On a MISSION

After losing a loved one, Sean Holley and his family are helping save lives

- What a care coordinator can do for you
- Life after leukemia
- How clinical trials work

HELPING WOMEN NAVIGATE A BREAST CANCER DIAGNOSIS
It Takes a Team

To beat cancer, Florida Hospital Cancer Institute builds a team around you

At Florida Hospital Cancer Institute, the patient is at the center of all that we do. Together with you, we put everything you need to fight cancer and win on one team—your team. You are our friends, neighbors and co-workers. If any of you should be found to have cancer, we will put our world-class resources—people and technology—in your hands to empower you with choices and a chance for cure.

Florida Hospital Cancer Institute treats more newly diagnosed cancer patients than any other health system in Florida. Our multidisciplinary team of medical oncologists, radiation oncologists and surgeons reviews your diagnostic tests and images together, benefiting from the expertise of one another—all to customize your treatment and help to get you cured.

This special issue of Florida Hospital’s Best in Care is dedicated to this unique, coordinated approach to cancer care that puts the patient at the heart of the team. On the following pages you will meet many of the talented and passionately committed researchers, physicians, nurses and caregivers who work together in multidisciplinary teams, coordinating care and individualizing comprehensive treatment plans for our patients.

You will learn about the important research taking place in our Research Center and how our extensive participation in national clinical trials provides Central Florida patients with access to promising new drugs and some other therapies not yet available to the general public.

You will find out about specially trained clinicians who serve as cancer care coordinators, available to ease your concerns, answer your questions and help guide you through the system from the day you are diagnosed with cancer throughout your journey of treatment and recovery. They are an invaluable resource both to you and the medical staff.

And you will meet many of the courageous patients Florida Hospital has been privileged to serve. Their stories teach us valuable lessons about the importance of early detection, support and advocating for your health. Their strength inspires us all.

Discover Florida Hospital Cancer Institute today. See for yourself how our blend of leading edge therapies and technologies combined with compassion and highly coordinated care is making a difference in Central Florida and improving the quality of life for our community, family and friends.

WHO’S ON YOUR TEAM?

For a referral to one of the physicians at Florida Hospital, call 407-303-DOCS.
Clinical Trials Bring Hope

A mother and daughter fight separate cancers with developing treatment options from Florida Hospital

In the summer of 2008, Elizabeth Tyrell was running out of hope. She knew then that the “insignificant skin lesion” her Georgia dermatologist had earlier removed was in fact an aggressive cancer—metastatic malignant melanoma.

When it showed up in her groin, doctors removed lymph nodes. When it returned, they removed more lymph nodes. Now it had invaded an area behind her kidneys, making surgery too risky. Her doctors said conventional treatments were not likely to succeed.

“They told me to go home and enjoy my family because I wouldn’t last long,” she recalls.

Power of Clinical Trials

Elizabeth’s daughter Carol Kerkhof, who lives in Central Florida, knew how her mom felt. She too had faced a “hopeless” prognosis years earlier when she was fighting recurring breast cancer accelerated by the rare HER2/neu gene, which causes cancer cells to grow and spread faster than usual. In her case, surgery, chemotherapy and radiation had failed to keep the disease at bay. That’s when she turned to Florida Hospital for help.

At Florida Hospital Cancer Institute, Carol met Robert Reynolds, MD, who gave her renewed hope and a plan. He recommended she participate in a clinical trial, which at the time was testing a drug called Herceptin. The therapy worked, and Carol believes the program saved her life.

“Dr. Reynolds gave me the courage to keep going when I was ready to give up,” she says.

Now in remission for several years, Carol is living a full life—caring for her family, volunteering to help other patients cope with cancer, and spreading the positive spirit she found so contagious during her experience at Florida Hospital.

Finding Hope

Carol was determined to help her mother find hope too. She brought her mom to Florida Hospital, where Dr. Reynolds determined she qualified for a clinical trial that was getting under way. The study, which is still ongoing, tests a new gene therapy for metastatic malignant melanoma. Elizabeth responded well to treatment. By the summer of 2009, monthly tests indicated she was cancer-free.

Although mother and daughter had completely different cancers, they share the same life-affirming experience. At Florida Hospital Cancer Institute they became part of a program that not only helped their bodies heal and their spirits soar but also gave scientists valuable information that could help treat countless others in the future.

Clinical Trials Advance Cancer Knowledge

The Clinical Research Center at Florida Hospital Cancer Institute is one of the most active trial sites in the state. The studies evaluate new treatment options, such as breakthrough drugs, drugs in new combinations or dosages, and unique approaches to surgery and radiation therapy. Find out what trials are under way and whether you are eligible to participate. Visit floridahospitalcancer.com/clinicaltrials.
ONE WOMAN’S WAR ON CANCER

When Regina Bereswill found a painful lump in her breast, she was scared. When a mammogram revealed a mass with a 99 percent chance of malignancy, she “cried, ranted, raved and hung on to that 1 percent of hope.”

She found hope and help from Kamy Kemp, MD, a breast surgeon on staff at Winter Park Memorial Hospital, a Florida Hospital. Winter Park Memorial Hospital has one of Central Florida’s most comprehensive breast health programs, including early detection through digital mammography, the area’s only positron emission mammography to diagnose cancer as small as the width of a grain of rice, radiation oncology and more.

Dr. Kemp is one of only a handful of physicians in the country who are board-certified breast surgeons and also accredited by the American College of Radiology to read mammograms.

At a patient’s initial appointment, Dr. Kemp can examine the breast, perform and read the results of a mammogram, carry out a biopsy, schedule surgery and discuss treatment recommendations concerning radiation and chemotherapy.

Regina already had a mammogram by the time she saw Dr. Kemp so her next step was an ultrasound—a painless procedure using sound waves to visualize structures inside the body—and a biopsy. The results indicated the mass was malignant and the cancer had spread to the lymph nodes. She would need surgery.

Dr. Kemp performed the surgery at Winter Park Memorial Hospital, where Regina found compassionate professionals who understood her situation, treated her like family and worked together as a team. Together with Dr. Kemp, they helped put Regina back on the road to good health.

GET ANSWERS

For more information on breast cancer prevention or for a physician referral, call 407-303-DOCS.
BREATHING EASIER
In Hollywood, it is used to destroy asteroids en route to Earth. At Florida Hospital, a laser is a powerful weapon against lung cancer. Pulmonologist Yitzhak Dani Haim, MD, helps patients breathe easier by using a laser to remove growths blocking the airway into the lungs.

Guided by a camera on a flexible tube inserted through the nose, he pinpoints obstructions in the bronchial tube and burns them away with laser-beam precision.

“/This is not a cure, but it improves quality of life and minimizes the risk of a lung collapse. For patients with scar tissue or benign polyps, this may be a definitive solution,” Dr. Haim says.

GREAT EXPECTATIONS
Having cancer doesn’t mean giving up dreams of parenthood

Tameika Estel was 23 years old. She had found “Mr. Right” and imagined herself one day married and raising a family. What she did not imagine was that during a routine gynecological exam, her doctor would discover a lump on her vulva that would turn out to be a rare and very invasive form of cancer.

“At 23 you just don’t expect to hear the word cancer,” Tameika says. “I was scared.”

IS MOTHERHOOD STILL POSSIBLE?
Tameika’s doctor, Sejal Dharia Patel, MD, medical director and reproductive endocrinologist at the Center for Reproductive Medicine, noted that Tameika required aggressive treatment to keep the cancer from spreading. Lymph nodes were removed, and extensive radiation therapy followed. But Tameika had yet another shock in store—radiation therapy could save her life but would make motherhood impossible.

Or would it?
In the past, many cancer treatments made conception unlikely because they reduced the number of eggs or altered the blood supply to reproductive organs, or it was necessary to remove reproductive organs.

Today, through the Fertility Preservation Program at Florida Hospital Celebration Health, oncologists work with reproductive endocrinologists to preserve fertility for both men and women. Dr. Patel helped Tameika do just that.

OPTIONS FOR THE FUTURE
Before radiation therapy, Tameika’s eggs were fertilized in a laboratory and frozen. Now she and her partner have the option of one day implanting them and becoming parents.

In vitro fertilization (IVF) is just one example of the cutting-edge therapies that Dr. Patel and her colleagues at the Center for Reproductive Medicine provide to help both male and female cancer patients preserve their ability to have children.

CONCERNED ABOUT FERTILITY?
If you have cancer and are interested in learning about fertility options, now is the time to ask. For a physician referral, call 407-303-DOCS or visit us at floridahospital.com.

Back to Work, Back to Life
During a routine pelvic exam, Josephine Young’s doctor discovered a suspicious mass. He ordered an ultrasound scan and a blood test to look for a cancer indicator. The findings were inconclusive, so he referred her to a board-certified gynecological oncologist, Robert W. Holloway, MD, at Florida Hospital.

“When a doctor says you could have a serious disease, it’s surreal,” Josephine says. “You assume you don’t feel sick, you can’t be sick.”

Dr. Holloway performed minimally invasive da Vinci® robot-assisted surgery and discovered Josephine did have ovarian cancer. During the same surgery, he was able to remove the malignancy and complete a staging procedure, which determined prognosis and the need for additional therapy. With the da Vinci procedure, patients experience less blood loss, trauma and infection.

Just days after her surgery, Josephine returned to work and was back into her exercise program within weeks, despite starting chemotherapy.

Like Josephine, more than 1,850 new patients a year entrust their care to the Florida Hospital Gynecologic Oncology program established by Neil Finkler, MD, in 1992. For more information, visit floridahospital.com.

GET IMMUNIZED
Certain cancers are associated with viral infections that can be prevented with immunizations. Talk to your doctor about immunization against things like Hepatitis B, which can increase your risk of liver cancer, or for young women ages 13 to 26, HPV—a sexually transmitted virus that can lead to cervical cancer.

floridahospital.com
A Better Approach

Breast Care Program makes comprehensive care convenient

At Florida Hospital Cancer Institute, teamwork is the key to comprehensive patient care. Oncologists, radiologists, surgeons, pathologists, nurses and other specialized caregivers meet regularly to discuss individual patients and develop coordinated treatment plans to optimize each person’s care.

One place where this approach is evident is the Breast Care Program at Florida Hospital Orlando. Here, a multidisciplinary team of breast care specialists—surgeon Louis H. Barr, MD, medical oncologist David C. Molthrop, MD, and radiation oncologist Robert Sollaccio, MD—work collaboratively.

HOW IT WORKS
In just one appointment, a woman can come to the Breast Care Clinic and get a complete breast exam, a mammogram and other screening tests, a diagnosis carefully reviewed by three specialists, and a comprehensive treatment plan. Instead of several appointments and weeks of anxious waiting, this approach takes into account a busy woman’s time and her emotional and physical needs. The integration of services reduces stress by providing answers quickly, and optimizes each woman’s care with an individualized program of treatment and support.

Since its introduction in 2001, the coordinated Breast Care Program has seen more than 1,200 new cancer patients. It was the first to offer care coordinators, clinicians who work individually with patients to help them navigate the health care system.

BENEFITS OF CARE COORDINATORS
“When people hear ‘cancer,’ it’s the only word they hear,” says care coordinator Thresa Holden, RN. She helps patients “hear past the fear” and guides them through the process from diagnosis through treatment and recovery.

Cancer survivor Vera Lumpkin described the experience this way: “I was sitting there crying one night, and I said, ‘Lord, you have to help me with this because I need to take charge of it ...’” She visited the hospital’s website and filled out the online patient request form. Holden called Vera the next morning.

“I felt so comforted just listening to her voice,” Vera remembers. “She set up a meeting with all my doctors, and I started to feel confident. I wasn’t afraid.”

Mammograms Matter
Mammograms save lives by helping doctors detect breast cancer early, increasing the five-year survival rate to almost 97 percent. Digital technology improves this detection by providing enhanced images, especially in dense breast tissue. It also exposes women to less radiation during the scan.

Digital mammograms are available at all Florida Hospital locations. Call us at 407-303-1700 to schedule your mammogram at one of the 11 locations near you. Convenient, after-hours appointments are also offered.
Understanding Your Options

Care coordinators help navigate the health care system

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even years ago, Thelma Brooks, RN, was a cancer patient. Like most people diagnosed with cancer, she was scared and felt overwhelmed by all that she needed to do to deal with her illness. Thelma beat her cancer but never forgot those initial feelings. Today, as one of a team of care coordinators at Florida Hospital Cancer Institute, Thelma says she has found her calling, helping other cancer patients cope with the fears and the often-overwhelming “to do” list that the diagnosis brings into their lives.

A SOURCE OF SUPPORT
The Care Coordinator Program at Florida Hospital is a unique advocacy service available to patients. It provides a credentialed health care professional as the patient’s single point of contact to help navigate the system and coordinate care. These coordinators are on the front line with patients every day serving as a constant source of support throughout their cancer journey.

Thoracic Cancer Care Coordinator Brenda Rzeszutko draws on her experience as a board-certified, advanced registered nurse practitioner to help patients interpret complex data and evaluate their options. One patient’s family member referred to the experience as “Surround Care,” saying she felt enfolded, secure and confident because someone was always there to answer her questions.

EXPANDING THE PROGRAM
The Care Coordinator program is so well-received by patients and doctors that Florida Hospital continues to expand it. New coordinator programs were launched this summer for patients with urologic or brain/spinal cancer.

“When people are diagnosed with cancer, the world falls in on them,” says Laurie Amodeo, MSN, ARNP, AOCNP, who coordinates care for patients with head and neck cancer. “They feel alone. We show them they are among friends, that other people are winning the same fight and that they can, too.”

HEALTHY 100 Tips

CLEAR THE SMOKE
Not using tobacco is one of the most important cancer prevention decisions you can make. Why? By avoiding tobacco, even secondhand smoke, you will greatly reduce your risk of numerous cancers including bladder, esophagus, kidney, mouth, pancreas and lung.
On a Mission to Save Lives
Fighting colorectal cancer one screening at a time

Big, fun-loving Bob Holley was the guy everybody wanted to be around. With a hearty laugh and generous spirit, he was equally ready to lend a hand or join in on a practical joke.

He was not a man who rushed into things. He earned his high school degree in 1964 but waited until 2002 to get his engineering degree from Duke University. After he lost his first wife to cancer, he eventually found love again but courted his second wife for six years before settling down.

For the 62-year-old husband and father, only death came quickly. He started having stomachaches and then trouble with bowel movements. By the time he went to the doctor, tests revealed a large, malignant tumor in the colon too advanced to treat. Diagnosed with Stage IV colorectal cancer, he passed away within weeks, leaving family and co-workers stunned. No one knew he was so sick. Not even Bob.

THE IMPORTANCE OF SCREENINGS
"Until Bob started having problems, he had never had a colonoscopy," recalls his widow, Ivette Holley. "He felt fine, and so he avoided it because, like many people, he was apprehensive about the procedure. I don't think he realized the risk of not being screened. None of us did."

Bob's son, Sean Holley, was devastated by the sudden loss, too. An only child, he had grown even closer to his father after his mom passed away in 1997.

DONATE TODAY!
Help educate the Central Florida community about colorectal prevention and screening. Donate to the Robert B. Holley Fund at 407-529-6991 or giveforward.org/mpoiley.
“The whole thing hit me out of the blue,” Sean says, his eyes welling with tears. “This cancer doesn't play around. It spreads fast.” Although Bob’s cancer was discovered at an advanced stage, a multidisciplinary team of doctors at the Florida Hospital Cancer Institute got to work, supporting him through every step of his treatment. “The people at Florida Hospital were awesome,” Sean recalls. “There was a real sense of urgency. From the minute they diagnosed the problem, they attacked the disease like Stormin’ Norman’s troops—a whole team of people looking after him. They even gave me personal phone numbers and e-mail addresses so I could get in touch fast.”

ON A MISSION TO EDUCATE
Today, both Sean and Ivette are on a mission to save lives. They are committed to helping others learn what Bob Holley did not know—that although colorectal cancer is the third most common cancer, it is also one of the most easily preventable cancers. A simple, painless screening test can save your life.

Bob Holley’s former employer, The ABB Group, is committed to helping others, too. Bob had been a dynamic and beloved part of that organization for 42 years. Now his co-workers have joined forces to honor his memory by helping others fight the disease Bob discovered too late to fight himself.

Through the ABB Foundation, employees established the Robert B. Holley Fund. With matching funds from ABB they hope to raise $250,000 for Florida Hospital’s Cancer Institute. The money will be used to educate the Central Florida community about screening and prevention of colorectal cancer.

Sean and Ivette are involved with the ABB effort, too. They help with a variety of the fundraising activities—candy bar sales or golf outings, distributing fliers or selling raffle tickets. Together with the employees of ABB, they are on a mission to save lives, one screening at a time.

GET A COLONOSCOPY
Colorectal cancer is the No. 2 cause of cancer death in America even though it is easily the most preventable. How do you prevent it? By getting regular exams that can detect possible trouble spots before they become life-threatening. If you’re over 50 or in a high-risk group, get a colonoscopy. It’s a matter of life and death.

SCREENING IS CRUCIAL
The Holley family’s experience brings to light just how vital it is for people to have regular colorectal screenings. According to the American Cancer Society, most adults should have regular screenings beginning at age 50. For those with known risk factors, such as a family history of colon cancer, colon polyps, or breast or uterine cancer, doctors may recommend colorectal screenings even earlier.

Colorectal cancer may show no symptoms; however, tumors found in early stages while they are still treatable can reduce the average person’s risk of dying from colorectal cancer by 90 percent. Screening tests are simple and painless. Colonoscopy is by far the most accurate and the most likely test to prevent cancer by finding and removing polyps that precede cancer.

You don’t have to travel far from home for screening or for top colorectal cancer care. The Florida Hospital Cancer Institute Colorectal Cancer Program provides patients with comprehensive treatment by a team of experts who are among the best and most experienced in the country. These cancer specialists are leading the way in conducting breakthrough research and developing advanced therapies for combating this disease.

SCHEDULE A SCREENING TODAY
For a confidential consultation or to schedule a colorectal screening, call 407-303-1700.

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Mike Meets His ‘Angel’

Bone marrow transplant reunion celebrates spirit of selflessness

In a town near Sacramento, California, a radio station asked listeners to help a sick little boy who needed a bone marrow transplant but didn’t have a donor. High school senior Kate Blubaugh signed up with the National Marrow Donor Program (NMDP) to help. Unfortunately, her blood was not a genetic match for the boy. He got a different donor and Kate went off to college.

Nearly 2,400 miles away in Orlando, 61-year-old Mike Richard was very sick too. He was battling non-Hodgkin’s lymphoma—cancer of the white blood cells. He responded well to chemotherapy for more than two years, but then had a relapse and needed a bone marrow transplant to survive.

WHAT IS A BONE MARROW TRANSPLANT?

A bone marrow transplant (BMT) is a procedure that uses radiation to destroy the patient’s diseased bone marrow and then infuses healthy white blood cells into the bloodstream. The healthy cells come from a donor, either the patient himself (autologous transplant) or another person (allogeneic transplant)—usually a sibling with the same parents as the patient.

Mike’s younger sister was a genetic match, so doctors at the Florida Hospital Cancer Institute’s Center for Cellular Therapy used her blood for Mike’s transplant. In a successful transplant, the new bone marrow migrates to the cavities of the large bones and begins producing normal blood cells. In Mike’s case, that didn’t happen. By 2008 he was no longer in remission and had only a few months to live.

Florida Hospital contacted NMDP to look for another donor. NMDP operates the Be The Match RegistrySM and screens all donors carefully to ensure they are healthy and the procedure is safe for them. Vijay Reddy, MD, oncologist and transplant physician, quickly found a genetic match for Mike—a young woman from California who had registered with the program a year earlier—Kate Blubaugh.

The donation process was simple and painless. Kate’s blood was removed through a needle in one arm, passed through a machine that separated out the blood-forming cells, and then returned to her body through the other arm. Doctors injected the harvested cells into Mike’s bloodstream in what was the first allogeneic transplant performed at Florida Hospital using blood from an unrelated donor. It was a success. Now, more than a year later, Mike is cancer-free and filled with vitality.

A CELEBRATION OF LIFE

In August, Mike and his family members gathered with nearly 200 other people at the Downtown Marriott in Orlando for the Florida Hospital Cancer Institute’s first Bone Marrow Transplant Survivor Reunion. It was an emotionally charged event for patients, doctors, nurses, caregivers and family members of all ages to celebrate life and the selfless spirit of those who give of themselves to help others.

“Thank you for life,” Mike Richard says. “I was looking for wings and a halo,” says bone marrow transplant recipient Mike Richard, “but what I saw was a California college girl who is incredibly selfless.”
CHOOSE FOODS WISELY
Make fruits and vegetables a big part of your day. And be sure to include foods from other plant sources like whole grains and beans. By replacing high-calorie foods in your diet with these healthy alternatives you may not only lose weight but also reduce your risk of many cancers, including the colon, lung and stomach.
The Smallest Miracles
Children’s Center for Cancer and Blood Diseases helped toddler beat cancer

At first, Holly Badman thought her feverish 2½-year-old, Anna, had a bad cold. Then Anna’s father, James Badman, MD, noticed how easily the toddler was bruising. A pediatrician confirmed a low hemoglobin reading and referred the family to Fouad Hajjar, MD, co-director of the Children’s Center for Cancer and Blood Diseases, which is part of the Florida Hospital for Children. That day, little Anna—“Pooh Bear” to her family—began a five-year battle against leukemia.

Anna today
The chemotherapy, spinal taps, doctor visits and hospital stays were a lot for a little girl. “It helped a lot that Anna loves her doctor,” her mother recalls. “She calls him ‘my Dr. Hajjar.’” Anna finished her treatment in 2007. Now there is no trace of the bald little girl she was two years ago, chubby from her regimen of steroids. She is now a healthy third-grader with long, dark hair, who loves to ride a Jet Ski and wants to become a nurse to help children with cancer. “They made Anna feel special, a bond we still have with them today,” Holly says. “Even the clinic was homey and cute.”

More than cute
It may be cute and comforting, but it is also a sophisticated medical center with world-class care capabilities. Clifford A. Selsky, PhD, MD, who co-directs the clinic, has helped create a community resource that draws on all the expertise available from the Florida Hospital Cancer Institute, including access to clinical trial data from the Children’s Oncology Group.

To learn more about Florida Hospital for Children call 407-303-1700 or visit floridahospital.com.
When Robin Louck felt a burning sensation passing urine, she saw a doctor. He put her on antibiotics for a urinary tract infection. But the pain persisted and soon Robin started passing blood. Imaging tests and a biopsy revealed she had invasive bladder cancer that had moved beyond the inner bladder lining into surrounding muscle layers of her bladder. Her best chance for a cure would be bladder removal.

“That meant wearing a urine bag outside my body for the rest of my life," says Robin, who immediately sought a second opinion hoping for a different solution.

She got her wish at Winter Park Memorial Hospital, a Florida Hospital. Jordan Steinberg, MD, suggested a highly specialized procedure called neo-bladder surgery.

Dr. Steinberg and his colleague, Daniel Cohen, MD—one of only a few physicians in Florida with the training to perform this surgery—removed Robin’s cancerous bladder and then, using 60 centimeters of her intestine, constructed a pouch inside Robin’s abdomen, and connected it to the kidney for urine collection and the urethra for elimination—just like a natural bladder. In addition, Dr. Steinberg and his team were able to preserve her gynecologic organs, and ultimately, her quality of life.

“Patients learn how to use their new bladder through pelvic muscle strengthening exercises that give them more control,” says Dr. Steinberg. Today Robin is cancer-free and grateful that world-class treatment options such as neo-bladder surgery are available to patients at Florida Hospital.
The skill to heal. The spirit to care.

Hope for Head and Neck Cancers

Sajeel Chowdhary, MD, one of only 22 physicians in the nation board-certified in neuro-oncology, is the new program director for the Neuro-Oncology Program at Florida Hospital. He is developing a multidisciplinary program to provide world-class care for patients in Central Florida who have brain tumors or tumors elsewhere in the nervous system such as the spinal cord.

“One of the chief strengths of our department is the depth of individual talent and the diversity of the skills on this medical team,” he says.

The program includes 15 neurosurgeons, numerous radiological oncologists and neuropathologists, and a wide variety of other specialists and caregivers who work together to provide comprehensive patient care. That collaborative approach extends beyond the walls of Florida Hospital, too, as Dr. Chowdhary builds ties with scientists at the University of Central Florida and at the Burnham Institute for Medical Research to keep the program on the leading edge of neuroscience and patient care.

If you or a loved one has cancer of the brain or nervous system, let us take care of you. Call our neuro-oncology care coordinator, Denise Cochran, RN, for a consultation at 407-303-1700.

HOLD THE SALT
The average person shouldn’t have more than 2,400 milligrams of salt per day. Many people blow their salt budget on processed foods that contain most of the sodium we consume. Whether it’s snack foods, frozen dinners or canned food, check the salt content and choose wisely. Limit your intake of foods processed with high sodium.

Healthy 100 Tips

Henry N. Ho, MD, otolaryngology

Cancers of the head and neck are often difficult to detect. They may arise in the nasal cavity, sinuses, lips, mouth, salivary glands, throat, ear, larynx (voice box) or neck. When found early, they are usually curable, but if discovered in advanced stages, which is often the case, they require complex treatment that can affect eating, speaking or even breathing. Patients may need rehabilitation and specialized postoperative care.

Symptoms of head and neck cancer most commonly include chronic throat pain, difficulty swallowing, a change in voice, ear pain, oral bleeding, a lump in the neck, a growth in the mouth, skin changes, numbness in the mouth, and/or swelling of the jaw. The most common risk factors for head and neck cancer include excessive smoking and drinking.

Winter Park Memorial Hospital, a Florida Hospital, treats more head and neck cancer patients than any other hospital in Central Florida. With 11 board-certified otolaryngologists—ear, nose and throat (ENT) experts—led by board-certified otolaryngologist Henry N. Ho, MD, director of the Head and Neck Cancer program, patients have access to the most cutting-edge cancer treatment options.

If surgery is needed, Winter Park Memorial Hospital has the area’s only dedicated unit for otolaryngology services where patients can receive specialized care by oncology nurses who are specifically trained to manage the needs of otolaryngology/head and neck cancer patients. In addition, there is a dedicated nurse practitioner, Laurie Amedeo, ARNP, who functions as a patient care coordinator.

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Tracy Young is a nurse at Florida Hospital. When she started experiencing unusual stomach pain and nausea, she needed answers. She scheduled an appointment with gastroenterologist Jose M. Nieto, DO. Dr. Nieto used endoscopic ultrasound (EUS) to diagnose Tracy’s problem.

“This is the most sensitive test there is for finding and evaluating gastrointestinal tumors,” he says.

Florida Hospital was the first to introduce this option to Central Florida patients, providing an invaluable service to the community.

For the patient, the procedure is quick and easy. A flexible tube with a camera (the endoscope) is inserted through the mouth or rectum. High-frequency sound waves reveal structures inside the body.

In Tracy’s case, EUS revealed a tiny mass on her pancreas that a needle biopsy confirmed was malignant.

“Because this tumor was discovered so early, her cancer is treatable and her prognosis excellent,” Dr. Nieto says.

GET SCREENED TODAY
Central Florida residents who need a colonoscopy screening can choose from two convenient locations—Florida Hospital Orlando and Florida Hospital Celebration Health. Call 407-303-DOCS for a physician referral.

EDEN SPA SOOTHE SPIRITS
Looking good is non-negotiable for cancer survivor Bonnie Nienhuis. When she was diagnosed with breast cancer she asked her surgeon, “What are we going to do about my hair?”

She found an answer at Eden Spa for Image Recovery, where cancer patients can refresh both their body and spirit. The knowledgeable staff provides bra fitting and compression garments, organic skincare products, beauty products, therapeutic massage and wig fittings for cancer patients and the general public.

After three visits—a consultation, a fitting and a styling session—Bonnie walked out with such a close facsimile of her fashionable bob that she fooled her children and co-workers. Insurance picked up most of the cost, although she says the coverage was buried in the fine print.

“Not only do we see newly diagnosed patients,” spa director Lynda Collier says, “but now more patients come back to us to manage their side effects, too.”

LOOK AND FEEL YOUR BEST
Eden Spa is located on the ground floor of Florida Hospital Cancer Institute at 2501 N. Orange Ave. To schedule an appointment, call 407-303-9727.

LIMIT FAT INTAKE
High-fat diets tend to be higher in calories and may increase the risk of obesity, which is a leading cancer risk factor. Eat lighter and leaner by choosing fewer high-fat foods, particularly those from animal sources.
TEXT ‘FIGHT’—JOIN THE FIGHT

At Florida Hospital Cancer Institute, hundreds of world-class physicians, compassionate caregivers, dedicated researchers and sophisticated technology are helping patients fight cancer.

Please help us help them. Just text the word FIGHT to 90999 to make a $5 donation to Florida Hospital. Every dollar you give provides more hope for cancer patients and the people who love them.

A one-time donation of $5 will be added to your mobile phone bill. Standard messaging rates and additional fees may apply. All charges are billed by and payable to your mobile service provider. Service is available on most carriers. Donations are collected for the benefit of the Florida Hospital Foundation by the Mobile Giving Foundation and subject to terms found at mobilegiving.org. You can unsubscribe at anytime by texting STOP to 90999.


You don’t have to travel outside of Central Florida to get world-class medical care. Access the experience, medical expertise and compassionate care provided by Florida Hospital and more than 2,500 physicians right here in your backyard. We have seven hospitals and 18 Centra Care Urgent Care locations in the tri-county area to serve you.

And, when your children need medical care, choose Florida Hospital for Children at Florida Hospital Orlando. Here, kids receive the highest level of health care while playing and exercising their imaginations.

For expedited priority physician appointments, assistance with scheduling outpatient services, a consultation with a Florida Hospital Cancer Institute Care Coordinator, or information on a wide array of community health screenings and lectures, call the Florida Hospital Friends and Family Help Line at 407-303-1700 or visit us at floridahospital.com.