

SUMMER 2025

WATSON CLINIC

Health *scene*

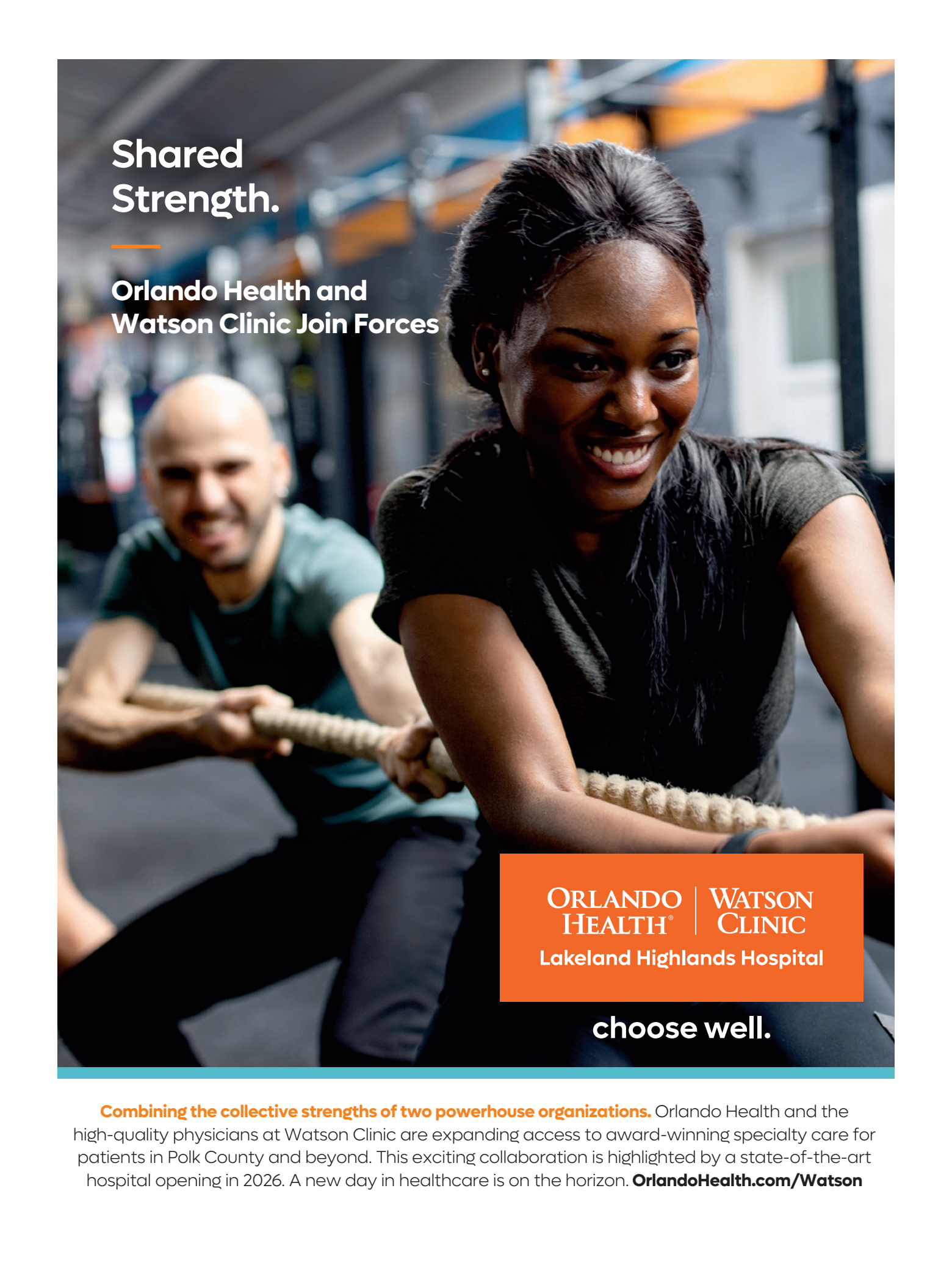
Torn rotator cuff? What to know

Inside this issue

- + Cervical cancer:
Screenings save lives
- + Managing menopause:
Is hormone therapy right
for you?

Health Scene is a community health education magazine made possible by generous donations from Watson Clinic Foundation's supporters.



A woman and a man are shown in a gym setting, pulling on a thick rope. The woman in the foreground is smiling and looking towards the camera, while the man in the background is also smiling and looking towards the camera. They are both wearing athletic clothing. The background is slightly blurred, showing gym equipment and a bright, modern interior.

Shared Strength.

Orlando Health and
Watson Clinic Join Forces

ORLANDO
HEALTH® | WATSON
CLINIC

Lakeland Highlands Hospital

choose well.

Combining the collective strengths of two powerhouse organizations. Orlando Health and the high-quality physicians at Watson Clinic are expanding access to award-winning specialty care for patients in Polk County and beyond. This exciting collaboration is highlighted by a state-of-the-art hospital opening in 2026. A new day in healthcare is on the horizon. **OrlandoHealth.com/Watson**

Working together for a healthier tomorrow

As the population of Polk County and surrounding communities continues to boom, the need for convenient, accessible healthcare services is growing along with it.

That's why we're proud to announce that Watson Clinic and Orlando Health have joined forces on an exciting new project: the Orlando Health Watson Clinic Lakeland Highlands Hospital.



Opening in June 2026

The seven-story inpatient facility at 4000 Lakeland Highlands Blvd. in south Lakeland will be equipped with more than 300 beds and staffed by Watson Clinic's exceptional team of physicians and providers.

The hospital will offer a wealth of features and benefits to the community, including:

- 69 emergency and observational beds
- 11 operating rooms
- 4 cardiac and interventional suites
- 18 intensive care unit beds
- 8 labor and delivery rooms
- 12 neonatal intensive care unit beds

This affiliation builds upon the Clinic's 84 years of deeply rooted history within the community and ensures that patients will continue to have access to the doctors and the care they know and trust most.

It's important to note that Watson Clinic is only collaborating with Orlando Health on this particular hospital to better serve the healthcare needs of our community. We continue to operate independently as a physician-owned healthcare provider, with 20 additional locations across Polk, Pasco and Hillsborough counties.

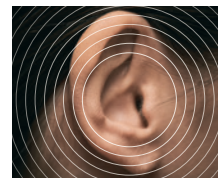
Visit **WatsonClinic.com/OH** for more information on the project, and keep an eye on future issues of *Health Scene* for additional updates.

Watson Clinic strives to be where our patients need us the most, and we thank you for the privilege of caring for you and your family.



Yours in good health,
William J. Roth, MD, PhD
Watson Clinic President,
Chair and Managing Partner

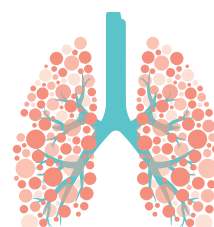
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Is the LDCT right for you?



Check out our website

WatsonClinic.com

Email us at
HealthScene@WatsonClinic.com.

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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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Information in HEALTH SCENE comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your Watson Clinic healthcare provider at **863-680-7190**.

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Nephrologist publishes important new study



Steven G. Achinger, MD

Watson Clinic Nephrologist **Dr. Steven G. Achinger**, in collaboration with co-authors Dr. Ambuj Kumar and Dr. Athanasios

Tsalatsanis at the University of South Florida and Dr. Juan Carlos Ayus at the University of California, has conducted a study regarding the threat of hyponatremia (a low blood sodium level) for patients who take thiazide diuretics. The study was recently published by the National Kidney Foundation's *Kidney Medicine* journal.

It is estimated that over 42 million Americans are currently taking thiazides, a class of drugs that is often prescribed to treat high blood pressure. This study, which included hundreds of thousands of patients between the ages of 40 to 90 who underwent thiazide therapy for high blood pressure, has implications for how the condition is treated.

"Our study shows that those who developed hyponatremia after initiating a thiazide medication had a 96% higher risk of mortality and a 95% higher risk of developing sepsis (a serious infection) when compared to those patients who did not have hyponatremia," reports Dr. Achinger. "Our study should not be construed as meaning that these medications are not safe, as the study was not designed to test their safety. In fact, thiazides have proven beneficial for patients all over the world. Patients and their healthcare providers should merely be aware of this potential complication when undertaking thiazide therapy."

Despite what many people assume, diuretics can cause water retention, which is a common

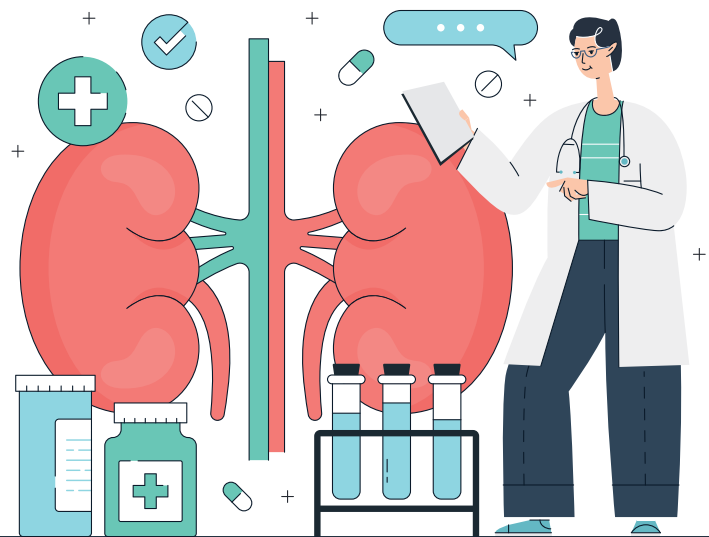
cause of hyponatremia. Therefore, excessive consumption of fluids while taking thiazide diuretics can lead to hyponatremia.

"This study shows that even mild degrees of hyponatremia while on diuretics may carry risks for patients," Dr. Achinger says.

Based on the study's findings, it is recommended that patients

ask their physician to monitor their blood sodium levels before and shortly after undergoing thiazide therapy. Patients also should avoid drinking excessive amounts of water or other liquids while on these medications.

For more information and to access the entire study, visit **WatsonClinic.com/ThiazideStudy**.



Need a kidney health specialist?

Watson Clinic board-certified Nephrology specialist **Dr. Patrick Francois** recently added a second location to expand his reach and patient access. In addition to his full-time practice at Watson Clinic Highlands, Dr. Francois now has appointment availability at Watson Clinic Main.

Dr. Francois is part of a team of Watson Clinic Nephrologists—which also includes physicians **Dr. Michael Achinger** and **Dr. Steven Achinger**, hospitalist **Neena Jinoy, APRN**, and registered nurse practitioners **Marcia Berry, APRN**, **Catherine C. Mangalili, APRN**, and **Lovemore Zinhema, APRN**—who specialize in the diagnosis and treatment of kidney disorders. The department operates from four convenient locations: Watson Clinic Main, Watson Clinic Bartow Building B, Watson Clinic Highlands and Watson Clinic Plant City. Their team members also offer patient care from Lakeland Regional Health and South Florida Baptists Hospital in Plant City.

Appointments may be scheduled by calling **863-680-7190**. To learn more about kidney health, disease prevention and treatment, visit **WatsonClinic.com/Nephrology**.

Welcome

New physicians and providers

Join us in welcoming the latest additions to our team of expert physicians and medical providers. All are currently available for appointments. Visit **WatsonClinic.com** for more information.



Martha D. Castillo, MD

General Surgery

Education: Ross University School

of Medicine, Barbados, MD

Residency: University of South Florida, Tampa, FL, General Surgery

Membership: American College of Surgeons

Location: Watson Clinic Main

Appointments: 863-680-7486 or **WatsonClinic.com/Castillo**



Heather N. Novis, APRN

Pulmonology

Education: Keiser University, Lakeland, FL, BSN, MSN

Membership: American Nurses Credentialing Center

Supervising physicians: Eric J. Lipson, MD, and Nidal Sakka, MD

Location: Watson Clinic Main

Appointments: 863-680-7190 or **WatsonClinic.com/Novis**



Brittany Vogt, PA

Dermatology

Education: University of Florida, Gainesville, FL, BS, MS

Memberships:

Diplomate Fellow, Society of Dermatology Physician Assistants; National Commission on Certification of Physician Assistants

Supervising physician: Pamela Sakalosky, MD

Location: Watson Clinic Bella Vista Building

Appointments: 863-904-6206 or **WatsonClinic.com/Vogt**

Surgical oncologist performs groundbreaking procedure

Dr. Dany K. Barrak, a Watson Clinic General Surgery and Surgical Oncology specialist, is the first surgeon in the area to carry out an innovative cancer procedure called hyperthermic intraperitoneal chemotherapy (HIPEC).

Performed at Lakeland Regional Health with the assistance of General Surgeon and Surgical Oncologist Dr. Kelly Lynn Koch, the procedure involved the pumping of a heated chemotherapy drug directly into the abdomen immediately following tumor removal. The temperature of the drug expands the blood vessels and leads to deeper penetration. After the drugs were pumped for 90 minutes, the surgeons rocked the patient back and forth for two hours to ensure the drug had saturated the targeted areas.



Dany K. Barrak, MD

Advanced cancer treatment

At the conclusion of this single treatment, the patient's cancer cells were destroyed and the risk of recurrence was minimized. In most cases, no additional chemotherapy sessions are necessary following this procedure.

"This approach is effective for advanced abdominal cancers such as ovarian, stomach, appendix, colorectal and soft tissue sarcomas," Dr. Barrak explains.

Last year, Dr. Barrak took part in another first for our area when he performed a rectal cancer removal procedure using robotic technology with assistance from Lakeland Regional Health Colon and Rectal Surgeon Dr. Sowsan Heidar Rasheid.

Dr. Barrak accepts appointments from Watson Clinic Main at 1600 Lakeland Hills Blvd. in Lakeland. For more information and to schedule an appointment with Dr. Barrak, call **863-680-7486** or visit **WatsonClinic.com/Barrak**.

Diabetes and hearing loss

Did you know there may be a connection between diabetes and hearing loss?

Blood sugar levels that are too high or too low cause nerve damage, including to the small blood vessels and nerves in the inner ear. A recent study showed that hearing loss is about twice as common in adults with diabetes. Also, prediabetic adults have a 30% higher rate of hearing loss than adults with average blood sugar levels.

Signs of hearing loss

Since hearing loss can happen gradually over time, you may not notice it immediately. Signs may include difficulty hearing in crowded places, being unable to understand conversations with more than one person, or frequently asking others to repeat themselves or speak louder.

There are steps you can take to prevent hearing loss, including:

- **Keeping your blood sugar levels in check.** Try to keep your levels within a healthy range. It will help lower the risk of getting diabetes complications such as hearing loss.
- **Protecting your ears.** Limit exposure to loud noise. Wear ear protection in very noisy



environments to prevent damage to the inner ear.

- **Checking your medications.** Some medications may cause hearing loss. Discuss any possible side effects of your medications with your primary care provider.
- **Adhering to regular hearing tests.** Regular checkups can help you and your healthcare provider detect hearing loss.

- **Checking your blood pressure.** High blood sugar can also cause high blood pressure. High blood pressure can affect several parts of the body, including the heart, kidneys, nerves, blood vessels and eyes. Take steps to control blood pressure if it is high.

Enhance your hearing

You may want to have your hearing tested by an audiologist every year if you have diabetes. Housed at Watson Clinic Highlands and the Watson Clinic Bella Vista Building in Lakeland, the Watson Clinic Hearing Center features a team of licensed audiologists who evaluate, diagnose and treat a full range of hearing-related disorders—hearing loss, tinnitus, imbalance issues and much more. The department also offers the latest hearing aid technologies that are both stylish and highly functional.

For more information or to schedule an appointment, call **863-904-6296** or visit **[WatsonClinic.com/HearingCenter](https://www.WatsonClinic.com/HearingCenter)**.



Anja Carl,
AuD, CCC-A
Licensed
Audiologist



Margaret C.
Goldberg, AuD,
CCC-A, F-AAA
Licensed
Audiologist



Jeff Bush,
NBC-HIS
Board-Certified
Hearing Aid
Specialist



QUESTIONS FOR THE EXPERTS

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

How can I shield myself from the summer sun?

The sun's ultraviolet (UV) rays can damage skin and lead to skin cancer. Keep these three tips in mind:

Choose the right time. Morning and evening tend to be coolest. The sun's UV rays are the strongest from 10 am to 2 pm. Limit your outdoor activity during these hours. If this is not possible, try to stay in shaded areas or use an umbrella.

Wear protective clothing. Protect your skin by wearing a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses. Look for clothing options that provide UV protection.

Slather on sunscreen. Check the packaging first to make sure your sunscreen is at least 30 SPF, water-resistant and broad-spectrum. Apply sunscreen to areas that are not covered by clothing, including the top of your feet, your neck, your ears and the top of your head. Reapply after two hours or after swimming or sweating.

Also, play it safe: Your dermatologist can perform a detailed exam from head to toe for new or suspicious spots on your skin and treat areas of concern before they develop further.



Richard L. Moore, MD, is a board-certified Dermatology and Micrographic Dermatologic Surgeon who treats patients from Watson Clinic Dermatology at Zephyrhills. Call **813-788-7867** to schedule an appointment.

What are some easy exercises for older adults?

Exercise is something you should keep on doing as you get older. It can help you stay independent longer and can even thwart some chronic diseases and cancers. Give these ideas a try:

- Walking improves stamina, heart health and more. If you have access to a treadmill, take a walk while watching TV, or take a stroll on a scenic trail or around your neighborhood.
- Balance training may help you avoid falls, which are more common among seniors. Standing and lifting each leg for 10 seconds at a time is a simple balance exercise.
- Stretching exercises, like yoga, can improve flexibility.
- Resistance bands are stretchy, elastic bands you can use for strength training instead of free weights. Having several bands of different strength levels allows you to build your strength over time.
- Using your own body weight can also help you build strength. Think pushups, planks or squats.
- If you have limited mobility, consider doing different types of exercises in a chair. For example, you might



try stretches, chair yoga or tai chi, and lifting hand weights.

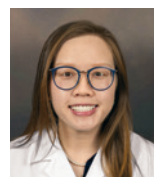
Stephen G. Swengros, MD, is a board-certified Internal Medicine specialist who treats patients from Watson Clinic Highlands in Lakeland. Call **863-680-7190** to schedule an appointment.

What are the benefits of an annual eye exam?

An eye exam can detect changes in vision. When this occurs, your optometrist can provide prescription glasses or contacts to correct that change.

There's a common misconception that this is all an optometrist does. In fact, they're responsible for every aspect of your eye health. Think of them as the primary care provider for the eye.

During an exam, they will evaluate your ocular structure, muscle function

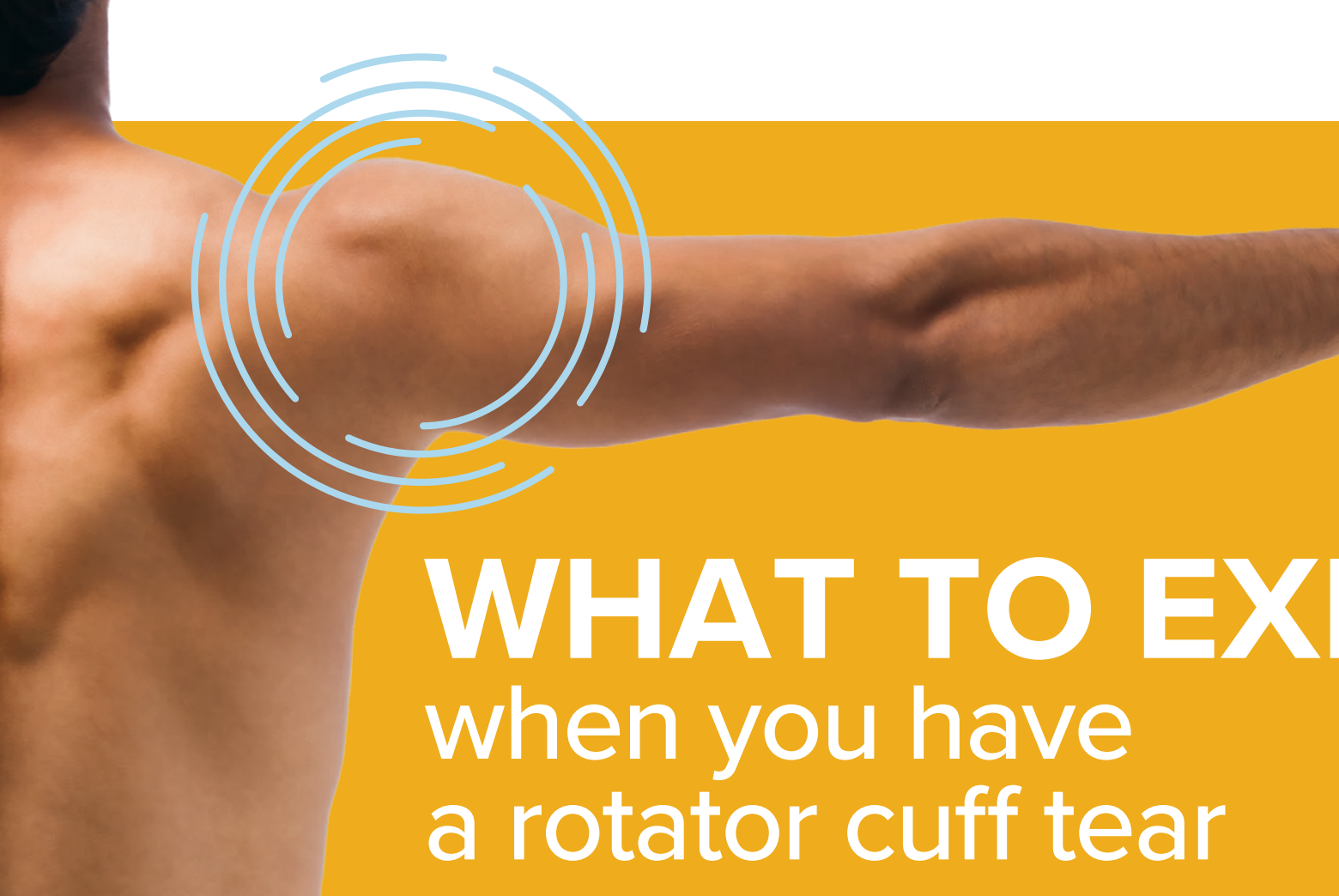


Anita Nguyen, OD, is an Optometry specialist who treats patients from Watson Clinic Main in Lakeland. Call **863-680-7486** to schedule an appointment.

and peripheral vision. They also diagnose and manage conditions like glaucoma, macular degeneration, dry eye syndrome, diabetic retinopathy and cataracts. If detected early, these conditions can be managed successfully.

Without this continuous management, some conditions may progress and require further intervention. In this case, your Watson Clinic optometrist can provide a hassle-free referral to one of our ophthalmologists to review more involved treatment options.

Watson Clinic's Optometry department offers comprehensive eye exams for patients 5 years of age and older. Depending on your specific risk factors, more frequent exams may be recommended.



WHAT TO EXPECT

when you have a rotator cuff tear

Registered nurse practitioner Melissa Bryant, APRN, has been in the medical field for most of her working life. Her passion for helping others extended to her time away from a hospital setting when she traveled to the Caribbean Island of Curacao to perform mission work in 2017.

After she arrived, the locals convinced her to try one of their favorite daredevil activities: cliff jumping. The 40-foot descent from the cliff was rapid and risky.

“When you come down, you’re supposed to keep your hands very close to your side,” Bryant recalls. “Well, my left hand didn’t quite make it to my side when I hit the water. All that energy went up into my arm.”

At first, she thought her shoulder was merely dislocated. By the time she made it back home, she knew

her injury was more severe.

Thankfully, Bryant had worked alongside a surgeon she knew she could trust:

Dr. Phuc Vo, a board-certified Orthopaedic Surgeon and Sports Medicine specialist who accepts appointments from Watson Clinic Main in Lakeland.

For over three decades, Dr. Vo has treated professional athletes and helped other active patients overcome their physical impairments through compassionate, attentive care and the latest, minimally invasive surgical techniques.

“Your rotator cuff is a group of muscles and tendons in your shoulder,” Dr. Vo explains. “The cuff works hard for you, whether you’re swinging a tennis racket, reaching



Phuc Vo, MD

for something on a high shelf or brushing your hair. Your rotator cuff supports your arm’s ability to lift, rotate and move while keeping it stable in the shoulder socket.”

Signs that you may have an injured rotator cuff

A rotator cuff tear is a common injury that can make using your shoulder painful. It occurs when one or more of the tendons (the strong, fibrous tissue that attaches muscle to bone) are torn away from the upper arm bone.

People who use their shoulders often, including athletes and people who have physical jobs, can be prone to rotator cuff tears.

“A rotator cuff tear can get worse over time,” says Dr. Vo. “That’s why it’s important to seek treatment as early as possible.”

PECT

Heal the hurt

Watson Clinic's Orthopaedic Surgery and Sports Medicine department offers expert diagnoses and the latest surgical technologies to treat a wide array of conditions that impact the bones, ligaments, muscles, joints and tendons. Same-day appointments are now available.

To schedule an appointment at any of our locations, call **863-680-7214** or visit **WatsonClinic.com/Ortho**.

Patient testimonials

For over three decades, Dr. Vo has treated professional athletes and helped other active patients overcome their physical impairments through compassionate, attentive care and the latest, minimally invasive surgical techniques. Hear what his patients have to say about the care they received from Dr. Vo in a series of testimonial videos, now available on our YouTube channel. Scan the QR code or visit **WatsonClinic.com/Video**.



Signs that you may have an injured rotator cuff include:

- Shoulder pain when lifting your arm up overhead.
- Shoulder pain when you're resting and at night, especially when trying to lie on the side of the affected shoulder.
- A cracking sensation when moving your shoulder.
- Weakness when lifting or rotating your arm.

If noninvasive treatments don't alleviate your shoulder pain, surgery could be the next step.

"The primary goal is to repair the injury," Dr. Vo says. "This means using a minimally invasive arthroscopic approach to remove spurs and repair the torn rotator cuff. If the tears are not repairable, then we can perform a reverse shoulder replacement to relieve the pain and



restore function to the shoulder."

Bryant's procedure was performed arthroscopically, which involved smaller incisions and less trauma. "Arthroscopic surgery is one of the landmark advancements in orthopaedic surgery," Dr. Vo notes. "It allows us to take care of athletes with minimally invasive techniques that accomplish better results in many cases than open procedures."

A satisfied patient

Bryant's procedure was a great success, and she returned home the same day.

Her recovery was brisk, and she was able to resume normal activities in record time.

"Professionalism, experience—you get a quality surgeon," she says about Dr. Vo's strengths. "He's tried and true. He's the whole package. My opinion is super high of Dr. Vo."



Understanding cervical cancer

The first and most important point to remember about cervical cancer is this: Screenings save lives. You can help protect your own life by following the guidelines for regular screening.

“Cervical cancer begins in the cells of the cervix,” explains **Dr. Richard J. Cardosi**, a board-certified Gynecologic Oncologist at the Watson Clinic Bella Vista Building. “The cervix is at the lower part of the uterus and connects the uterus to the vagina. Cancer starts when abnormal cells develop and grow uninhibited.”



Richard J. Cardosi, MD, MIGS

Screening tests

Early detection may lead to successful treatment. Two types of tests are often done to help prevent cervical cancer or to find it early.

1. The HPV test looks for a virus called HPV (human papillomavirus). This virus can cause cells to change. The test will show if you have one of the types of HPV that is more commonly associated with cervical cancer.

2. Pap tests, or Pap smears, can also find abnormal cervical cells before they become cancerous. Removing or destroying these precancerous cells prevents cervical cancer over 95% of the time.

The current U.S. Preventive Services Task Force guidelines for most women are that women ages 21 to 29 should get a Pap test every three years.



Logan Blankenship, MD

Women 30 to 65 years old should get one of the following:

- A Pap test every three years.
- An HPV test every five years.
- A Pap test and HPV test together (called co-testing) every five years. This is the department's current preference.

“Women over 65 should talk to their doctor about whether they need to keep getting screened for cervical cancer,” says **Dr. Logan Blankenship**, a Gynecologic Oncology specialist at the Watson Clinic Bella Vista Building. “This also applies to women without a cervix who have never had cancer or any abnormal test results.”

It is also important to remember that a Pap smear abnormality may require further evaluation by a gynecologist and may alter subsequent screening recommendations.



Vaccination

Millions of Americans are infected with the human papillomavirus each year. For most, the infection will go away. But when it doesn't, they could be at an increased risk of developing cervical, vaginal and other forms of cancer.

HPV vaccination has long been proven as a safe and effective avenue of protection from these dangers.

These are the vaccination guidelines set forth by the Centers for Disease Control and Prevention:

- Children ages 11 to 12 should receive two doses of the HPV vaccine 6 to 12 months apart (they can start at age 9 as well).
- If vaccination started before a patient's 15th birthday, only two doses are required 6 to 12 months apart.
- People 15 to 26 years of age who have just started the vaccination series will need three doses over the course of six months.
- People with weakened immune systems should also receive three doses.
- People between 27 and 45 years of age should discuss the vaccine with their provider.



Treatment

The most common treatment for early-stage cervical cancer is surgery. Radiation, chemotherapy and immunotherapy are used instead of surgery when the cancer is not detected early, and they can be curative in most cases.

The most common and effective surgical means of treating early-stage cervical cancers is a radical hysterectomy. In this procedure, the patient's uterus, cervix and surrounding tissues are removed. At the time of a radical hysterectomy, pelvic lymph nodes are typically removed as well.

Although robotic surgery has some unique advantages, radical hysterectomy for cervical cancer is typically performed through an abdominal incision, since this approach has been shown to provide improved survival rates.

Comprehensive care for women with gynecologic cancer

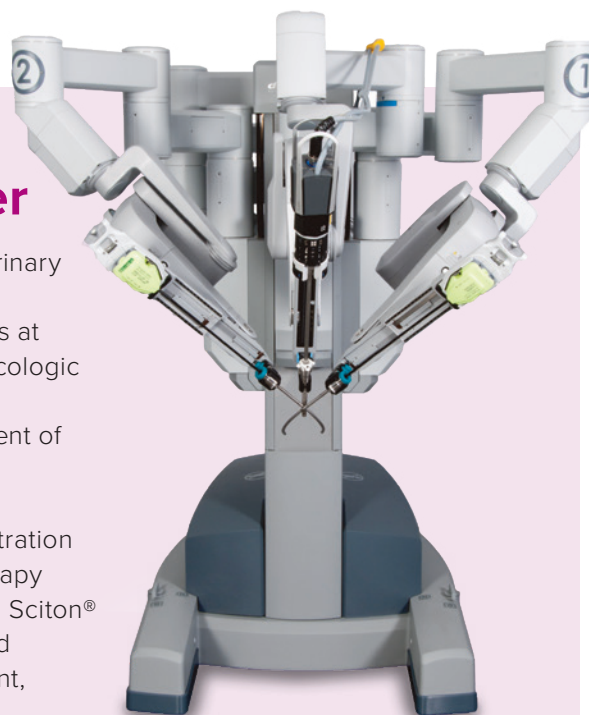
Housed in the Watson Clinic Bella Vista Building at 1755 N. Florida Ave. in Lakeland, Watson Clinic's Gynecologic Oncology department provides patients with the latest advancements in surgical innovation and the highest level of personalized, compassionate care.

Services include:

- Minimally invasive gynecologic surgery
- Robotic gynecologic surgery
- Radical pelvic surgery

- Colorectal and genitourinary surgery
- Management of patients at increased risk for gynecologic cancers
- Comprehensive treatment of gynecologic cancers
- Mediport placement
- Chemotherapy administration
- diVa® laser vaginal therapy
- Forever Bare BBL™ from Sciton®

For more information and to schedule an appointment, call **863-680-7578** or visit **[WatsonClinic.com/GynOnc](https://www.WatsonClinic.com/GynOnc)**.



MANAGING MENOPAUSE

Is ho

The transition to menopause isn't always easy. Menopause—which usually occurs at around age 51—officially begins 12 months after your last period. Before that, the hormone levels in your body begin to fluctuate up and down. These transitional years, called perimenopause, usually begin in your mid-40s.

“One of the first things you may notice is a change in your menstrual cycle, such as skipping periods or having periods that are heavier or lighter than usual,” says **Dr. Henna Ahsan**, an OB-GYN specialist at Watson Clinic Highlands in Lakeland.



Henna Ahsan,
MD

Menopause symptoms

Some menopause changes can be quite challenging. You might experience:

- **Hot flashes**, which are sudden heat sensations in the upper body and face. They can last anywhere from a few seconds to several minutes or longer.
- **Sleep problems**. Hot flashes at night, also known as night sweats, can prevent restful slumber. You may also have trouble falling asleep or staying asleep.
- **Vaginal dryness**, which can cause pain during sex or more frequent urinary tract infections.
- **Bladder problems**, such as needing to urinate frequently or with an urge that's hard to control.

The team that delivers

Watson Clinic's impressive team of OB-GYN specialists offers one of the widest palettes of female-driven healthcare services in the area—from conception to infancy and adolescence through a patient's adult and senior years.

Hormone therapy right for you?

- **Mood changes**, such as irritability.

“Not everyone experiences all these symptoms, and for some people, they can be mild,” says **Dr. Samantha J. Curtis**, a board-certified OB-GYN specialist at the Watson Clinic Bella Vista Building in Lakeland. “Tell your provider if any symptoms of menopause are disrupting your life. There are many ways to manage symptoms, and for some, hormone therapy may be the right approach.”



Samantha J. Curtis, MD

symptoms throughout the body—such as hot flashes.

- As a ring, tablet or cream, these release small doses of estrogen into vaginal tissues. Because they don’t act on the whole body in small doses, these products can be a good option if your main symptom is vaginal dryness. In higher doses, they can help alleviate the other symptoms of menopause as well.

Safe and effective for most

For most healthy women, hormone therapy is a safe and effective way to treat menopause symptoms, which may help improve sleep, mood and sex life.

Hormone therapy may not be right for everyone though. There can be risks involved with taking it. These risks depend, in part, on the form of hormone therapy, your age when you start it and your overall health. For example:

- Estrogen alone can increase the risk of endometrial cancer.

Progestin decreases this risk. This is why, unless you’ve had a hysterectomy, you’ll need to take estrogen plus progestin (combination therapy).

- Combination therapy may cause a small increase in risk for breast cancer and heart attacks.
- Both forms are linked to a small increase in risk for blood clots and strokes.

“These risks are generally very low if you’re healthy and begin hormone therapy before age 60 and within 10 years of your last period,” notes Dr. Ahsan.

Alternative options

Talk with your provider about the pros and cons of using hormone therapy in your specific situation. If hormone therapy isn’t right for you, ask your Watson Clinic OB-GYN specialist about nonhormonal medications that also treat menopause symptoms.



Watson Clinic Bartow Building B

2000 Osprey Blvd., Suite 201
Bartow, FL 33830



Watson Clinic Bella Vista Building

1755 N. Florida Ave.
Lakeland, FL 33805



Watson Clinic Highlands

2300 E. County Road 540A
Lakeland, FL 33813

Appointments may be scheduled by calling **863-680-7243**. For office hours and more information, scan the QR code or visit **WatsonClinic.com/OBGYN**.



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Holly C. Payne, APRN
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Nicole K. Rule, APRN, PhD

Lung cancer screening saves lives

Lung cancer is the leading cause of cancer death in the U.S. One reason: It doesn't often have symptoms in its early stages, when it's easier to treat. That's why an annual low-dose CT (LDCT) screening is a lifesaving test for people at high risk for lung cancer.

"Screening can help find lung cancer early, before symptoms start," says **Dr. Shalini Mulaparthy**, a board-certified Oncologist-Hematologist at the Watson Clinic Cancer & Research Center. "That can mean more treatment options—and better outcomes."



Shalini
Mulaparthy, MD

Who should get screened?

Ask your doctor about an LDCT screening if you:

- Are between 50 and 80 years old.
- Have a 20 pack-year smoking history (For example, smoking a pack a day for 20 years or two packs a day for 10 years.)
- Currently smoke or you quit in the last 15 years.

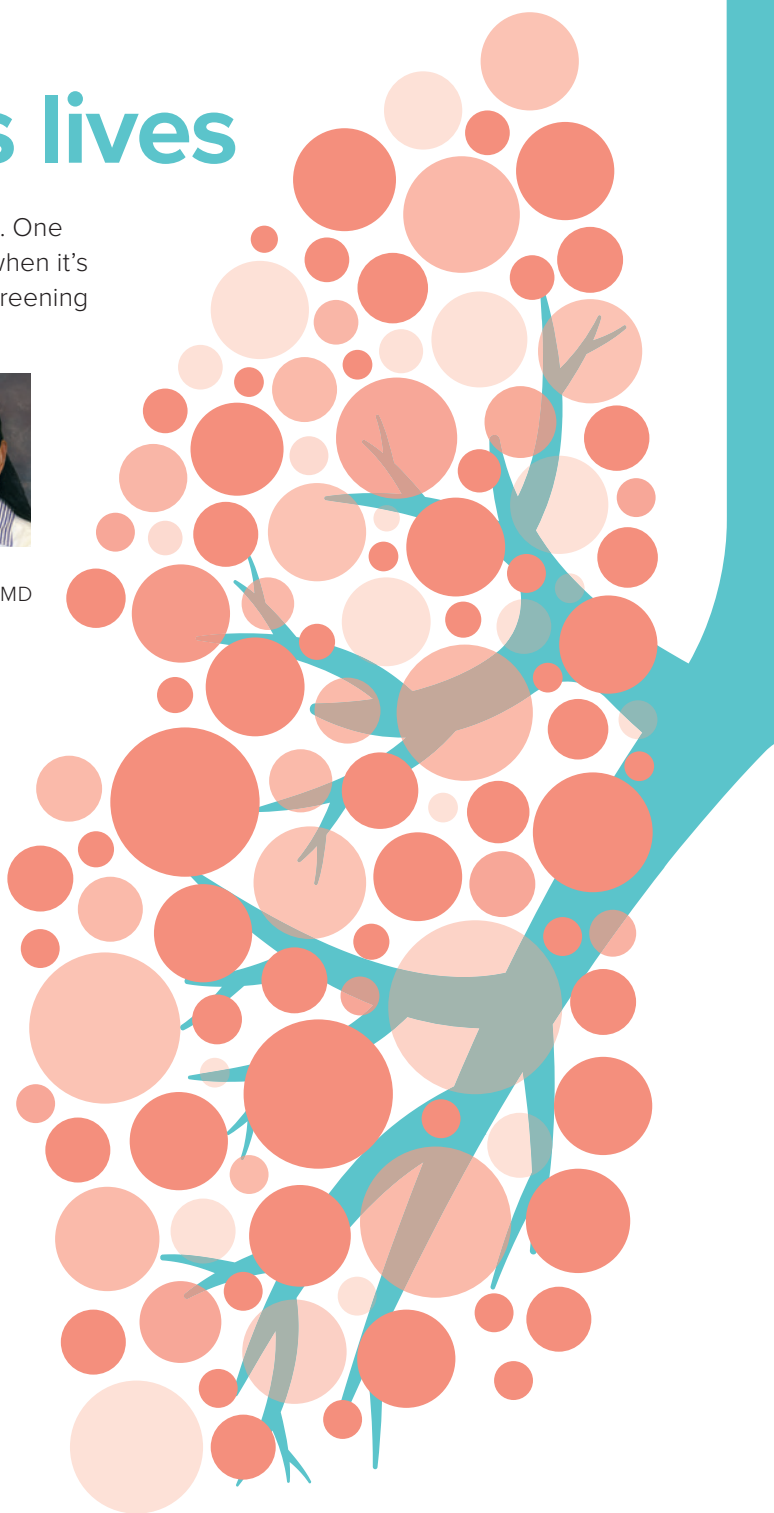
If all three of the criteria apply to you, it may be time to schedule your screening. The benefits of screening are much greater for people at higher risk, however. "So it's not recommended for people who have never smoked," says Dr. Mulaparthy.

How you will be screened

You'll lie on a table for a few minutes while a CT scanner takes detailed images of your lungs from different angles. The screening uses less radiation than standard CT scans, and the detailed images let doctors spot early signs of cancer.

After your scan has been reviewed, a healthcare provider will go over the results with you. If they find something concerning, you might need more tests. However, not all abnormal findings mean cancer. Your provider will guide you through the next steps if needed.

If you're at risk for lung cancer, don't wait. Early detection could make all the difference.



Watson Clinic Cancer & Research Center

Located at 1730 Lakeland Hills Blvd. in Lakeland, the Watson Clinic Cancer & Research Center offers a large team of cancer-fighting specialists who work together to devise the most thorough and effective treatment strategies for each patient. Scan the QR code or visit **WatsonClinic.com/CRC** to see how we can help you. Or give us a call at **863-603-4770**.





Igniting a countywide arts and health initiative

How do the arts impact the three B's—our brain, body and behavior—and what effect can they have on our overall health? This is a discipline known as neuroarts, and it's the basis of an exciting new initiative headed by the Watson Clinic Foundation's Arts in Medicine (AIM) program.

This spring, AIM proudly launched the Polk Arts and Health Collective, a growing alliance of diverse community organizations across Polk County, which is inspired by and aligned with the NeuroArts Blueprint, developed by Johns Hopkins University and the Aspen Institute. This initiative marks a significant step forward in the effort to build a healthier Polk County through creative, collaborative care.

The Collective's first mission has been to identify the who, what and where of existing arts and health work throughout our region.

If you're unsure whether your work qualifies, here are just a few examples of what falls within the arts and health ecosystem:

- Visual art displays or art-making workshops in healthcare settings
- Music therapy, bedside musicians or live music in public health spaces
- Dance, movement or expressive arts programs for specific populations
- Storytelling, spoken word or writing circles focused on wellness
- Creative aging programs for seniors
- Art interventions for trauma recovery or stress reduction
- Cultural or spiritual art forms that support community well-being
- Nature-based art therapy or eco-art for mental health
- Theater-based empathy training for healthcare teams

If your work uses the arts to support healing, health or well-being, we'd love for you to partner with us in this exciting new Collective.



Looking ahead

The Collective is also mobilizing partners for Arts and Health Week 2025, a citywide celebration of creativity, care and community. Taking place Nov. 3 through 9, this dynamic week will spotlight programming across education, healthcare, arts and wellness spaces throughout Lakeland.

Organizations and individuals interested in contributing to Arts and Health Week 2025 through workshops, performances, panels, exhibitions or community events are encouraged to connect with us now as planning efforts move forward.

To learn more and to get involved, please contact Arts in Medicine program coordinator Tiffany Van Wieren at **863-603-4718** or by emailing **TVanWieren@WatsonClinic.com**.



Scan the QR code if you wish to donate to the Arts in Medicine program, or visit **WatsonClinic.com/AIM** for more information.

Sign up **Today!**



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XPRESSCARE HIGHLANDS

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Southeast Lakeland



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Managing your healthcare just got easier with **Watson Clinic's** three **Walk-in Care** locations. Introducing **On My Way** — a new feature that lets you reserve your spot online, from your phone or computer, at a time that fits your schedule. Whether you're dealing with an illness or an unexpected injury, you can count on same-day care – without the long wait.



WatsonClinic.com/Walkin

