



Community Newsletter

SUMMER 2012

SOUTH LAKE'S HEALTH NEWS & INFORMATION

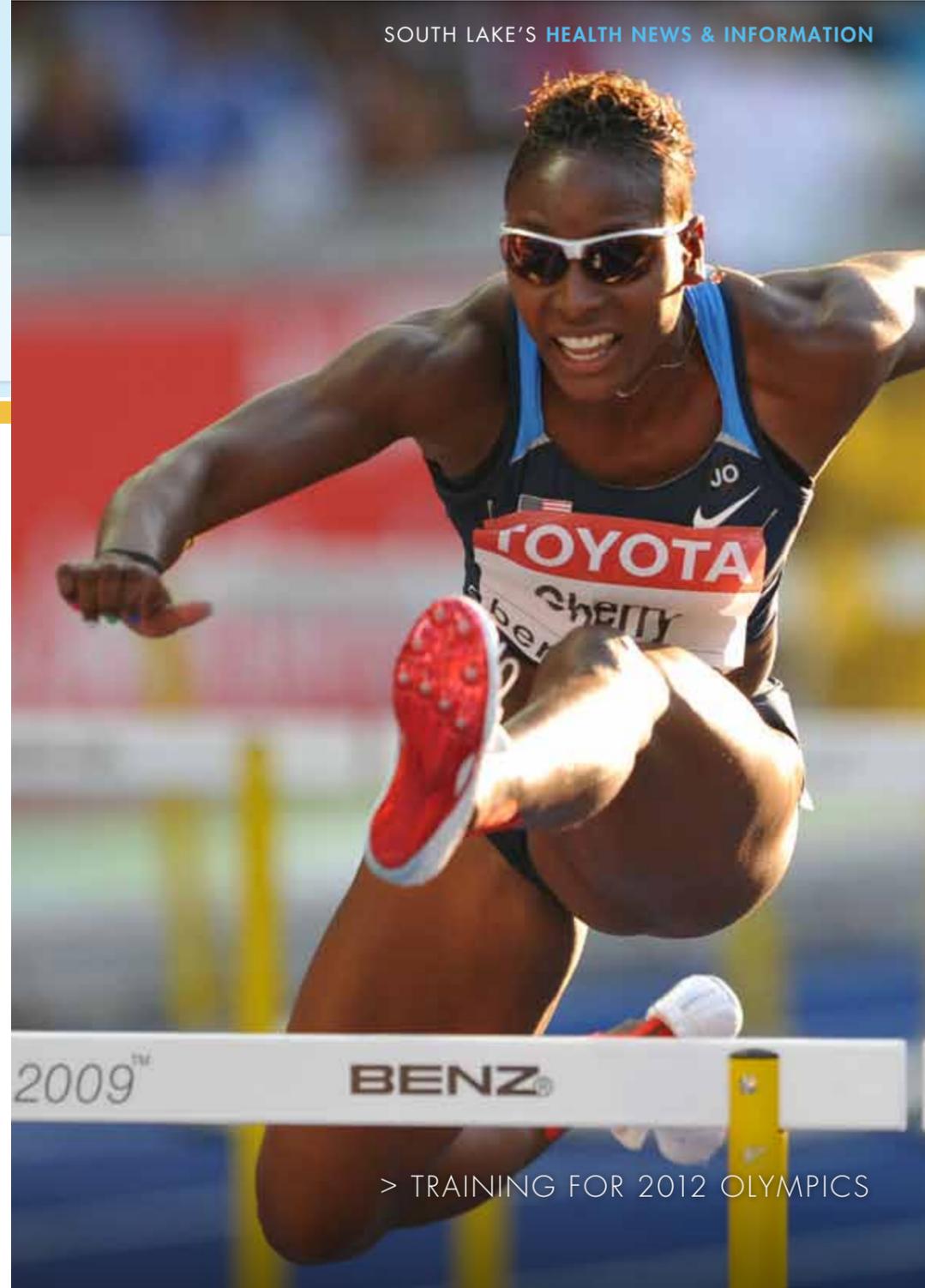
A Patient Check-up:
Life After da Vinci



Get Informed About
Diabetes



New Community Garden
Opens at South Lake Hospital



> TRAINING FOR 2012 OLYMPICS

New Community Garden Opens at South Lake Hospital

Health and wellness has always been at the heart of our campus. Now community members have the ability to grow fresh fruits and vegetables in our new organic community garden.

The South Lake Hospital Foundation has opened the public garden to sponsoring families, community members, classrooms and groups across South Lake. Experts are available to help your garden grow.

- 24 planters in Phase 1
 - 4' squares and 15' x 20' plots available
 - Expansion to Phase 2 planned for later this year
- To secure or donate a plot, contact Jeanne Martel at 352.394.4071, ext. 4405 or jeanne.martel@orlandohealth.com.



For Earth Day, the South Lake Hospital Foundation held the first Planting Celebration for their new organic community garden.

South Lake Hospital
1900 Don Wickham Drive
Clermont, FL 34711

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A Patient Check-up Life After da Vinci

Robot surgery gives doctors more control,
changes lives of patients

Linda M. of Clermont had been experiencing recurring fibroid problems when she sought out South Lake Hospital's Dr. Kristina McLean. There she learned about a newer surgical option - da Vinci robotic surgery.

The surgeon-guided da Vinci allows more precision and control with tiny tools and high-definition cameras. It's better for doctors, and the tiny incisions mean better recovery for patients.

"I'm a mother of three, so the quicker recovery time and easier recovery was extremely important to me," Linda says.

"Within one week I was walking perfectly comfortably. Within days I was able to do most all the things I would do normally. And eight weeks out, the incision sites were so tiny you wouldn't believe I had major surgery."

South Lake Hospital is the only hospital in Lake County to offer this advanced surgical tool for patients. With thousands of successful procedures in urology, gynecology and general surgery, da Vinci is making a big impact in the lives of South Lake residents.



Gynecology:

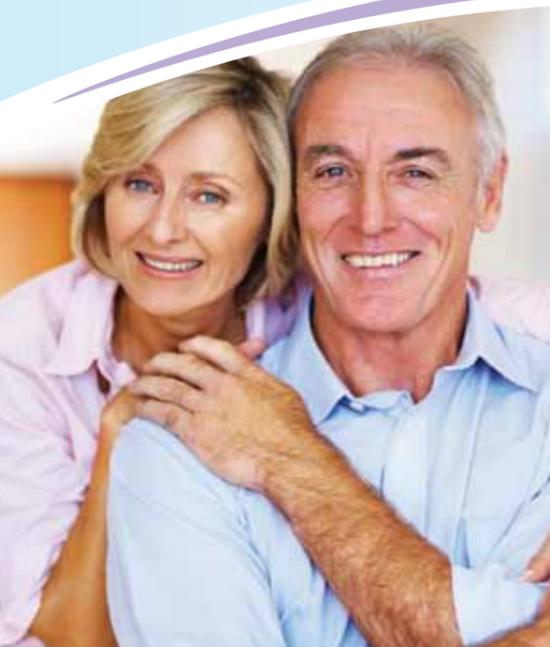
Matthew Casavant, DO
Shelley Glover, MD
Manny Herrera, MD
Andrew Karen, MD
Joseph Kerpsack, MD
Mary Beth Lewis-Boardman, MD
Kristina McLean, MD
Jerome Sturm, MD

General Surgery:

Jason Boardman, MD
Christopher Johnson, DO

Urology:

Kenneth Essig, MD



> Diabetes Did You Know?

South Lake Hospital's newest endocrinologist is Dr. Sindhu Jacob, MD, FACE. She's trained to diagnose and treat diseases that involve glands and hormone imbalances. Dr. Jacob says the most common condition she sees are diabetes related.



What are some signs I might have diabetes?

Many patients I see are pre-diabetic or diabetic and don't even know it. More than 23 million Americans have diabetes with an almost epidemic number of children being diagnosed with the condition. The warning signs can be subtle so it's important to pay attention to your body.

Warning signs include:

- Thirstiness
- Frequent urination
- Increased hunger
- Blurry vision
- Irritability
- Wounds that won't heal
- Extreme, unexplained fatigue

When should a patient see an endocrinologist?

Patients should schedule a consultation with an endocrinologist if they experience any of these warning signs. General physicians may also refer patients to an endocrinologist.

To learn more or to schedule an appointment, call 352.536.8644.



Coaches' Corner: Training for London 2012



As the 2012 Summer Olympic Games in London approach, dozens of athletes from 10 countries are training right here in South Lake with dreams of winning gold for their countries.

Two coaches at the National Training Center, Dennis Mitchell and Lance Brauman, share what Olympic training is like for their world-class athletes.



Coach Dennis Mitchell on the Olympic experience:



Coach Dennis is a 3-time Olympian and a resident of South Lake. Both coaches and the athletes live in Central Florida throughout the year and would like to thank the community for their support and being a part of their journey.

"It's a tense time for all of them. Some are preparing for their countries' trials, some have already made their teams, but all have the emotions and expectations of representing their country. Right now, we keep them focused on the task at hand – practice.

Even when or if you get to The Games, it is easy to get caught up in all the excitement of the crowds. But during competition, I tell my athletes to think small until the race is finished. Once the race is over, they can really take it all in."

TEAM DENNIS

Justin Gatlin USA 100/200 meter sprint	Damu Cherry USA 100 meter hurdle	Joel Brown USA 110 meter hurdle	LaKya Brookins USA 100 meter sprint	Rodney Green Bahamas 100 meter sprint	Roudy Monrose Haiti 100/200 meter sprint
Kellie Wells USA 100 meter hurdle	Charonda Williams USA 100/200 meter sprint	Dwight Thomas Jamaica 100 meter sprint	Ryan Brathwaite Barbados 110 meter hurdle	Selim Nurudeen Nigeria 110 meter hurdle	Churandy Martina Netherlands Antilles 100/200 meter sprint

Coach Lance Brauman on the differences of Olympic training:

"In an Olympic year, the training techniques may be the same, but what changes is the mental aspect. Athletes experience a little bit of everything: excitement, nerves, emotions, you name it. They feel how powerful this is compared to other championships, especially if it is their first time going for the Olympics.

My job is to make sure they keep their focus during preparation. But being a coach gives you a great sense of accomplishment when you see them perform at this level. For all of us, each time is an amazing experience."



Coach Lance has coached athletes to seven Olympic medals and more than 20 major Track & Field championships.

TEAM LANCE

Curtis Mitchell USA 100/200 meter sprint	Nickel Ashmeade Jamaica 100/200 meter sprint	Samantha Henry-Robinson Jamaica 100/200 meter sprint	Keston Bledman Trinidad & Tobago 100 meter sprint	Tyson Gay USA 100/200 meter sprint
Travis Padgett USA 100 meter sprint	Shalonda Solomon USA 100 meter sprint	Ramone McKenzie Jamaica 100/200 meter sprint	Debbie Ferguson-McKenzie Bahamas 100/200 meter sprint	Abi Oyepitan Great Britain 100/200 meter sprint
				Jason Smyth Ireland 100/200 meter sprint