
Fellowship: University of Miami Jackson Health System,
Miami, FL, Infectious Diseases
Board certifications: Internal Medicine and Infectious Diseases
Location: Watson Clinic Main
Appointments: 863-680-7190

Meet the latest additions to our team! Appointments are now available.

NICHOLE MURPHY, APRN
URGENT CARE
Education: Polk State College, Winter Haven, FL (BSN), Florida Southern
College, Lakeland, FL (MSN)
Memberships: American Academy of Nurse Practitioners; Polk County
Advanced Practice Nurses Association
Supervising physician: Rajendra Sawh, MD
Location: Watson Clinic Main
Urgent Care Main
Appointments: 863-680-7271

AMBER PETERSON, APRN
PULMONOLOGY HOSPITALIST
Education: Polk State College, Winter Haven, FL (BSN), Florida Southern
College, Lakeland, FL (MSN)
Memberships: American Association of Nurse Practitioners; Polk County
Practitioners, American Association of Critical Care Nurses
Supervising physician: Naem Shahrour, MD
Location: Lakeland Regional Health Medical Center

Take Three Questions for the experts

Is it safe to have surgery yet?
When you should move forward with your surgery will depend on many factors that you need to discuss with your doctor. To start, you may want to ask:
• Will my condition get worse if I delay surgery?
• Are there other treatments I can try if I decide to wait?
• Am I in a high-risk group for complications from COVID-19?
• Are there special steps I’ll need to take once I’m back home?
• What follow-up visits will I need after surgery?

If you and your doctor agree that you should have surgery now, you can trust our team. We will take steps to protect you from COVID-19. For instance:
• All patients and staff must wear masks and other personal protective equipment.
• All patients and staff are checked for COVID-19 symptoms.
• All surgery patients are tested for COVID-19 before their procedures.
• We’re grateful for your patience and understanding. We want you to know that your health and safety are our top priority.

Is it safe to come back for my health visits?
You may have postponed some basic medical care for yourself or others in your family because of the COVID-19 pandemic. That could have been missed appointments to monitor serious health conditions—or preventative services and critical screenings that could improve your overall health. If so, now is a good time to call your healthcare provider and reschedule any care you’ve missed.
If you’re worried about receiving medical care during the COVID-19 crisis, it’s good to know all of the ways you can connect with our healthcare providers, including:
• In person. Call 863-680-7190 to make an appointment. We can tell you about the safety measures we have in place.
• By video visits. If you have an internet-connected device with a webcam, you can schedule a telemedicine appointment through your patient portal at WatsonClinic.com/Portal.
• By phone. Your provider can call you by appointment. Call 863-680-7190 to set up a phone conversation.
• By private messaging. You can send a message through your patient portal. Log in at WatsonClinic.com/Portal.

What should I know about COVID-19 prevention?
The best way to prevent COVID-19 is to avoid being exposed to the virus. To do that:
• Wear a face mask in public that covers your mouth and nose. This helps protect other people in case you are sick and don’t know it yet.
• Clean your hands often. Use soap and water whenever possible. Wash your hands for at least 20 seconds before drying.
• Choose to stay at home whenever possible. If you must go out, stay at least 6 feet away from others.
• Avoid touching your eyes, nose and mouth.
• Look to your doctor or other reputable source for health information. Avoid taking unprescribed medications, as no drugs have yet been approved for the prevention of COVID-19.
• Avoid being around sick people.
• It’s important to limit contact with others outside your household to avoid infection. Be sure you have a month’s worth of the medications you need at home in case you do get sick. This would include any prescription medicines you take, as well as over-the-counter drugs for fever.

Some symptoms are severe and could be a medical emergency. Call 911 if you have:
• Trouble breathing or bluish lips.
• Persistent pain or pressure in your chest.
• Inability to wake or stay awake.
• New confusion.

We asked members of our medical staff to answer some common health concerns.

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Meet the latest additions to our team! Appointments are now available.

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Medical school: University of Medicine of New Jersey/Rutgers
University, New Brunswick, NJ
Residency: University of Florida/Orlando Regional
Medical Center, Orlando, FL,
Internal Medicine
Board certification: Internal Medicine
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Health Medical Center

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Meet the latest additions to our team! Appointments are now available.
Even during COVID-19

FAMILIES ARE FOCUSED on staying healthy during the pandemic. That’s the right thing to do, but health experts have an important reminder for parents: COVID-19 prevention shouldn’t mean skipping your child’s vaccines. Vaccines help protect kids of all ages from serious diseases. Those include diseases like whooping cough and measles. The Centers for Disease Control and Prevention recommends children get many of their shots by age 2.

Despite that recommendation, it seems that fewer kids have been getting their shots during the coronavirus crisis. If you think you may have fallen behind on your child’s shots, talk to their doctor. They can fill you in on vaccine recommendations for your child.

“You will notice some changes when you come in for your next doctor’s appointment, such as personal protective equipment and social distancing in place,” says Dr. W. Jason Cornett, a board-certified Pediatrician at Watson Clinic North Pediatrics in Lakeland. “Our top priority is keeping our patients safe during checkups and vaccine visits.”

Here are some shots that kids of different ages may need.

INFANTS AND TODDLERS
Birth to 2 years
- DTaP (diphtheria, tetanus and pertussis)
- MMR (measles, mumps and rubella)
- Chickenpox
- Pneumococcal and Hib vaccines
- Hepatitis A and B
- Polio
- Rotavirus

PRESCHOOLERS AND SCHOOL-AGED KIDS
3 to 10 years
- DTaP (diphtheria, tetanus and pertussis)
- MMR (measles, mumps and rubella)
- Chickenpox
- Polio

PRETEENS AND TEENS
11 to 18 years
- HPV
- Meningitis
- Tdap (tetanus, diphtheria, pertussis)

Start your kids on a heart-healthy path
You’re here to help your children with their homework, and you remind them to brush their teeth.

Have you helped them do something good for their hearts lately?
You might think that only grown-ups need to be concerned about having a healthy heart, but it’s never too early to start establishing a heart-healthy lifestyle for your children too.

Here’s why: Even though kids rarely get heart disease, the process leading to adult heart disease—the gradual buildup of fat, cholesterol and other substances in arteries—can actually begin in childhood. This can put kids at future risk for a heart attack, or even a stroke, when they grow up.

The chances of that happening increase when kids develop heart disease risk factors such as obesity, type 2 diabetes, high cholesterol or high blood pressure.

Share the love
Take the time to make changes that can help your kids and the whole family beat back heart disease. Give these suggestions a try.

Serve up good eats. Saturated fats and trans fats can raise the risk of heart disease. When shopping for your family, choose foods that are lower in saturated fat such as lean meat and low-fat milk, yogurt and cheese and limit foods that have trans fats such as cookies, cakes, crackers and frozen pizza.

Also aim to serve five fruits and veggies a day, and cut back on sweetened drinks. Make sure plenty of healthy food choices are available at home.

Invite your kids into the kitchen. Let your kids help you prepare healthy meals. It’s a great way to teach them about good food choices.

Encourage exercise. Kids who are 6 years and older need 60 minutes of daily activity. Make being active a family affair. Go on walks or bike rides, play sports together, or engage in fun, active games (hoops, anyone?) with your kids.

Get your children checkups. Along with assessing overall health, a doctor can check a child’s weight, blood pressure and cholesterol. Be sure all the adults in the family get their checkups too.

Sources: American Academy of Pediatrics; American Heart Association; UpToDate

nejtj

Please call your pediatrician’s office today for your child’s next checkup or vaccine visit by calling one of our four convenient locations (at right) or visiting WatsonClinic.com/Pediatrics

WatsonClinic.com
An End to Knee Pain

Surgery may be the best solution when other treatments fail

Is it time to replace a worn-out knee with a new one?

That’s a question you may be wondering if you have a painful knee damaged by arthritis or an injury. A total knee replacement (TKR) is a big step—it’s major surgery. Still, as many as 700,000 knee replacements are performed every year nationwide, and more than 90% of people who opt for new knees see a significant improvement in their pain and ability to move freely.

A TKR typically is the right choice only if you’ve tried nonsurgical options—such as medicine, injections, walking supports and physical therapy—and they’re no longer helpful. Then an artificial knee makes sense if you still have:

• Severe pain or stiffness that limits your everyday activities. For example, you may not be able to walk more than a few blocks without pain.
• Moderate or severe knee pain while resting.
• Chronic knee inflammation and swelling that doesn’t improve with rest or medications.
• A knee deformity, such as a bowed knee.

Surgery ahead

What can you expect if you and your doctor decide a TKR is in your best interest?

The surgery itself takes about two to three hours, but you’ll likely stay in the hospital for a few days. Chances are you’ll start exercising your new knee the day after surgery—and maybe even on the same day,” says Dr. Douglas Shenkman, a board-certified orthopaedic surgery/sports medicine specialist. “A physical therapist will teach you specific exercises to strengthen your knee and restore its function. Exercise is a crucial part of your recovery, especially in the first few weeks after surgery.”

The good news: TKR is almost always a safe surgery. Serious complications occur in fewer than 2% of all knee replacements. As for the implants themselves, they have staying power. With normal use and activity, most can last for 15 to 20 years.

Meet the team:

Obafunto Abimbola, MD, MPH
Prashant Desai, DO
Peter Kazmier, MD
Salvador Monteregio, MD
(Nonsurgical Orthopaedics)
Douglas Shenkman, MD
Phuc Vo, MD

To schedule an appointment with an orthopaedic surgeon, call 863-680-7214 or visit WatsonClinic.com/Ortho

You can lower your risk.

Do your best to get to, and stay at, a healthy weight. Also move more. Research suggests that the more active you are, the lower your chance of getting this cancer. Finally, if you still have a uterus and are considering hormone therapy after menopause, discuss the pros and cons with your doctor. If you opt to use hormone therapy, be sure that it includes progesterone if you have a uterus.

You can lower your risk.

Oncology; National Institutes of Health

If you’re a woman—especially if you’re older than 45—it pays to know a few key facts about endometrial cancer, the most common cancer of the female reproductive organs.

If this year is typical, over 55,000 women in the U.S.—most of them postmenopausal and in their 60s—will learn they have endometrial cancer. Here are five top things to know about the disease.

Most women have early signs or symptoms. The most common sign—by far—is abnormal vaginal bleeding. About 90% of women with endometrial cancer experience it.

“If you’re premenopausal, this bleeding includes periods that are heavier or longer than usual, bleeding between periods, or any irregular spotting,” says Dr. Richard Cardosi, a board-certified gynecologic oncologist at the Watson Clinic Bella Vista Building.

“If you’re past menopause, any bleeding is abnormal.”

Be sure to tell your doctor right away about any abnormal bleeding, especially if you’re postmenopausal. Sometimes a pink vaginal discharge after menopause may also be a symptom. So watch for this too.

It develops in the lining of the uterus—the endometrium. This cancer occurs when cells in the endometrium start growing too rapidly. As a result, the endometrium can thicken in certain places and eventually form a tumor.

Age isn’t the only thing that raises your risk. Extra pounds also add to your chances of getting the disease. For example, if you’re overweight or obese, you’re 5 to 10 times more likely to develop endometrial cancer than women at a healthy weight.

You’re also more prone to endometrial cancer if you:

• Still have a uterus and use estrogen-only hormone therapy to treat menopause symptoms.
• Use the medicine tamoxifen to treat or prevent breast cancer.
• Have polycystic ovary syndrome.

The majority of women with endometrial cancer have good outcomes. Treatment—typically surgery—is very effective, especially when the disease is found early. In fact, most early-stage cancers do not require any additional chemotherapy or radiation. That’s why it’s crucial to get any abnormal bleeding checked out.

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5 facts about endometrial cancer

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To schedule an appointment with our gynecologic oncology team, call 863-680-7578 or visit WatsonClinic.com/Cardosi.

SOURCES: American Academy of Orthopaedic Surgeons; Arthritis Foundation; UpToDate
FEW DISEASES may frighten women more than breast cancer. This year alone, more than 300,000 women in the U.S. will likely learn they have the disease. If you or a woman you love is one of them, this is information you need: More than ever before, women are living longer—and better—with breast cancer.

Today, the five-year survival rate for most women with breast cancer is 90%. If cancer hasn’t spread beyond the breast, that survival rate is higher. Strides in treatment are a key reason why these statistics are so reassuring.

Now here’s a look at progress in how breast cancer is treated.

SURGERY
Most women facing breast cancer will need surgery. Not so long ago, that meant women with breast cancer often had to choose between saving their lives and saving their breasts.

Now, many women with early-stage breast cancer can safely choose a lumpectomy (removing only the cancerous tumor plus some nearby healthy tissue) instead of a mastectomy (removing the entire breast). When a mastectomy is necessary, some doctors often reconstruct the breast at the same time as the mastectomy. It spares women who opt for breast reconstruction from separate surgeries.

“Doctors also do surgery to help stage breast cancer and find out if it’s spread to underarm lymph nodes,” says Dr. Elisabeth Dupont, a board-certified breast surgeon at Watson Clinic Women’s Center. “Today, many women are able to have only a few lymph nodes removed, reducing the risk of lymphedema. This side effect of more aggressive surgery causes persistent swelling in the arm or chest.”

RADIATION THERAPY
This lowers the odds that cancer will come back in the breast after a lumpectomy. The most common type is external-beam radiation—where a machine delivers radiation to the breast.

CHEMOTHERAPY
Not all women with breast cancer need this treatment, but it’s often advised after surgery to kill off any lingering cancer cells that can’t be seen, even on imaging tests. It’s also the main treatment for women with advanced breast cancer.

HORMONAL THERAPY
About 2 out of every 3 breast cancers grow in response to estrogen stimulation. They’re known as estrogen-receptor (ER) positive or progesterone-receptor (PR) positive breast cancers. Endocrine therapy prevents estrogen from helping these cancers grow.

TARGETED THERAPY
As researchers have discovered more about abnormalities in cancer cells that make them grow uncontrollably, they’ve designed drugs that target these changes.

A prime example: trastuzumab (Herceptin). It and several other drugs were developed to treat the roughly 1 in 5 women with what’s known as HER2-positive breast cancer. These cancer cells have too much of a growth-promoting protein called HER2. Targeted therapy interferes with that protein.

Other drugs, known as PARP inhibitors, destroy cancer cells by preventing the cells from fixing their damaged DNA in women with BRCA gene mutations.

IMMUNOTHERAPY
This novel therapy uses the body’s own immune system to recognize and destroy cancer cells. Immunotherapy drugs are showing promise in treating triple-negative breast cancers, which aren’t fueled by hormones or the HER2 protein. Compared to other breast cancers, they can be more difficult to treat.

You can read about our team of experts who treat breast cancer and our many treatment options at WatsonClinic.com/BreastHealth.
Eat well to keep your immune system strong

A HEALTHY DIET strengthens your immune system, and a strong immune system helps protect you from illness. While no one food or diet can prevent illness, eating healthy can help your body prevent, fight and recover from infections during the COVID-19 pandemic.

“You should focus on a well-balanced diet filled with nutritious foods like fruits, vegetables and whole grains,” says Dr. Rony Alvarado, a board-certified family medicine physician at Watson Clinic Highlands.

Probiotics. These good bacteria can be found in cultured dairy products like yogurt.

Protein. This may be especially helpful in healing and recovery. You can find this in plant and animal products, such as milk, eggs, beef, chicken, fish, nuts, beans and seeds.

Vitamin A. This helps regulate the immune system and protect against infections. Look for it in sweet potatoes, carrots, broccoli, spinach, eggs, or milk and cereal fortified with vitamin A.

Vitamin C. Look for this in citrus fruits. It helps the immune system by increasing the amount of antibodies in your system.

Vitamin D. Find it in fatty fish and eggs, as well as drinks fortified with vitamin D.

Vitamin E. This works as an antioxidant. Antioxidants decrease inflammation. Find vitamin E in fortified cereals, sunflower seeds, vegetable oils and peanut butter.

Zinc. This may help wounds heal. You can find it in wheat germ, beans and tofu. But zinc is best absorbed from animal sources like beef and fish.

The best way to get the nutrients your immune system needs is to include a wide variety of healthy foods in your diet. That’s usually a better option than a supplement.

Help for healthy, long-term weight loss

Dr. Alvarado recently added Obesity Medicine to his diverse list of wellness services.

“Childhood and adult obesity rates have reached epidemic proportions,” says Dr. Alvarado. “This condition greatly impacts an individual’s enjoyment of life and their risks of developing devastating chronic illnesses.”

In response to these dangers, Dr. Alvarado proudly offers comprehensive treatment plans that produce and maintain healthy long-term weight loss. “Every person is unique, so these plans are tailored to fit each patient’s individual needs,” he says.

The treatment plans may include components related to nutrition, medication, physical activity and behavior modification.

Start here: For more information and to schedule an appointment with Dr. Alvarado, call 863-393-9447.

WORKING TOWARD A HEALTHIER FUTURE

WE’VE been hearing the phrase “We’re all in this together” a lot lately. The Watson Clinic Foundation has operated by this principle from the beginning. Now celebrating our 60th anniversary, we continue to address the most pressing wellness needs facing our community, initiate programs that raise awareness of disease prevention, and support the organizations and individuals who work to shape a healthier tomorrow for us all.

Over the past year alone, the Foundation has done much to promote community wellness through education, research and service.

Healthy in Pink

Started in 2017, this popular social gathering promotes breast cancer education, community empowerment and inspiring insights from both survivors and oncology specialists. The current pandemic has led to the cancellation of the event for 2020, but we look forward to delivering our best Healthy in Pink event yet in the coming year.

Outreach and research efforts

In recent months, the Foundation has supported a variety of philanthropic organizations in their quest to raise awareness and elevate research. These organizations include the American Heart Association, Make-a-Wish Foundation, National Kidney Foundation, the Epilepsy Foundation, Volunteers in Service to the Elderly, and the Breast Cancer Foundation of Central Florida.

The Foundation has also joined forces with senior advocate organizations to host educational forums on Medicare enrollment, supported free skin cancer screenings for community members who have not yet established a dermatologist of their own, and conducted monthly smoking cessation support groups led by highly trained specialists.

Help make local healthcare exceptional

To learn how you can help support the efforts of the Watson Clinic Foundation and improve the health and longevity of your community in the process, visit WatsonClinic.com/WCF or call 863-904-2656.
When pain keeps you from indulging in the hobbies you love the most, Watson Clinic is always here to lend a hand. From arthritis to carpal tunnel syndrome to joint replacements, our hand surgery department helps you stay active and healthy with the doctors you trust, the technologies you need, and the locations that are close to home.

A healthy tomorrow begins today.

Watson Clinic has empowered generations of families to live their lives to the fullest and make their health a top priority. Delaying care for health concerns you are experiencing can be detrimental to your health. Watson Clinic is open and ready to safely care for you and your family members just like we have for almost 80 years.

Your health. Your future.