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PAGE 14

# CENTRAL FLORIDA healthnews

volume 7 | issue 9 | december 2017

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**Pop Quiz:** *Are you Helping or  
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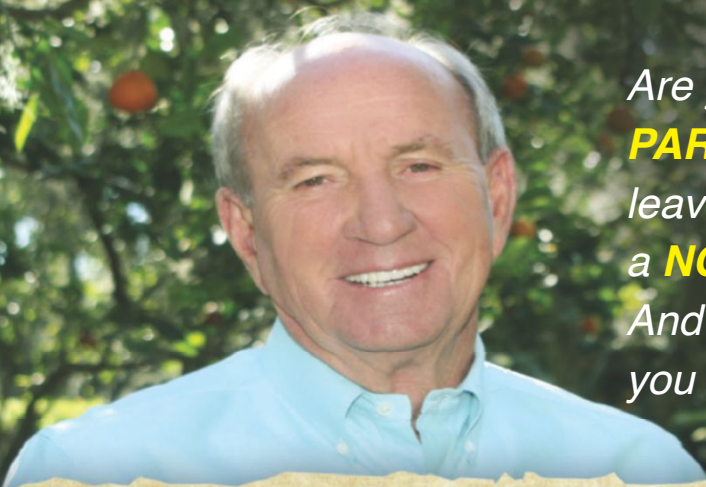


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photo by PEZZIMENTI

# The Privilege of Practicing **'HAPPY MEDICINE'**

## Dr. Michael D'Angelo Shares His Passion for Urology and Devotion to the Patient's Health

**UROLOGIST** MICHAEL D'ANGELO, MD, is bringing his expertise in robotics to the Heart of Florida Physician Group in Davenport, Florida.

Dr. D'Angelo has been working with robotics for the past 13 years, and was brought in to add to Heart of Florida's patient services. Dr. D'Angelo first became interested in robotics during his residency at the Mayo School of Graduate Medical Education in Rochester, Minnesota. Subsequently, he started robotics programs at two separate facilities in Naples, Florida, garnering an extensive resume of robotics experience. "Most guys do four to five robotics cases a year, I was doing four to five in a busy week," explains Dr. D'Angelo.

Robotics is the next evolution in surgery, providing surgeons a three-dimensional view, 10 times greater than the two-dimensional view they have with laparoscopic surgery. Sitting at a console using grips to operate instruments connected to the robot, surgeons are able to be much more precise. "It gives a really good look and we can be more delicate," he adds.

Dr. D'Angelo and the team at Heart of Florida treat patients with a variety of ailments including nocturia, incontinence, kidney stones, urinary tract infections, and sexual dysfunctions, as well as multiple types of cancer such as prostate, bladder, adrenal, and testicular. "I really enjoy what I do. I care for the patients I see, I am dedicated to the success of the surgeries, and I like being a urologist," says Dr. D'Angelo.

### **AILMENTS TREATED**

- Bladder Issues
- Erectile Dysfunction
- Kidney Stone
- Overactive Urinary Bladder

- Prostate Cancer
- Prostatitis
- Urologic Emergencies

### **BACKGROUND**

Dr. D'Angelo's journey to becoming a urologist started in a tiny town in Iowa called Oakland. The city of 900 people was mainly made up of German immigrant farmers, but there were two Italian families in the town— D'Angelo's and Dr. Louis Pigneri's. A general practitioner, Dr. Pigneri was the only doctor in town with an office on Main Street. He would attend all local sporting events in case someone got hurt and needed help. Dr. D'Angelo's family spent many weekends with the Pigneri's, and though D'Angelo's father worked as an attorney and his mother as an accountant, he would follow in the footsteps of the man who he came to know as "Uncle Louie."

"So that's how I got interested in medicine," says Dr. D'Angelo. "I watched 'Uncle Louie' all those years, and I went to college and had to take a lot of science and math courses at Creighton University and had I an inkling that I wanted to be a doctor."


Dr. D'Angelo would go on to graduate summa cum laude and get a scholarship to Creighton University Medical School. "When I arrived at medical school, I wanted to be an orthopedic surgeon," he states. But his plans would soon change. He couldn't get a rotation until his fourth year, and when he did, Dr. D'Angelo discovered orthopedic surgery wasn't what he thought it was going to be. But the experience would lead him in the right direction. "I was sitting in this surgery lounge where

I struck up a conversation an older urologist, and he asked what kind of doctor I wanted to be," he recalls. Upon sharing that he wanted to be a surgeon, the urologist proceeded to explain that in urology, 'we practice happy medicine.'"

The older doctor went on to elaborate how urologists are able to cure most of the ailments their patients have, or at least make them drastically better. He told the then young Dr. D'Angelo he would get to work with a lot of cool instruments and work on some really interesting cases. He ended the conversation by telling D'Angelo "you'd be surprised, most urologists are pretty happy people." Taking the conversation to heart, Dr. D'Angelo would get a rotation in urology and find himself under the guidance of John P. Gearheart, MD, who was professor of pediatrics and urology at Johns Hopkins School of Medicine.

### **DR. D'ANGELO'S PROFESSIONAL TRAINING**

- **Undergraduate:** Creighton University School of Medicine, Omaha, Nebraska
- **Medical School:** Creighton University School of Medicine, Omaha, Nebraska
- **Residency in Urology:** Mayo School of Graduate Medical Education, Rochester, Minnesota

In his spare time, Dr. D'Angelo enjoys a variety of physical activities, including boxing, surfing, skiing, and works out routinely. When Dr. D'Angelo isn't busy practicing what he appropriately calls, "happy medicine," he does something else that brings him great joy— spending time with his family. "I love to spend time with my wife and kids," he concludes. To make an appointment with Dr. D'Angelo, call 863-419-2165. 



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Dr. Michael D'Angelo is a member of the medical staff at Heart of Florida Regional Medical Center. Heart of Florida Regional Medical Center is owned in part by physicians.

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# Features



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## 8 MORE THAN COSMETIC

Plastic surgery can be life changing, but confusion can keep people from fully understanding it. Dr. Cheng and Dr. Kazmier help us take a look at eight common myths about plastic surgery and reveal the truth.

## 11 IN THE SAME VEIN— LOOKING AND FEELING BETTER

Varicose veins can lead to serious issues, so it's important to have them checked out. Dr. Silvestri provides some insight as to what they are and what to do about them.

## 12 Q&A ON CAREGIVER BURNOUT

We asked an expert in the field of caregiving, LuAnne Barnet with Comfort Keepers of Polk County, to help set the record straight on how caregivers can take care to help themselves while helping their loved ones.

## 16 POP QUIZ: ARE YOU HELPING OR HINDERING YOUR YOUTHFUL SKIN?

Many of our daily behaviors can actually speed up the aging of our skin, causing wrinkles, spots, and other signs of aging. Take this quiz and find out if you are helping or hindering your efforts for youthful skin.



## On the Cover

Dr. Tutu Cheng, a plastic surgeon with Heart of Florida Physician Group in Davenport and a Polk County Medical Association member, helps dispel eight common myths about plastic surgery.

Photo by MIKE POTTHAST

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*Our* **HEALTH** *on the* **INSIDE AFFECTS**  
*Our* **OUTWARD APPEARANCE**

IN THIS EDITION of *Central Florida Health News* magazine, we address a topic that is not brought up too often, but is frequently on our minds— our physical appearance. Inside this issue, you'll read an article that talks about some common myths of plastic surgery, which is often misunderstood. The old saying, however, that says true beauty comes from within, is not a myth. In fact, one could argue that your healthy lifestyle choices have a direct impact on your outward appearance. Case and point: a smoker will find him or herself aging more quickly than a non-smoker. A person who eats too much junk food will suffer from obesity. And, something as simple as not getting enough sleep will not only make you feel tired, but will also be evident on your face with dark circles or puffy eyes. So, you see, our lifestyle choices, and how we take care of our inner health, is not just for the benefit of our organs or how we feel— it's also for the benefit of outward bodies and how we look.

The bottom line is, if we want to avoid chronic health conditions and look great, we need to make healthy lifestyle choices. This is easier said than done, but fortunately, there are resources— including your family physician and other specialists— to help you stay on track.

Also inside this edition, Dr. Joy Jackson, the director of the Florida Department of Health in Polk County, provides some very important reminders on how to avoid getting the flu during the holiday season.

These health topics are just some of the issues

addressed in this edition. If you are a physician interested in joining the PCMA, I encourage you to reach out for more information at (863) 644-4051.

On behalf of the physicians of the Polk County Medical Association, I would like to wish everyone in our community a safe, happy, and healthy holiday season! **hn**

Sincerely,

*Sergio B. Seoane, MD*

Sergio B. Seoane, MD  
*Family Practitioner and Pulmonary Medicine Specialist, Lakeland  
President, Polk County Medical Association*

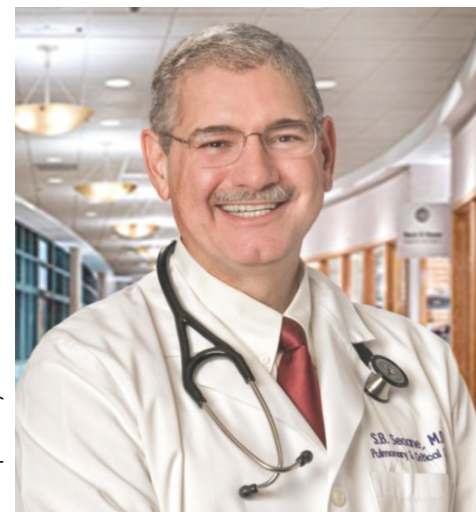


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# MORE *than* COSMETIC

## Debunking 8 Myths about Plastic Surgery

story by CHERYL ROGERS  
portrait of Dr. Cheng by MIKE POTTHAST

PLASTIC SURGERY can be life changing, but confusion can keep people from fully understanding it.

Facelifts. Nose jobs. Breast enlargement. Many people believe they're only for rich and famous women. But plastic surgeons today do a whole lot more than cosmetic surgeries like these.

"Many procedures that are performed are life changing," says Dr. Tutu Cheng, a plastic surgeon with Heart of Florida Physician Group in Davenport and a Polk County Medical Association member.

Plastic surgery made "leaps and bounds" as technology evolved during wartime, adds Dr. Faeza Kazmier, who specializes in plastic and reconstructive surgery at Watson Clinic Women's Center in Lakeland and its clinic in Bartow. "Plastic surgery predominately is reconstructive surgery," she says. "Cosmetic surgery attracts a lot more attention."

Let's take a look at eight common myths about plastic surgery and reveal the truth.

### MYTH #1

#### VANITY IS THE REASON WHY PEOPLE HAVE PLASTIC SURGERY.

"The most common misconception about plastic surgery . . . is that we only focus on the aesthetics, or cosmetics," Dr. Cheng says.

Plastic surgery also **corrects** physical *abnormalities* like a **cleft palate** that can affect a person's ability to *chew* and *speak, function in school, or adapt to society.*

While a lot of people do use plastic surgery to improve their personal appearance, plastic surgery also encompasses reconstructive surgery for burn victims, breast cancer patients, women injured during a vaginal birth, and others whose bodies have suffered trauma. While it's always elective, the plastic surgeon in these instances is working to restore the patient to his or her normal self and life.

*continued on page 18*







# MEDICAL Advice

## Don't Let the Flu Bug You This Holiday Season

by JOY JACKSON, MD, Director of DOH-Polk

AS WE ENTER the holiday season, the excitement of festivals, family gatherings, and holiday parties are worth celebrating. For many, this means gathering to-do lists and making preparations for all of the festivities. One thing to remember in the holiday preparations is to remain healthy. In all of the excitement, don't forget to take the necessary steps to prioritize your health this holiday season.

There is nothing joyous about getting sick over the holidays. That is one gift you don't want to share this season. To reduce a person's chance of illness, it's important to practice good health behaviors.

First and foremost, get the flu shot. The flu shot is recommended for all Floridians six months of age and older on a yearly basis. Certain groups of people are at higher risk of influenza-related complications and are strongly encouraged to get a flu shot. These groups are adults 65 years of age and older, pregnant women, residents of nursing homes and other long-term care facilities, and individuals of all ages with certain chronic conditions such as asthma, heart disease, diabetes, or who are morbidly obese. There are a few situations when a flu shot is not recommended. This includes individuals who had a previous serious reaction to a flu shot, or those with a history of the neurologic condition called Guillain-Barre Syndrome.

The flu shot is widely available and takes just a few minutes to reduce a person's risk of illness. Flu shots are offered in many locations including doctor's offices, clinics, pharmacies, and schools as well as the health

**Flu shots are offered in many locations including doctor's offices, clinics, pharmacies, and schools as well as the health department.**

department. While it may be tempting not to take the flu seriously, influenza remains a leading cause of vaccine-preventable deaths in the United States.

Also, be sure to keep hands and surfaces clean this holiday season. Keeping hands washed and cleaned can help reduce the spread of germs and diseases that are easily transmitted this time of year. Washing hands for 20 seconds with warm, soapy water is a great way to reduce one's chances of catching whatever illnesses may be going around. Cleaning and disinfecting frequently touched surfaces can greatly reduce the spread of germs too.

Make a choice to start the holiday season off right by practicing good health behaviors. Don't let seasonal illnesses take the fun out of this holiday season. Let's be proactive and take these simple steps to minimize your chances of getting sick. For more information, please visit [mypolkhealth.org](http://mypolkhealth.org). **hn**

**ABOUT THE AUTHOR:** Dr. Joy Jackson, an internal medicine physician, serves the community as director of the Florida Department of Health in Polk County (DOH-Polk). For more information about DOH-Polk, visit [mypolkhealth.org](http://mypolkhealth.org). Follow DOH-Polk on Twitter at [twitter.com/FLHealthPolk](https://twitter.com/FLHealthPolk).

### health facts



SHIVA SEETAHAL, MD  
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## Stroke— Know The Warning Signs

This addresses a question I get fairly often. "Stroke" is the name given to complications that occur when the brain is critically deprived of blood. This is usually due to a blockage of the arteries supplying the brain, either by plaque (atherosclerosis) or by blood clots (emboli). Less common are rupture of the vessels and bleeding. Strokes are the third leading cause of death in the U.S., and each year almost 800,000 people suffer from them. So, what can we do to lower our risk of this potentially catastrophic disease? Knowing one's risk levels are a good place to start, and then making medical and lifestyle changes are appropriate. I refrain from expanding on these here as they are very individual-specific and should not be generalized. Your doctor is the best person to explore these options with. What I can expand on are some of the common symptoms that can be warning signs indicating one is at a high risk for a stroke.

- Episodes of blindness— random periods of blindness in one eye are a classic feature of disturbed blood flow to the brain (and eyes)
- Temporary loss of power on one side of the body— this is often recognized as a "mini-stroke" and can be very frightening. Most folks recognize this as a bad omen and seek attention
- Numbness or weakness of the face— usually on one side and temporary, this is often attributed to other causes (e.g. dental)

If you experience any of these symptoms, seek consultation with a medical provider. People with a personal or family history of strokes, heart disease, high cholesterol, and high blood pressure are at the highest risk levels. Knowing your risk level, recognizing the signs, and adhering to the appropriate treatment is the best protection we have against this disease. Hope this helps!

**This article is sponsored by Heart of Florida Regional Medical Center.**

**BIO:** Dr. Shiva Seetahal is a board-certified general and bariatric surgeon. He has published over 20 scientific articles and book chapters. For questions related to surgical health, you can contact him at [shiva.seetahal@heartofflorida.com](mailto:shiva.seetahal@heartofflorida.com), or call his office at (863) 421-7626 to schedule an appointment.





## PUBLISHER'S NOTE

**NELSON KIRKLAND**, *Publisher*  
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## The Latest Edition of the Most Comprehensive Local Referral Guide is Here!

**D**ecember marks a very special time of year for us at Central Florida Media Group. It's not the holidays (although we're excited about that too). It's something inserted within this issue of *Central Florida Health News*: the eighth annual edition of the *Central Florida Physicians Directory & Medical Providers Guide*!

The directory, which only comes but once a year, is the region's most comprehensive database for local specialists and advanced-degreed medical providers. Need a quick referral for a pediatrician? No problem. Looking for a new ophthalmologist? You bet. Wondering how many options you have for allergy and immunology care? That's easy. Want to start talking to plastic surgeons about that procedure? We've got their numbers.

I'm also pleased to report that this year's directory boasts more than 2,200 doctors and providers. But don't let the large number fool you. With our directory, finding the specialist you need is right at your fingertips and as easy as flipping a page.

By the time you read this letter, we will have already enjoyed the Thanksgiving holiday. But, in the spirit of giving thanks, I'd like to express my gratitude to our dedicated team, contributing staff, and liaison editors. I'd also like to say thanks to all of our advertisers and supporters for their patronage. The directory is a valuable referral tool for patients, physicians, and local medical facilities, and their investment makes the directory possible. I'd also like to thank the local hospitals and major clinics in the region for their continued collaboration on the directory, as well as the Polk County Medical Association. Our staff works very closely with the region's health organizations, hospitals, and clinics to make sure that every physician is well-represented within its pages.

We hope you enjoy both the directory and this edition of *Central Florida Health News*, and remember, when you call your referral, tell your doctor you found him in the *Central Florida Physicians Directory & Medical Providers Guide*. **hn**

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# In the Same Vein— LOOKING and FEELING BETTER

## Recent Seminar Helps Attendees Understand Varicose Veins

by TERESA SCHIFFER

**V**ARICOSE VEINS can be unsightly, but that's not the only reason to eliminate them. Dr. Fred Silvestri recently held a seminar at Lake Wales Medical Center to educate women on what exactly varicose veins and spider veins are, why they matter, and what can be done about them.

“Varicose veins are very common,” states Dr. Silvestri. “Around 55 percent of women and 45 percent of men in the U.S. have some type of vein problem.” Weak or damaged valves in the veins of the legs are the cause. Spider veins are caused by broken capillaries near the surface of the skin and occur most often on the legs or the face. They have a spidery or branching appearance, but are relatively harmless. When larger veins are affected they can become swollen and rope-like, causing discomfort and in some cases health issues, such as blood clots or skin ulcers.

The veins in the legs are under significant pressure, as they carry blood the furthest distance from the heart. This pressure can cause the valves to fail, leading to blood pooling in the veins. Over time, this pooling is what causes the veins to swell and bulge. This is why varicose veins are more common in individuals over the age of 50. Other factors for increased risk of varicose veins include pregnancy, obesity, and a sedentary lifestyle, as these all put additional pressure on the legs.

Spider veins rarely require medical treatment, though it is often sought for

**Serious varicose veins, when left untreated, can cause leg pain, dermatitis, or blood clots in the legs.**

cosmetic purposes. “Varicose veins that need medical attention are those that become swollen, red, warm or tender to the touch, or begin to bleed,” Dr. Silvestri explains. “Also, watch for sores or a rash in the ankle area; thick or discolored skin in the area around the affected vein; or if leg pain and discomfort begin to interfere with daily activities.”

Serious varicose veins, when left untreated, can cause leg pain, dermatitis, or blood clots in the legs. Treatment may involve lifestyle changes such as more leg exercise or wearing support hose, surgery, or laser therapy. In many cases, insurance will cover the treatments, depending on the severity and medical necessity of treatment.

If you are suffering from varicose veins— whether they are an unsightly condition that causes you stress about your appearance or a severe condition that is causing physical pain— consult with your physician to see what your treatment options are. Either way, finding the best course of treatment will help you both look and feel better. **hn**



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# Q&A on CAREGIVER BURNOUT



## LuAnne Barnet Shares How Those Who Give ‘Caregiving Around the Clock’ Can Maintain Good Health While They Provide Quality Care

DURING NATIONAL CAREGIVER MONTH, the Caregiver Action Network— the nation’s leading family caregiver organization— was bringing awareness to the quality of life for more than 65 million Americans who provide “Caregiving Around the Clock.” While it’s widely known that caregiving is a 24/7 job, it’s also widely misunderstood. So here at Central Florida Health News, we asked an expert in the field of caregiving, LuAnne Barnet with Comfort Keepers of Polk County, to help set the record straight on how caregivers can take care to help themselves while helping their loved ones.

**CENTRAL FLORIDA HEALTH NEWS (CFHN):** *In your opinion, what are some tell-tale signs of caregiver burnout?*

**LUANNE BARNET:** Caregiver burnout is often accompanied by a variety of physical and emotional changes, including fluctuations in eating or sleeping patterns, increased fatigue, reduced ability to fight off illness, depression, and mood swings. The caregiver’s social life is also affected, especially if they feel that the person they are caring for cannot be left alone. The more socially isolated they become, the more resentment can build. Then, when they become resentful, they feel guilty for feeling resentful and the result is a vicious circle of emotions.

**CFHN:** *Do you have any tips for how a caregiver can find a healthy balance of caregiving and personal time?*

**BARNET:** It is absolutely critical that a caregiver have breaks from caring for a loved one. Taking time away from your loved one isn’t a sign that you love them any less or that you are any less dedicated to them. Rather, it is a necessary activity that will keep the caregiver physically, mentally, and emotionally healthy, and hence better able to provide optimum care. It is important to have people in your life that can step in to provide some respite care, but this can be difficult to find, especially if there are more significant physical or mental health needs. This is where a service like Comfort Keepers can fill the gap. Their specially trained care providers are



equipped to handle situations like this so that the primary caregiver can have a much-needed break.

**CFHN:** *Are there conditions or diseases where you would recommend more support than one caregiver? If so, why?*

**BARNET:** Any form of dementia, Alzheimer's or others, can be very challenging. It is tough to see someone you care about decline to the point where they don't even remember the people closest to them. Plus, in some cases, dementia can cause behaviors that are difficult to understand and manage. Any terminal illness, such as cancer, can quickly take its toll on the caregiver. As a person progresses through the various end of life stages, the individual's needs can begin to change very rapidly, leaving some caregivers confused over how to best provide care. In all of these situations, having more than one caregiver is important, not only to provide necessary respite, but also to talk through challenging situations.

**CFHN:** *Do you find that support groups are very helpful in avoiding caregiver burnout? If so, how?*

**BARNET:** Support groups can be a good source of emotional support for the caregiver, and it allows them to share ideas that can be helpful in dealing with various situations. Many support groups will focus specifically on the illness at hand, such as Alzheimer's disease or cancer support groups. But if these aren't available, simply sitting down with people who are facing similar challenges can be very beneficial. It is also a safe place to vent frustration or resentment because others really are experiencing similar emotions.

**CFHN:** *According to a National Alliance for Caregiving study, 87 percent of caregivers do not get enough sleep. What are your recommendations to caregivers for improving their quality of sleep?*

**BARNET:** First, get additional help and support. Difficulty sleeping is one of the symptoms of caregiver burnout and if this is the cause, you can minimize the disruption by taking care of yourself, utilizing respite services, and/or joining a support group. There are many other techniques that are commonly recommended for improving sleep such as avoiding mental stimulation (i.e., TV or video games before bed); avoiding alcohol, tobacco or caffeine later at night; getting up at the same time every morning; and keeping lights (even lights from a cell phone or alarm clock) very dim. All of these are great suggestions and will have a different impact on different people. But, for caregivers, another important thing to do is to evaluate what is keeping you up at night. Is there fear that the person you are caring for will fall during the night? Is he or she waking up in the night needing your assistance? Are you trying to keep all of their doctor appointments or orders straight in your mind while trying to balance your own life? Take some time to identify what is keeping you up and then create a plan to deal with it. For example, Comfort Keepers can provide staff to provide overnight coverage, technology to alert you of a fall, and client care coordination to help you keep medical appointments and orders in line.

Whatever the solution, always remember that you are not alone. Lean on those around you and accept their support so that you will be in a better position to provide care. **hn**

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# POP QUIZ:

## Are you **HELPING** or **HINDERING** Your **YOUTHFUL SKIN?**

Test Your Knowledge of Healthy Skin Care Habits and How to Slow the Development of Wrinkles, Spots, and More

by ERIKA ALDRICH

EVERYONE PREFERS youthful skin over the alternative, but not all of our habits are good for our skin. Many of our daily behaviors can actually speed up the aging of our skin, causing wrinkles, spots, and other signs of aging. Take this quiz and find out if you are helping or hindering your efforts for youthful skin.

**True or False?** There are two different kinds of aging of the skin: “intrinsic aging,” which is natural aging controlled by our genes and out of our control; and “extrinsic aging,” which is controlled by outside factors that are within our control.

**Which of the following plays the greatest role in creating premature aging to our skin?**

- A. The use of makeup
- B. Hot water
- C. UV rays from the sun and other sources
- D. Pollution

**True or False?** A light, golden tan creates a “healthy glow” that indicates it’s good for your skin.

**Which of the following is not a habit that will cause premature aging?**

- A. Smoking
- B. Exercising
- C. Drinking alcohol
- D. Tanning under the sun and tanning beds

**Which of the following is a healthy habit that helps your skin to stay looking young?**

- A. Eating a healthy and well-balanced diet, including getting enough water
- B. Getting moderate exercise almost every day
- C. Staying well-rested
- D. Using a daily moisturizer with UV protection
- E. All of the Above

**True or False?** The stinging or burning associated with skin cleansers or anti-aging products indicates the product is working.

**How many times a day should you wash your face to remove makeup, sweat, dirt, and pollutants that might increase skin aging?**

- A. Once
- B. Twice
- C. Three times
- D. Four times

**Which of the following is the best cleanser to use daily?**

- A. An exfoliator
- B. An astringent cleanser that stings to let you know it’s working





## When I Feel Better, I Look Better Too

**CELESTE JO WALLS**, *Editor*  
 celeste.walls@centralfloridamediagroup.com

**T**here are times when we all feel sluggish and stressed. The holidays are no exception. In fact, this time of year probably gives us more reason to feel bogged down and stressed out than any other. Between the events, family gatherings, shopping, volunteering, and balancing all of the “regular” commitments in the schedule, it’s a miracle we all still have our hair come New Year’s Eve! In my experience, however, I’ve found that when I take a few small steps to feel better, I also look better, which is an added benefit to taking care of my health. Here’s a few tips that help me feel better, and look better too.

**1. I trade juice and soda consumption for more water.** The more water I drink, the better I feel. Plus, when I replace sugary drinks with water, I’m reducing my daily caloric count, which also helps me feel less bloated (in addition to being more hydrated).

**2. I substitute dessert for one serving of greek yogurt per day.** Except for the holidays themselves, I try to keep this as part of my routine. The protein and Vitamin B12 are big factors in helping me feel great.

**3. I use hand lotion right before bed.** If you’re like me, then certain smells comfort and calm you. I like to use a scented hand lotion right before bed to help me deflate, and of course it has aesthetic benefits for my skin too!

**4. I use a vitamin E stick under the eyes right before bed.** One of my problems is the “tired eyes.” Even if by some miracle I don’t have dark circles, when I get stressed, my eyes tell-all. Fortunately, I learned a little trick that helps. I use a vitamin E stick around my eyes right before bed, and it helps me look and feel better in the morning. These sticks can be purchased in most convenience stores or beauty shops.

**5. I get some sleep!** When I buckle down and force myself to go to bed at a reasonable time in order to get a minimum of seven hours of sleep, I feel much better, and I look better too. Remember, according to the National Sleep Foundation, the recommended amount of sleep for adults ages 26-64 years is seven to nine hours.

Thanks for reading, and all of us here at *Central Florida Health News* hope you have a joyous and safe holiday season! **hn**

- C. A gentle cleanser
- D. A chemical peel
- E. None of the Above

**Fill-in-the-Blank:** Many claim that regular sun exposure is necessary for the body to convert sunlight into \_\_\_\_\_ in the body. The amount of sunlight needed is \_\_\_\_\_ a day in the summer if you’re fair-skinned. You can also get it from food and supplements.

- A. Vitamin D / 10 minutes
- B. Vitamin C / 30 minutes
- C. Retinol / 1 hour
- D. Vitamin K / 45 minutes

**Which of the following should be done to protect your skin from UV rays?**

- A. Using sunscreen daily that is broad-spectrum, SPF 30 (or higher), and water-resistant, on all skin exposed to the sun
- B. Staying in shade whenever possible
- C. Covering up with hats and clothing
- D. Applying self-tanner rather than get a tan
- E. All of the Above

**True or False?** A dermatologist is the best resource for helping you keep your skin looking youthful.

*Resources: Information provided by the American Academy of Dermatology.*



**ANSWERS**

- 1. True.** While you can't control "intrinsic aging," you can control the external factors and habits that go into "extrinsic aging" if you want more youthful looking skin.
- 2. C. UV rays from the sun and other sources.** UV rays from the sun and other sources like tanning beds are the biggest factor leading to premature aging of the skin.
- 3. False.** Even the slightest tan indicates UV damage to the skin. Over time, that damage creates premature aging and increases our risk for developing skin cancer. The thought that a light tan is healthy is a myth.
- 4. B. Exercising.** All the others—smoking, drinking alcohol, and tanning using the sun or tanning bed—are bad for your skin and will cause premature aging.
- 5. E. All of the Above.** Those habits that are good for your overall health—eating a healthy well-balanced diet, exercising, drinking enough water, getting enough sleep—are also good for keeping your skin as youthful as possible. Using a daily moisturizer with UV protection is also helpful.
- 6. False.** Unless prescribed by a dermatologist, cleansers and anti-aging products should not sting or burn. Such sensations indicate the products are irritating your skin, which can cause it to look older.
- 7. B. Twice.** Dermatologists recommend washing your face twice a day.
- 8. C. A gentle cleanser.** A gentle cleanser is best twice a day; the others can be used on a limited basis per your dermatologist's recommendations.
- 9. A. Vitamin D / 10 minutes.** The amount of sun exposure needed is minimal.
- 10. E. All of the Above.** Protection from UV rays is paramount.
- 11. True. hn**





## word of mouth

William Nerestant, DDS  
info.midtowndental@yahoo.com

### Restoring the Reputation of Root Canals

The thought of having a root canal frightens a lot of people, but these days the horror stories are really unwarranted. A root canal is now a relatively easy procedure that relieves pain caused by nerve damage. How do you know if you need a root canal? Well, of course your dentist can answer that question, but here are a few signs that could indicate the need for one:

- ▶ **Tooth pain.** Of course, not every toothache requires a root canal, but certain types of pain can indicate a real problem. The holidays are a time for eating and enjoying seasonal foods. If you notice an increase in pain when eating or biting down, or with any pressure, a root canal may be needed.
- ▶ **Tooth sensitivity.** Many people experience tooth sensitivity on a regular basis, and often it is no cause for major concern. However, if that sensitivity lingers for long after you've set down that Christmas cocoa, there may be a deeper problem. This is another issue that could require a root canal.
- ▶ **Gum inflammation.** Some symptoms that indicate a need for a root canal occur outside of the actual teeth. If the gum tissue near your infected tooth is painful or swollen, or if you see small, raised bumps along the gums, you may need a root canal.

Fortunately, root canals are a simple solution to some common problems. First, the area will be numbed. Then a tiny hole is drilled into the tooth. Nerves, pulp, and blood vessels are removed from the inner tooth, and a crown is placed to protect the inside of the tooth. Now that you know a little more about it, we hope that you will not be nervous when you hear the words "root canal" in the future.

*This column is sponsored by Midtown Dental.*

*BIO: Dr. William Nerestant received his Doctor of Dental Surgery (DDS) degree from the University of Detroit/Mercy School of Dentistry in Michigan. After serving and being recognized for his meritorious service in the Air Force as an officer in the Dental Corps, he currently serves patients at Midtown Dental in Lakeland. For more information, visit mymidtowndental.com or call (863) 226-0987.*

## FEATURE | medical

continued from page 8

For breast cancer patients at the least, their identity as women may be at stake. "As women, we generally identify the breast as part of our sexuality," she explains. "A lot of the women are affected emotionally."

Plastic surgery also corrects physical abnormalities like a cleft palate that can affect a person's ability to chew and speak, function in school, or adapt to society. "The plastic surgeon's capabilities are quite extensive, and do treat patients from head to toe," says Dr. Cheng, who has been treating a 50/50 mix of cosmetic and reconstruction patients.

*"Some plastic surgery procedures are covered by insurance, in particular many breast reconstruction procedures are covered," Dr. Cheng says.*

Dr. Kazmier agrees that plastic surgery is about improving the patients' quality of life. What appears to be cosmetic to one individual, may actually enhance someone else's life. She gives an example of a woman with more than two pounds of breast tissue who may have trouble functioning from day to day. "Technically, it's cosmetic," she says. "For that girl, this is a change in her functional status."

### MYTH # 2 ONLY RICH PEOPLE CAN AFFORD PLASTIC SURGERY.

"Some plastic surgery procedures are covered by insurance, in particular many breast reconstruction procedures are covered," Dr. Cheng says.

However, a good number of procedures aren't. When a person isn't insured, they may need to dip into savings. Still, more people are finding it affordable. "It's a growing market," Dr. Cheng says. "It's becoming reachable for a bunch of the population."

Working men and women find it boosts their confidence and helps them on the job. "For some, they consider it an investment in themselves," says Dr. Kazmier. "This is something they budget."

### MYTH # 3 PLASTIC SURGERY IS ONLY FOR WOMEN.

Men have plastic surgery too. While they represent a small percentage of plastic surgery patients, men are stepping forward with gynecomastia, or enlarged breast tissue and other issues.

Dr. Kazmier says men make up about 10 percent of her practice. "Men are just as interested [as women] in helping themselves," she says.

"I guess women are more vocal and more comfortable," Dr. Cheng adds. "Women certainly dominate, but there are a considerable number of men."

### MYTH # 4 PLASTIC SURGERY DOESN'T LEAVE SCARS.

"Everyone who undergoes surgery is subjected to scarring," Dr. Cheng says. "We [plastic surgeons] are trained to minimize scarring and hide the incision as best we can."

Over time, the scars may fade or darken depending on the individuals' skin tone, she says.

Scars may be inconspicuous, or less obvious than the tattoo that was removed, but it's rare not to have a scar, agrees Dr. Kazmier.

### MYTH # 5 PLASTIC SURGERY IS A ONCE-IN-A-LIFETIME EVENT.

Not necessarily. For some people, it is. They have surgery one time to fix their eyelids or whatever they don't like—or to recover from an illness or injury. But others who experience the benefits of plastic surgery will return when another issue develops. Or they age. "Once they've had it they're more comfortable with the concept," Dr. Kazmier says.

"Everyone is subject to the effects of gravity and aging," Dr. Cheng points out. "Over time they will see some effects of aging . . . They may or may not need additional treatment or a second treatment for revision."

### MYTH # 6 PLASTIC SURGEONS ONLY DO SURGERY.

Plastic surgeons do offer non-surgical treatments as well as surgical options to their patients. "Whatever tool is best for the patient is what we do," says Dr. Kazmier, who does surgery on about 80 percent of her patients.

Non-surgical options include Botox treatment for wrinkles and Kybella injections, approved by the U.S.



Food and Drug Administration for under the skin. Kybella is an alternative to liposuction for the removal of fat in small areas.

It's usually the older patients who are ready for surgery, she observes.

**MYTH #7  
COSMETIC SURGEONS ARE THE SAME AS PLASTIC SURGEONS.**

"Many times physicians who offer cosmetic services are not necessarily plastic surgery trained," Dr. Kazmier says. "As plastic surgeons we train years, almost a decade learning aesthetics, what looks pretty."

Patients shouldn't assume a cosmetic surgeon has the same amount of training. "It's highly likely they're not a trained plastic surgeon," she continues. "A lot of times people will label themselves a cosmetic surgeon if they do cosmetic procedures. But they're not a plastic surgeon."

All of this can be confusing. "I always tell patients it's buyer beware," Dr. Kazmier says. "I don't think that's fair to patients— that puts the onus on patients."

**MYTH #8  
A PLASTIC SURGEON PUTS PLASTIC INTO YOUR BODY.**

"Plastic surgery came from the Greek work plastikos, which means to mold or shape— and that's what we do in plastic surgery," Dr. Kazmier says. "We work mostly with soft tissue . . . to shape or create."

For those concerned about breast implants, she points out they are made of silicone, not plastic. **hn**



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## senior health

TRACY KELLEY  
Comfort Keepers

### When Considering In-Home Care versus Assisted Living, Keep these Things in Mind

**F**or your senior loved ones, there may come a time when they need care beyond what they are able to do for themselves. When that time comes, the options of in-home care versus an assisted living community are before you. There are a few factors to consider that will help with the decision-making.

#### IN-HOME CARE AND ASSISTED LIVING COMMUNITIES DEFINED

In-home care allows your senior loved one to stay in his or her home— or your home— and receive non-medical care from a trained home caregiver when family and friends are not available. This care includes meal preparation, running errands, cleaning, transportation, bathing, dressing, using the toilet, and more.

With Assisted Living Communities, or ALCs, your senior loved one moves into a room or small apartment at a facility that provides an array of care for all of the facility's elderly clients.

#### SOME FACTORS TO CONSIDER

##### 1. How much care your senior loved one needs.

Mapping out what your senior loved one needs will be, how often, and if family or friends will be able to meet some of those needs, will give you a better idea of which care provider will be able to best meet those needs.

2. **Cost.** Get quotes for the monthly costs of care providers in your area, with all fees included, so you can plan ahead and compare costs.

3. **Your loved one's wishes.** According to a study done by the AARP, 95 percent of senior adults want to stay in their homes. In-home care is one-on-one, private, and more comfortable for seniors. ALCs are usually able to provide around-the-clock care, which can be easier for seniors' families.

Before, during, or after you have considered these factors, if you're still not sure, don't hesitate to contact us. We can help you flesh out the pros and cons so you are confident you're proceeding with the best course of action for your loved one's health and independence.

*This column is sponsored by Comfort Keepers of Polk County.*

*BIO: Tracy Kelley is the owner/operator of Comfort Keepers of Polk County. For over 14 years, she has been leading professional and extensively-trained caregivers to help seniors of Central Florida maintain their quality of life. Her motto—and that of Comfort Keepers of Polk County—is “we get to help the hands that built America.” For more information about Comfort Keepers, visit [lakeland-381.comfortkeepers.com](http://lakeland-381.comfortkeepers.com) or call (863) 292-6199.*



# Mental Health MOMENT

## Self Esteem and Aesthetic Enhancement

by MARY JOYE, LMHC, PA

WATCH ONE EPISODE of “What Not to Wear” and you will know the plotline for every showing. A person gets picked by their family or friends for a make-over, they resist, get angry, and then happily transform. Psychologically, it is working from the outside in and this kind of transformation can be done with much more than clothing and hair.

Carl Jung, a founding father of psychiatry stated, “What you resist, persists.” In our society, we resist aging, inside and out. We work on our minds and our bodies, but when time and gravity pull on us, we can get face-lifts, tummy tucks, and more. Again, it is external treatment. There is evidence that anyone who suffers from depression, anxiety or any disorder of a clinical nature will not be magically changed by plastic surgery. However, there is growing acceptance of looking and feeling your best and the stigma of surgery as well as mental health care is transforming too.

Aesthetic enhancements and plastic surgery have long been researched in the study of modern medicine. Most of these procedures are elective and patients pay out of pocket. There is a reason this is such a booming business. Though many people consider it vain and selfish to get liposuction or enhancements of any kind, there is correlation that when someone has something “fixed” they are less likely to think about it all the time. It could be deduced it is less vain to have a procedure.

That is not true if someone has body dysmorphia, meaning they are never satisfied with their looks. We have seen many movie stars take this route and over-do the make-overs. Many plastic surgeons require a visit with a therapist before a procedure to rule out any psychiatric complications or adjusting to any radical changes or risks. It is serious surgery. Reports from research are mixed. One study (Papadopoulos et. al.) concludes:

*Our study reveals that aesthetic plastic surgery increases most aspects of quality of life, especially regarding body satisfaction and health. It is very well tolerated by the patients and is therefore a recommended option.*

Apparently, the results are not just skin deep. Ask anyone who has had their teeth fixed and can smile how they feel. They will tell you of the many benefits. Smiling releases endorphins, so their lives are improved inside and out. It is also how we show friendliness by showing our teeth. Primates do it to display vulnerability and acceptance. The human primitive brain is not so different when it comes to survival of the fittest by societal acceptance. In 1992, Alan Feingold, PhD, reported in the American Psychological Association Bulletin:

*Physically attractive people often receive preferential treatment and are perceived by others as more sociable, dominant, mentally healthy, and intelligent than less attractive people.*

If you are considering any procedure, make sure you are doing it for yourself and consult professionals. More importantly, talk to people who have had something “fixed.” Ask how they feel. It is just as significant as how they look. **hn**

**ABOUT THE AUTHOR:** Mary Joye, LMHC, PA, is a licensed mental health counselor with offices in Lakeland and Winter Haven. She holds a Master of Arts in Counseling from Trevecca Nazarene University in Nashville, Tennessee. For more information, visit [winterhavencounseling.com](http://winterhavencounseling.com).



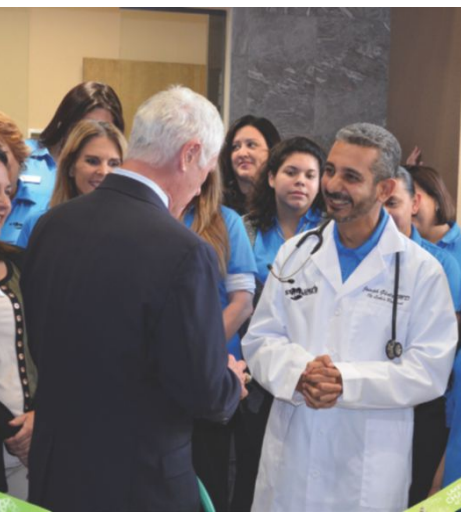
# healthcommunity

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## St Luke's Regional Health & Wellness Center Ribbon Cutting

At 4:30 p.m. on November 16, the Lakeland Chamber of Commerce held a ribbon cutting at St. Luke's Regional Health & Wellness Center to celebrate the local healthcare facilities within, including St. Luke's Regional Health Care, Women's Care Florida Lakeland OG-GYN, and others. Attendees were able to meet the friendly staff and enjoy refreshments.



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# calendar \* de

*This is just a sampling of some of the many health events going on in your community.*

## **SUPPORT GROUPS & CLASSES**

**ACCESS ART: SPECIAL NEEDS** – Individuals with special needs and various exceptionalities are invited to this class held monthly at Polk Museum of Art to view and discuss exhibited artwork. Group meets on the first Saturday of each month (unless it is a holiday weekend) at 11 a.m.

**ALZHEIMER'S SUPPORT GROUP** – Held the first Thursday of each month at Heart of Florida Regional Medical Center: 40100 U.S. 27 in Davenport. For more information or to register, call (863) 292-9210.

**BETTER BREATHERS PROGRAM** – This course provides information and support for individuals with Chronic Obstructive Pulmonary Disease. Held the third Tuesday of each month from 1-3 p.m. at Heart of Florida Regional Medical Center, 40100 US Highway 27 in Davenport. The program is endorsed by the American Lung Association. Preregistration is required by calling (863) 419-2247.



**BLOOD PRESSURE PROGRAM** – Held at Lake Wales Medical Center on the second and fourth Tuesday of each month, 410 South 11th St. in Lake Wales, Hunt Building (2nd Floor, Room 201) from 9-11 a.m. For more information, call (863) 676-1433.

**BRAIN INJURY SUPPORT GROUP** – This is an open forum for brain injury survivors and their caregivers on how to live life to the fullest after a traumatic injury. Group meets on fourth Tuesday from 7-8:30 p.m. at the Winter Haven Hospital Wellness Center conference room. For more information, call (863) 292-4060.

**BREASTFEEDING CLASS** – Offered by the Winter Haven Women's Hospital, this Breastfeeding Class will be held on Saturday, December 9, from 9:30 a.m. – 12 p.m. in classroom A, 101 Avenue O SE in Winter Haven. Registration is required and the cost is \$15. For more information and to register, call (855) 314-8352.

**CAREGIVERS SUPPORT GROUP** – Meetings are held the second Friday of each month at the Winter Haven Hospital Wellness Center conference room, 200 Ave F, Northeast, Winter Haven, from 1:30-2:30 p.m. For more information, please call (863) 291-6095.

**CONQUERING CHEMO** – This weekly education class is offered to new patients before their chemotherapy session begins. It's designed to empower patients and their family members/caregivers with the most up-to-date information on cancer treatment and side effect management. Classes are available every Monday (9:30-11 a.m.), Tuesday (12-1:30 p.m.), and Thursday (2-3:30 p.m.) at Watson Clinic Cancer Center Boardroom, 1730 Lakeland Hills Boulevard in Lakeland. For more information, please call (863) 603-4739.

**DIABETES SELF MANAGEMENT CLASS** – Lake Wales Medical Center holds this class on the fourth Wednesday of each month from 1-3 p.m. There is no charge for this course. For more information, please call (863) 676-1433.

**GRIEF SUPPORT GROUP** – Cornerstone Hospice offers a weekly support group each Thursday to help you on your journey of grief recovery and rebuilding your life. This is a free support group that is facilitated by a trained counselor who understands the grieving process, and is held 9:30-11 a.m. at Highland Park Church, corner of Hallam Drive and 540A, at the Main Campus, 4777 Lakeland Highlands Rd, Room 101, Lakeland, FL 33813. Registration is required. For more information, call Cornerstone Hospice at (863) 291-5560.



**HEARING LOSS ASSOCIATION OF AMERICA, LAKELAND CHAPTER MEETING** – The Hearing Loss Association - Lakeland Chapter extends an invitation to join them every second Thursday of the month at 6 p.m. at First Presbyterian Church, 175 Lake Hollingsworth Drive in Lakeland. The meeting will be held in Multipurpose Room A. To learn more about the Lakeland HLA Chapter meetings, visit [hla-lakeland.org](http://hla-lakeland.org).



## **HEART-TO-HEART CARDIAC SUPPORT GROUP**

– This course will offer support for individuals with various cardiac health issues on Tuesday, December 12, from 3-4 p.m. It is held at Winter Haven Hospital, Wellness Center Conference Room, 200 Avenue F NE in Winter Haven. Registration is required and the sessions are free. For more information, call (863) 269-4777.

**HEARTSMARTS CARDIAC CLASS** – Lakeland Regional Health offers this free program on the second Tuesday of every month from 2-3 p.m. in the B-Wing Classroom B201. Registration is not required. For more information about HeartSmarts, please contact Kara Bailey, MSN, RN, CMSRN, CCCC at (863) 687-1100 ext. 7618 or [kara.bailey@myLRH.org](mailto:kara.bailey@myLRH.org).

## **IMPLANTABLE CARDIAC DEFIBRILLATOR SUPPORT GROUP**

– This course is open to all Watson Clinic patients and families of patients with heart rhythm problems that have led to a pacemaker or defibrillator. The group meets quarterly to discuss concerns and questions about ICD devices. This group meets at the main location of Watson Clinic in the library, 1600 Lakeland Hills Boulevard in Lakeland at 5 p.m. For more information, call (863) 680-7558.

**LUPUS SUPPORT GROUP** – Held on the third Monday of each month, 6:15-8:15 p.m. at Heart of Florida Regional Medical Center, 40100 US Hwy 27 in Davenport. For more information, call (800) 339-0586.

## **MENTAL HEALTH PEER RECOVERY PROGRAM**

This program is offered by Winter Haven Hospital Center for Behavioral Health on two different days per week. The first meets weekly on Mondays from 11 a.m. to 3 p.m. at the Lions Park Clubhouse, 820 Avenue L SW in Winter Haven. The second meets at the center, 1201 First Street North in Winter Haven on Wednesdays from 12:30-4:30 p.m. This program is free and registration is not required.

**OSTOMY SUPPORT GROUP** – Meets in the Winter Haven Hospital Wellness Center conference room on the third Wednesday of each month from 10-11 a.m. For more information, please call (863) 293-1121 ext. 1511.



# December 2017

For more great events in your area, visit our comprehensive online calendar at [CentralFloridaHealthNews.com](http://CentralFloridaHealthNews.com).

## **PARKINSON'S DISEASE SUPPORT GROUP**

Held the second Wednesday of each month at 1 p.m., this support group is located at Rath Senior ConNEXTions and Education Center. The address is in the Lakeland Volunteers in Medicine building, 1021 Lakeland Hills Boulevard in Lakeland. Interested attendees can get more information at [therathcenter.org](http://therathcenter.org) or by calling (863) 937-8023.



## **PREGNANCY & CHILDBIRTH EDUCATION**

**CLASS** – This class is available for established Watson Clinic OB patients. It is designed to prepare couples for the miracle of childbirth and is held on Thursday evenings at Watson Clinic's Bella Vista Building, 1755 North Florida Avenue in Lakeland. For more information or to register, go to [WatsonClinic.com/events](http://WatsonClinic.com/events).

**TOTAL JOINT REPLACEMENT CLASS** – For any individual considering or scheduled for total joint replacement, this class teaches expectations pre- and post-surgery (i.e. pain, exercise, length of stay, equipment, and follow up care). The class is taught by orthopedic nurses and occupational and physical therapists, from 12:30-2 p.m. on the first and third Tuesday. Meets at Winter Haven Hospital's Orthopedic Department Waiting Room, 200 Ave F NE, Winter Haven. Registration is required. For more information, please call (863) 293-1121 ext. 1806.

## **WOMAN-TO-WOMAN CANCER SUPPORT**

**GROUP** – Meets on the second and fourth Monday of each month at the Winter Haven Hospital Wellness Center, 200 Ave F NE in Winter Haven at 6-7 p.m. For more information, call (863) 291-6095.

## **EVENTS & FUNDRAISERS**

### **DECEMBER 1 – CENTRAL FLORIDA HEALTH EXPO**

This health fair is the premier event for Central Florida's health-conscious adults. Held at International Market World in Auburndale, you can come enjoy the bustling activity of the area's

largest flea market while getting some valuable healthcare tips. There will be free health screenings, health insurance information and enrollment, door prizes, and an opportunity for blood donation. The Expo is free and takes place from 9 a.m. – 3 p.m. Held in Bldg K— the Big Yellow Building— at 1052 US 92 W in Auburndale. For more information, contact David Kiessling, (863) 248-7537 or [david@centralfloridamediagroup.com](mailto:david@centralfloridamediagroup.com).

### **DECEMBER 2 – FREE WORKOUT AT CROSSFIT PLANT CITY**

Take part in a beginner level CrossFit workout from 9 a.m. – 10 a.m. Kids 10 and up are welcome so bring them along for a family fitness session. Some activities are for partners or teams, so tell your friends! If it's your first time, please arrive 10 minutes early to fill out the online waiver and ask any questions you may have. CrossFit is located at 1402 Mercantile Court in Plant City. Learn more at [crossfitplantcity.com](http://crossfitplantcity.com).



### **DECEMBER 2 – POLK COUNTY OUT OF THE DARKNESS WALK**

The 3rd Annual Polk County Out of the Darkness Community Walk benefits local and national suicide and prevention awareness campaigns of the American Foundation for Suicide Prevention. Your donation can help make a difference to those in crisis. Check-in and registration begins at 9 a.m. with the walk going from 10 a.m. – 12 p.m. For more details or to learn how to register online, contact Jessica Toy at (954) 439-4975 or [jessicatoy1011@gmail.com](mailto:jessicatoy1011@gmail.com). Donations will be accepted for this event through December 31.

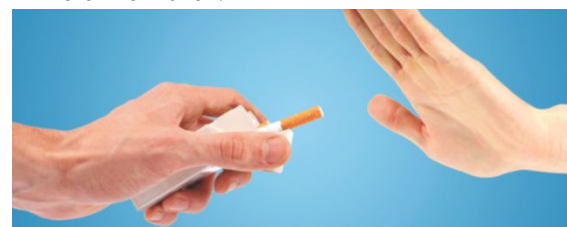
### **DECEMBER 6 – SOCIETY OF THE TURTLE JOG**

Take part in a slow jog around Lake Silver in Winter Haven. It's a great way to get some activity in while enjoying the company of fellow joggers. Put on your running shoes and meet at the fountain in Central Park at 5:15 p.m. for this easy aerobic exercise.



### **DECEMBER 7 – HEALTHY FOR THE HOLIDAYS LADIES NIGHT OUT**

Holiday time is stressful, and maintaining healthy habits during the holidays can be a real challenge. Treat yourself to an evening out to enjoy a healthy cooking demonstration with dinner included while learning stress-management techniques from a trained therapist. Register by December 1 at [BayCareEvents.org](http://BayCareEvents.org). The event will be held at Polk State College Winter Haven Campus Student Center, 999 Ave H NE, 6 – 8 p.m. Call 1-800-BayCare for more information.



### **DECEMBER 14 – QUIT YOUR WAY**

Quitting tobacco can be a difficult journey, but you don't have to go through it alone. Tobacco Free Florida offers free tools and services to help you achieve your goal of kicking the habit. The free program will be held at Lakeland Regional Health, Hollis Cancer Center, 3525 Lakeland Hills Blvd in Lakeland, 5:30 – 7:30 p.m.

### **DECEMBER 21 – BIG BROTHERS, BIG SISTERS ORIENTATION & TRAINING**

If you're looking for a way to give back this holiday season, then consider becoming a Big Brother or Big Sister and help change the life of a child facing adversity. Being a Big often means just including your Little in things you already like to do — going to a ball game, or a museum, or the beach, or a bike ride. For those interested in more information, the first step is to attend a Big Orientation & Training session. The next session is being held from 5:30 – 7 p.m. at Family Fundamentals, 1021 Lakeland Hills Blvd., 2nd Floor, Lakeland. For questions, visit Big Brothers Big Sister of Tampa online at [bbbstampabay.org](http://bbbstampabay.org) or email [tampabay.info@bbbsfl.org](mailto:tampabay.info@bbbsfl.org). **hn**



# Healthy Cook

## Healthy Food Inspired by the Holidays

by TRENT ROWE, *Food Editor*

IT'S TIME for gifts, no matter what holiday you celebrate. You might get things you want. My large aunt usually got underwear from my mother. "Oh, look . . . pants," she would exclaim holding up drawers that could power a sailboat.

You might get things you don't want. I really, really, really wanted a trumpet when I was about nine. I got a silver alto saxophone that was, years later, traded for my first snare drum.

But many of us look back on the holidays needing a trip to a store for a belt a couple of notches longer than what we wore at Halloween. It doesn't have to be that way. Careful cooking and equally careful eating can make a belt last for years.

**CHRISTMAS** is simple. Cook (don't overcook) a turkey breast. Make your gravy with stock that has had the fat chilled and taken off. Whip potatoes with a bit of turkey stock instead of gobs of butter. Bake sweet potatoes and serve half a potato with a little cinnamon butter instead of the marshmallow-topped casserole.

Latkes are a sure sign that it's **HANUKKAH**. The potato pancakes made with shredded potatoes and plenty of oil are a remembrance of the time when the Holy Temple in Jerusalem was purified and the wicks of the menorah miraculously burned for eight days even though there was only enough sacred oil for one day's lighting.

Thousands of years later, Jews remember the miracle with rituals including special foods with plenty of oil. It's the oil that makes the memory and also makes the waistline longer. Hanukkah this year is





## ZUCCHINI-POTATO LATKES WITH TZATZIKI

Makes four servings

1 pound zucchini, shredded	2 tablespoons chopped fresh dill, divided
2 cups shredded cooked potato (frozen hash browns will work)	2 pinches salt
3 medium shallots, minced (divided)	2 pinches pepper
1 egg, beaten	2 tablespoons extra virgin olive oil, divided
2 cups fresh whole wheat breadcrumbs	1 cup plain, low fat yogurt
¾ cup crumbled reduced fat feta cheese	½ medium cucumber, peeled, seeded and shredded
	1 tablespoon red wine vinegar

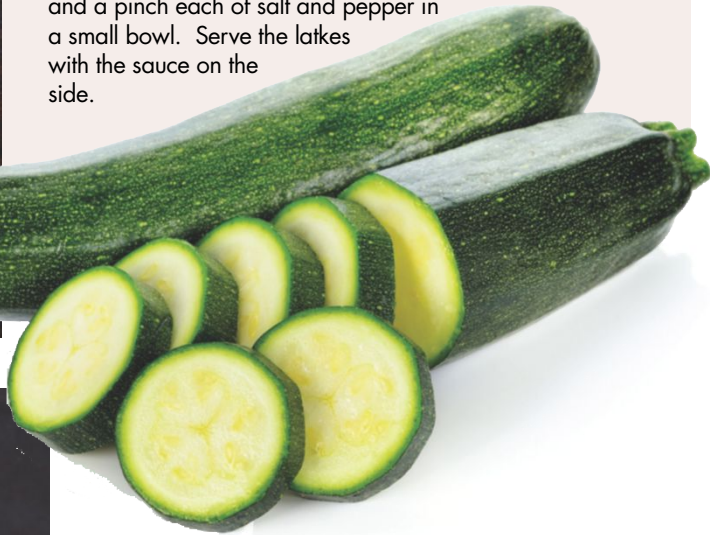
Heat oven to 450 degrees.

Coat a baking sheet with cooking spray. Toss zucchini, potato, half the minced shallots, and egg in a large bowl. Add breadcrumbs, feta, 1 tablespoon dill, a pinch each with salt and pepper. Toss to combine. Form mixture into 12 patties. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.

Add 6 patties, cover and cook until crispy and browned on one side, 3 to 5 minutes. Carefully transfer the patties, browned side down, to the baking sheet. Repeat with the remaining patties and oil.

Put the latkes into the oven and bake until firm and heated through, 10 to 12 minutes.

Meanwhile, make the tzatziki. Mix the yogurt, cucumber, vinegar, the rest of the minced shallot, 1 tablespoon dill, and a pinch each of salt and pepper in a small bowl. Serve the latkes with the sauce on the side.



sunset on December 12 to nightfall on December 20.

Baking instead of frying yields crisp cakes, especially interesting when served with tzatziki, a sauce made of yogurt and shredded cucumber, instead of the more traditional applesauce.

This recipe is adapted from one in Fitness magazine and adds zucchini to save calories and add lightness.

**KWANZAA** comes a little later than Hanukkah in the calendar. The week-long celebration honors African heritage in African-American culture and is observed from December 26 to January 1, culminating in a feast and gift-giving.

More than a few years newer than Hanukkah, Kwanzaa, Swahili for “first fruits of the harvest,” goes back only to the 1960s as a harvest festival of largely



African foods. Emphasis has shifted to American Soul food and includes dishes native to the Caribbean that had roots in Africa.

Listed below is a light dish that includes an ancient grain used in a modern way— and a couple of Florida oranges.

**NEW YEAR'S** is a big deal in Scotland where it's known as Hogmanay, and goes back to the Winter Solstice celebrated by the Invading Vikings. Have a wee drop for me. **hn**

### QUINOA SALAD WITH ORANGES, BEETS AND POMEGRANATE

3 medium beets	rice vinegar
2 cups vegetable broth	3 tablespoons extra-virgin olive oil
1 ½ cups water	¼ cup plus 2 tablespoons minced parsley
2 cups red quinoa	½ cup chopped pitted dates
Pinch each salt and pepper	Seeds of 1 pomegranate
3 oranges	
1 tablespoon sherry or	

Heat oven to 350 degrees.

Remove the root end from the beets. Wrap each beet in foil and roast 90 minutes or until tender.

Bring broth, water, and a pinch of salt to a boil. Add quinoa, reduce heat to low, cover and cook 20 minutes or until liquid is absorbed.

Zest and juice 1 orange to yield 1/3 cup juice. Peel other oranges, remove seeds if necessary and cut into bite-size pieces.

Whisk zest, juice, vinegar, salt and pepper. Whisk in oil until combined. Add ¼ cup parsley. Set aside.

Peel and dice beets into pieces about the same size as the oranges. Mix beets, oranges, quinoa and pomegranate seeds. Add dressing and toss to coat.



## pediatric health



VLAD ADLER, MD  
Owl Now Urgent Care

### Toy Safety Reminders this Holiday Season

**Y**ou'll shoot your eye out, kid!" When it comes to toy safety, the famous line from the holiday movie classic, *A Christmas Story*, comes to mind. Hopefully, the gift-givers in your child's life will avoid things like the coveted Red Ryder Air Rifle. December is National Safe Toys and Gifts Month, so let's take a moment to think about what is and isn't safe to give. After all, no one wants to spend their holiday break visiting the emergency room.

- ▶ Protective gear is a must for any wheeled or riding toys. Hoverboards are very popular, but falls are no fun. Bikes, skateboards, and skates should always be accompanied by the appropriate gear (helmets, kneepads, elbow pads, etc.) and the gear needs to be the right size.
- ▶ Balloons are fun for a while, but broken or deflated balloons can pose a serious choking hazard. Discard immediately.
- ▶ Plastic wrap should also be discarded immediately after removal from the product. There is no sense leaving it lying around to get played with.
- ▶ Magnets can be deadly if swallowed. If a toy set includes magnets, be sure to keep them away from younger children.
- ▶ Chargers for electronic toys need to be kept up and not used as playthings. They can cause thermal burns.
- ▶ Look for ATSM on the label. This means the toy has been approved by the American Society for Testing and Materials standards.
- ▶ Kids with special needs may prefer toys that appeal to different senses. Interesting sounds and textures could be a better option. You may also need to consider the position the child would need to be in to enjoy the gift.
- ▶ Lead is still a problem in some toys. Be wary of giving older toys as gifts and pay attention to recalls.

This article is sponsored by Owl Now Urgent Care.

BIO: Vlad V. Adler, M.D. is a board-certified pediatrician and clinic director at Owl Now Urgent Care in Lakeland, Florida. To contact Owl Now Urgent Care in Lakeland, call (863) 578-8502. To contact the Winter Haven location, call (863) 658-3921.





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\* Patient results may vary. Before you decide on surgery, discuss treatment options with your doctor. Understanding the risks and benefits of each treatment can help you make the best decision for your individual situation. Heart of Florida Regional Medical Center is owned in part by physicians. Dr. Abhijit Manaswi is a member of the medical staff at Heart of Florida Regional Medical Center.