

**Your Generosity Changes Lives
With Income You Can't Outlive!**

With a simple Charitable Gift Annuity, fixed income payments are for life. This income can be received by you or by you and one other person, while making a lasting philanthropic impact to the FHW Heart Program. Gift annuity rates are currently significantly higher than rates for CDs, money market accounts, and some dividend yields, based on the age of the donor.

While supporting FHW with a Charitable Gift Annuity, you will receive a charitable deduction, stable payments for life, potential partial tax free payments, capital gains tax benefit, and always the joy of knowing you have touched the lives of others through your generosity.

Please consider a year-end charitable gift annuity. Please call Anita Young, President & Chief Development Officer, FHW Foundation (352)253-3270.

There are many options for giving, and each one is an opportunity to change a life. Please take a moment to explore the choices available.

We appreciate your continued support. Please help us properly acknowledge all contributors by providing complete names and addresses.

\$301 \$101 \$51 \$25 \$_____ Other

For Area of Greatest Need _____ or Designated area: _____

If this gift is a memorial, please complete the form below, checking the appropriate boxes.

This gift is in memory of: This gift is in honor of:

Name _____

City _____ State _____

Please send acknowledgment to: Family Person(s) honored

Name _____

Address _____

City _____ State _____ Zip _____

- I have placed Florida Hospital Waterman Foundation in my will or estate plan.
- Send me information about the GIFT Society (Getting Involved For Tomorrow).
- Here's my gift to help support Florida Hospital Waterman.

Send your tax deductible contribution (check or credit card information) to:
Florida Hospital Waterman Foundation
1500 Waterman Way, Tavares, FL 32778 352.253.3270 Fax: 352.253.3266

Mastercard Visa Discover Card Number: _____ Exp. ____/____

Signature: _____

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I would like to remain an anonymous donor.

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

FOUNDATION PREVIEW OF

COMING ATTRACTIONS

FHW Foundation Annual Meeting, Friday December 9, 11:00 am – 1:00 pm, Lake Receptions, Mt. Dora. By invitation to all 2011 donors. Reservations required.

Auxiliary Fudge Wudgie Candy Sale, February 2-3, 2012, 7:00 am – 4:00 pm, Garden Conference Center.

Auxiliary Book Fair, April 26-27, 2012, 7:00 am – 4:00 pm, Garden Conference Center.

3rd Annual Celebration of Life Gala. Sunday, May 6, 2012, Mission Inn Resort & Club. Entertainment by Starship, featuring Mickey Thomas. Contact Foundation for sponsorship information.

Those interested in sponsorship, gift-in-kind donations, participating or volunteering in these events may contact Joan Ordazzo at the Foundation office, 352.253.3270, or email FHW.Foundation@ahss.org. Organizations interested in hosting an event with proceeds to benefit Florida Hospital Waterman are encouraged to contact FHW Foundation for assistance and information on the area of greatest need.

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Thanks to our Sponsors!

The 9th Annual Red Hat Luncheon "Island Time" Was held on Thursday, October 13, 2011, with proceeds supporting the FHW Cancer Institute & Heart Center.

EVENT SPONSOR

Florida Emergency Physicians

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Oakwood Smokehouse & Grill
Orange County National Golf Center
Orlando Science Center
Peddler's Wagon
RedTail Golf Club
SAK Comedy Lab
Tatiana Tchernova
Waterman Communities, Inc.

Mark Your Calendar!
10th Annual Red Hat Luncheon
Thursday, October 11, 2012

FLORIDA HOSPITAL WATERMAN
A Community of Health and Healing.

1000 Waterman Way • Tavares, Florida 32778
352.253.3333 • www.fhwat.org

Fall 2011



WATERMAN

Writings



FLORIDA HOSPITAL WATERMAN

A Community of Health and Healing.



Pumps have always fascinated me. Much of our modern life is dependent on moving liquids safely and efficiently. Beyond the convenience in life, we can say that life itself is pump-dependent!

The human heart is a God-inspired pump. It is a brilliantly designed engineering feat. Veins and arteries feed in and out of chambers; valves open and shut; electrical impulses activate muscles to pump blood over hundreds of miles in the circulatory system. It is this important pump that is a crucial component of our human existence.

As with any manufactured pump, the human heart must be protected and cared for. Sometimes, however, through congenital issues, wear and tear or neglect of healthy heart habits, we need to have valves repaired or blockages bypassed. Florida Hospital Waterman's open heart program, with Dr. Gary Allen, is now so pleased that we can provide those life saving procedures that require the heart to be opened and "serviced". It is amazingly intricate and complex work – sacred work – to repair damage to this essential organ in the human body. It has been so gratifying to see our first patients "receive their life back" and leave our facility to live better and longer because of this procedure.

We take seriously the awesome, God given responsibility to care for this community and thank Him for His blessing our efforts to offer this important new service. We hope to be here for you if you need us.

Kenneth R. Mattison
Kenneth R. Mattison, President

Thoughts for your day

It is the heart that makes a man rich. He is rich according to what he is, not according to what he has.
~Henry Wart Beecher

God has poured out his love into our hearts.
~Romans 5:5

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Heart Felt Cardiac Care

Florida Hospital Waterman has made access to the best cardiac care a top priority, investing substantial amounts of money to bring lifesaving services to the community. That's especially important, since heart disease is the number one killer of men and women over the age of 35.

Our cardiac program is accredited in several key areas, including catheterization lab, echocardiography lab, nuclear cardiology and cardiac rehabilitation. More importantly, Florida Hospital Waterman is home to some of the best and brightest cardiovascular and cardiothoracic professionals – doctors you can count on to give you sound advice, expert care, and the attention you and your family deserve.

Advanced Cardiodiagnostics

Florida Hospital Waterman was the first hospital in central Florida to acquire the latest breakthrough in 3D transesophageal cardiac ultrasound imaging, giving physicians and patients a real-time view of the beating heart as if they were holding it in their hands.

Ultrasound is one of the most widely used diagnostic procedures available. Using high-frequency sound waves to produce moving images of the body's internal soft tissue structures, it provides a safe and fast means of diagnostic imaging on both an inpatient and an outpatient basis.

"The 3D echo offers more clarity than traditional 2D echoes, allowing us to more clearly define the anatomy of the heart and more accurately discover any abnormalities," says cardiologist Kehinde Layeni, M.D.

The enhanced diagnostic capability of 3D echocardiography visualizes all four chambers of the heart, the heart valves, the blood vessels entering and leaving the heart, and the sack around the heart with virtually as much clarity as can be obtained during an open heart procedure.

When Minutes Count



Florida Hospital Waterman has developed a comprehensive system of emergency care to deliver faster and more effective treatment to heart attack patients by monitoring door-to-balloon time, or the time between a patient's arrival at the hospital and the opening of a blocked artery by percutaneous coronary intervention, also known as angioplasty. Our goal is to open a blocked artery in 90 minutes or less, greatly increasing the chances of survival.

"Every minute counts when a patient suffers a severe heart attack," says cardiologist J. Henry Lesmes, M.D. "Indeed, time is muscle – for every minute blood flow to the heart is blocked, the heart muscle is being deprived of oxygen. The faster we can open up a blocked artery, the better chance we have of preserving the heart muscle. Without prompt treatment the muscle never functions again."

Swift intervention and treatment are vital to saving lives. Along with cutting-edge technology, our team of highly skilled and experienced physicians, nurses and technicians give many patients the opportunity to live longer, more productive lives.

Our Pledge: Excellence in Open Heart Surgery

A new page has turned in our commitment to heart care. Open heart surgery, including coronary bypass and heart valve replacement and repair, now complements the Heart Center's extensive list of advanced diagnostics and life-saving treatment. The result – advanced heart care that could add extra chapters to your life!

Coronary artery bypass grafting (CABG) is a surgical option for people who have severe coronary artery disease, a condition in which plaque builds up in the coronary arteries and reduces blood flow to the heart muscle. It is performed for heart attack patients only when other treatments, such as medicine or angioplasty, are not useful because of the location or extent of the blockage.

During CABG, a healthy vein or artery from another part of the body is "grafted" to the blocked artery, creating a new passageway for oxygen-rich blood to reach the heart. This vein or artery may be removed from the leg, chest or forearm. It is then attached to the aorta on one end and the diseased coronary artery on the other end, just past the blocked area. Blood is then redirected through the graft, detouring the diseased section and increasing blood flow to that area of the heart.

Introducing "Beating Heart" Surgery – a truly unique option in our community!



CABG typically requires the chest to be opened surgically, and a heart-lung bypass machine is used to circulate the blood and add oxygen while the heart is stopped during the grafting procedure. "For some patients, so-called "off pump" surgery may be an option," says cardiothoracic surgeon Gary Allen, M.D. "With this less invasive technique, the heart muscle is slowed with medication but is still beating during the procedure, circulating blood and oxygen on its own without the need for a heart-lung bypass machine."

Patients who undergo beating heart CABG surgery are often awake much earlier after surgery, and are hospitalized for less time than patients having traditional bypass surgery. The risk of stroke and the need for blood transfusions is substantially reduced, and recovery time may be as short as three to four weeks. "Most importantly, studies have shown that high-risk patients have a better survival rate with off pump CABG," says Dr. Allen. "There is also less chance for heart rhythm, kidney or liver complications, and better preservation of heart function."

Each patient is unique, and not everyone is a candidate for off pump CABG. Your cardiologist and surgeon will recommend the best approach for you.



Expert Opinions: A Collaborative Approach to Pre- and Post-Surgical Care

Prior to admission for cardiac surgery, all patients meet with a diabetic nurse educator, a dietician, and staff from pre-admission testing, case management, cardiac rehabilitation, and pastoral care to prepare them for the procedure.

Throughout their entire hospitalization, Dr. Allen meets daily with this diverse group of clinicians plus others including pharmacy, respiratory therapy, critical care physicians and nurses to discuss the patient's status, progress, goals and plans for discharge.

"The contributions of each of these disciplines during the patient's hospitalization is integral to a successful recovery," says Dr. Allen. "And prior to discharge the patient meets individually with these clinicians again to prepare to go home."

Two days after discharge, all patients are contacted by the Heart Center Coordinator to reinforce teaching, address any questions, and identify areas of concern.

To learn more about cardiac surgery options at Florida Hospital Waterman, please call 352.253.3399.

Customized Cardiac Rehabilitation



Cardiac rehabilitation is a medically supervised program to help patients recover, either after a heart attack, from other forms of heart disease, or after cardiac surgery. Cardiac rehabilitation is divided into phases that involve various levels of monitored exercise, nutritional counseling, emotional support, and support and education about lifestyle changes to reduce the risk of heart problems. It is a customized program of exercise and education and can significantly increase the patient's chances of survival.

The main goals of cardiac rehabilitation are to help patients regain strength, prevent their condition from worsening, and get them back to feeling their best.

For more information about our customized cardiac rehab program, please call 352.253.3396.

