

# HEALTH & WELLNESS

2023

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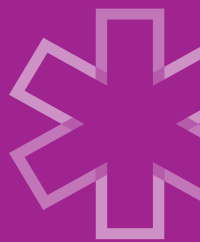
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# NOTE FROM THE PUBLISHER

Welcome to the 2023 edition of “Health & Wellness”.

Regardless of your age, chances are you have a friend or loved one who is living through some type of health-related illness or disease.

While we don’t cover every known disease on the healthcare spectrum, we look this year at some compelling healthcare issues. In this edition, we provide insight into a few health topics.

With healthcare spending in the trillions each year in the United States, It’s more important than ever to shine a light on health and wellness in our community.

Along with providing knowledge and up-to-date information, the guide will serve as a resource you can use in the coming year.

We wish you health and happiness in 2023.

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## **Baptist MD Anderson Cancer Center opens at Baptist Medical Center Clay**

FLEMING ISLAND – Baptist MD Anderson Cancer Center is bringing world-renowned cancer care by opening a new satellite location on the Baptist Medical Center Clay campus.

The Baptist MD Anderson satellite will offer patients access to medical oncology, radiation oncology and infusion services. Breast surgery services soon will be available in late 2023.

Dr. Kerwin Cumberbatch, a medical oncologist, and Dr. Neenad Shah, a radiation oncologist, will join the Baptist MD Anderson multidisciplinary team dedicated to serving patients at the new facility. The pair are both fellowship-trained and have over 20 years of combined experience in treating cancer. Dr. Mona Janfaza, a fellowship-trained breast surgical oncologist, is set to join the team at Baptist Clay in 2023.

“Having the caliber of Baptist MD Anderson, an affiliation between Baptist Health and MD Anderson Cancer Center, right here in Clay County, is a tremendous advantage to our residents, who often have to travel for this level of expertise,” said Darin Roark, hospital president of Baptist Clay. “Now, patients can access leading-edge technology, therapies and a multidisciplinary team in their neighborhood.”

Baptist MD Anderson is a partnership between Baptist Health, the region’s most preferred healthcare provider, and MD Anderson, one of the world’s largest and most respected cancer centers in Houston, Texas. The addition of Baptist MD Anderson at Baptist Clay will be Baptist MD Anderson’s third site in the



Jacksonville area, with locations on the Baptist Jacksonville and Baptist South campuses.

“We will mirror the highly coordinated, multidisciplinary approach to care pioneered by MD Anderson. Baptist MD Anderson at Baptist Clay will provide adult patients access to the same advanced technologies, treatment protocols and care options as they would receive in Texas,” said Dr. Joe B. Putnam Jr., FACS, medical director of Baptist MD Anderson. “Every patient will benefit from a group of cancer care experts with experience in the patient’s specific type of cancer.”

Additionally, a new state-of-the-art linear accelerator is coming to the Baptist Clay campus in spring 2023. This advanced technology uses radiation therapy to shrink cancer tumors without destroying the surrounding tissue. This year, there are estimated to be 162,000 new cases of cancer diagnosed in Florida, with Florida second only to California, with the highest rate of new cases a year in the United States.

According to the National Cancer Institute, the cancer incidence rate in Clay County is 36.1% higher than the statewide rate and 47.2% higher than the national average.

Baptist MD Anderson at Baptist Clay is at Baptist HealthPlace at Fleming Island off Village Square Parkway. The new health and wellness center features a variety of other specialties, including primary care, cardiology, urology, neurology, a walk-in lab and a women’s imaging center.

“It is gratifying to see how our presence has gone from a single site on our Baptist Jacksonville campus to Baptist South and now Baptist Clay,” said RN LeeAnn Mengel, vice president of Baptist MD Anderson. “Part of our growth involves enhancing our ability to treat more patients, and we plan to continue expanding our access points to better serve the entire region.”

For more information about Baptist MD Anderson, visit [BaptistMDAnderson.com](https://www.BaptistMDAnderson.com).





## UV exposure and eye health

Ultraviolet radiation from the sun can prove harmful to the skin. UV rays have been linked to the formation of various skin cancers, including the dangerous melanoma. However, UV exposure also can cause issues elsewhere in the body, including the eyes.

The American Academy of Ophthalmology says everyone's eyes are at risk of damage from UV light, regardless of their age or skin pigmentation. But some people are at higher risk. Children are included in the elevated risk group because they often play outside. Some studies also show that people with eye diseases like retinal dystrophy or those who underwent surgery for cataracts may be at higher risk for sun damage.

### UV light and eye disease

UV light damages cells in the eyes, particularly in the retina. The Cleveland Clinic says the retina is responsible for capturing light that enters the eye and translates it into the images you see. If the retina becomes damaged, vision can be impaired or even lost. Here are some additional eye diseases associated with UV radiation.

- **Photokeratitis:** This is the equivalent of a sunburn on the surface of the eye. While it can occur during the summer, the sun reflecting off of snow or light-colored pavement also can contribute to photokeratitis at other times of the year.
- **Cataracts:** UVB radiation can harm the lens of the eye and damage proteins. Over time, these proteins can clump together to form cataracts.
- **Conjunctival cancer:** This is a form of cancer that forms on the surface of the eye, known as the conjunctiva.
- **Macular degeneration:** This is the leading cause of vision loss among older people, a



According to NVision Eye Centers. The macula is the center of the retina. If this area becomes damaged, central vision will be compromised.

### Protect vision

It's easy to protect the eyes from UV rays. Individuals with blue or green eyes should keep in mind that they are at a high risk of UV damage. However, everyone should take precautions.

Look for sunglasses that protect against UVA and UVB rays, offering 99 to 100 percent protection (or UV400 rating). UVA rays harm central vision, while UVB rays can damage the front of the eye. Sunglasses should be worn when spending time outdoors. Sunglasses are available in all sizes, even for kids. Wraparound styles may protect the eyes and sides of the face.

Wearing a wide-brimmed hat also can protect the eyes by filtering harmful light. Select a hat with a broad, dark brim that shades the eyes and reduces glare, advises the National Eye Institute.

Consider the use of UV-blocking contact lenses. Some contact lenses offer UV protection, which can be an added precaution when used with sunglasses.

Another way to avoid UV eye risks is to stay away from tanning booths, mercury vapor lights and some types of halogen or fluorescent lights.

Speak with an eye professional about UV eye damage and other ways to mitigate risk.



  
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# My Journey in Rheumatology.



**Dr. Shubha Kollampare**

Sir William Osler once said *“He who studies medicine without books sails an uncharted sea, but he who studies medicine without patients does not go to sea at all”*. Becoming a good physician requires a mindset to work hard; while spending countless hours pouring over medical literature and years of clinical experience seeing patients.

I became interested in the field of Rheumatology during my observership at Maimonides Medical Center in NY. Being a part of the physical diagnosis club, I saw a case of Jaccoud’s arthropathy; a form of arthritis seen in patients suffering from systemic lupus erythematosus.

This piqued my interest in the subject. I then then pursued my fellowship in Rheumatology at University of Arizona where I received a well-rounded clinical training. After having completed the rheumatology fellowship, I honed my skills as a full-fledged practicing rheumatologist in a small town in Delaware.

Destiny then brought me to Dr. Meera Oza’s practice in Orange Park, Jacksonville. She is everything a seasoned physician should be; both in terms of her clinical knowledge and experience. It was inspiring and motivating to see Dr. Oza provide unconditional care to three generations of patients, I felt at-home in no time. Arthritis can be a crippling disorder and often requires appropriate treatment with a variety of simple and complex therapies to prevent the progression of the condition. If not treated in time, it can lead to joint deformities causing significant hindrance with respect to activities of daily living. Diseases causing arthritis may not be limited to the joints but can also affect other organs in the body.

Whether it is the most common wear and tear osteoarthritis or the more complex arthritides - such as the ones arising from hyperactive immune system namely rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis; the common denominator is pain and significant morbidity.

At Arthritis and Osteoporosis Treatment Center, we treat our patients with a holistic approach while keeping abreast with the latest clinical guidelines and practicing evidence-based medicine. Apart from treating arthritis of different forms, we also provide treatment for autoimmune diseases such as systemic lupus erythematosus, Sjogren’s syndrome, vasculitides. Maintaining bone health and

addressing therapeutic options for Osteoporosis is also a part of our treatment strategy. Availability of resources such as in-house laboratory, infusion suite and ancillary services such radiography, extremity MRI and bone densitometry enables us to achieve our goal of providing the best care to our patients.



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# WHAT TO KNOW ABOUT NOSEBLEEDS AND WHEN TO SEEK TREATMENT

ORANGE PARK – A nosebleed is generally a benign event managed with simple pressure to the nose. However, HCA Florida Orange Park Hospital a board-certified and fellowship-trained neurosurgeon, said they can be dangerous when recurrent and difficult to stop.

Surgical treatment is now available at Orange Park Hospital for severe cases, including minimally invasive endovascular surgery, a 30-minute procedure that does not require an operating room or anesthesia.

Epistaxis, also known as bleeding from the nose, affects at least 60% of people in their lifetime. Due to its large number of blood vessels close to the lining of your nose, it makes the nose an easy target for bleeding. If you experience frequent nose bleeds, it could be time to visit your doctor. “This could be an early sign of other issues with your health,” said Neurosurgeon Dr. Michael Horowitz at Florida Orange Park Neurosurgery. “If the nose bleeds escalate to heavy bleeding, depending on where the bleeding comes from, it can be dangerous.”

The most common cause of nosebleeds is dry air.

“An easy lifestyle adjustment is using a humidifier,” said Dr. Horowitz.

Other common causes include colds or sinusitis infections, aggressive blowing of the nose, injury to the nose or face, drug or alcohol use, chemical irritants, high altitudes and frequent use of nasal sprays. Less common causes are pregnancy, leukemia, tumors and high blood pressure.

“If you can’t stop the bleeding on your own after more than 20 minutes, you should get yourself to the hospital,” Dr. Horowitz said.



***Dr. Michael Horowitz***

“Or if you’re losing blood at a high rate of more than a cup. It’s time to get medical attention.”

Another sign you should visit the ER is if your nosebleed follows a blow to your head.

Posterior nosebleeds, where the bleeding originates toward the back of the nasal passage, near the throat, generally require medical intervention. In addition to endovascular surgery, those treatments include nasal packing with cotton gauze, collagen materials, nasal tampons, and inflatable balloon catheters, cauterization with silver nitrate or open surgery used when the bleeding cannot be controlled with all other interventions.

HCA Florida Orange Park Neurosurgery is in Orange Park Hospital’s new medical office building at 1825 Kingsley Ave., Suite 170. You can schedule an appointment by calling (904) 246-7336 or visiting [HCAFloridaPhysicians.com/Locations/FirstCoastNeurosurgery](http://HCAFloridaPhysicians.com/Locations/FirstCoastNeurosurgery).



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## 5 FITNESS & NUTRITION HACKS YOU CAN USE TODAY TO BETTER YOUR HEALTH

***By William Davis - Steel Mill Fleming Island***

1. **Walking Daily:** This is probably the most overlooked activity in all of exercise. Just going out and walking each day will help you get more steps in per day, which will burn more calories. Walking lowers the risk of cardiovascular disease, and can lower your blood pressure. Add in a weighted vest or hand weights and it compounds the effect. It can also help with your sleep and help stem arthritis. Aim for 10-12k steps per day. Movement is the medicine.
2. **Nutrition Hack – Prioritize Protein:** If I could give you one thing to do that will help many other nutrition issues fall into place it would be to make sure you are getting enough protein. For most people this ranges from .6 – 1.2 grams per pound of bodyweight. I recommend .8 as a great starting point. Protein is more satiating than carbs or fats so you will be less hungry and less likely to have cravings. This will also aid in building lean muscle when paired with exercise so you are more likely to burn fat on a high protein diet than any other.
3. **Go to Sleep:** This one seems obvious but is abused by many adults. It is recommended that an adult get 7-9 hours of sleep per day and over 65 6-8hrs per day. Not getting enough sleep can cause lots of problems including chronic fatigue, lack of energy and more falls for older adults, chronic pain is increased. One main tip is to set an alarm 45 min before bed. At this time begin to turn off electronics, lower the light level of our house, and start the routine to get to bed. The more you recover during sleep the healthier you become.
4. **Reduce sugar intake as much as possible:** Sugar has become the main culprit in our obesity epidemic. Lowering or getting rid of sugar in your diet has many healthy side effects. Lowering sugar intake reduces inflammation, better weight management, a healthier liver, reduced risk of diabetes, and lower cravings for more sugar. Try this for two weeks and you will notice big results in how you feel, how food tastes, and the size of your waistline.
5. **Find a gym that works for you:** The truth is most people know in general what is healthy and what isn't. What they are not good at is holding themselves accountable. Finding the right gym will help you be healthy and will keep you coming back. Whether its HITT, lots of machines, personal trainer, CrossFit, boot camp, or Zumba makes no difference. The right atmosphere and the right people make it a place you want to come back to. If it doesn't vibe with you then it just won't work. The right gym or coach will help you stay accountable and stay consistent. Consistency is the only way you can accomplish your goals. Find a home gym and get involved in its community.

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# HOW TO SPOT MOLD IN YOUR HOME

Homes are safe havens and relaxing spaces for their residents. No one wants to imagine the place they call home putting their health in jeopardy, but that's precisely the case for people who live in homes where mold is present.

The United States Environmental Protection Agency notes that molds are not usually a problem indoors. However, when they are, molds produce allergens, irritants and potentially toxic

substances. Molds can become problematic when spores land on wet or damp surfaces and begin growing. If inhaled, those spores can cause allergic reactions in people with asthma who have mold allergies. Even people without such allergies may suffer from irritated eyes, skin, nose, throat, or lungs due to exposure to mold. Mold also can affect the home itself, as the EPA notes that mold gradually destroys the things it grows on, potentially leading to costly remediation and renovation expenses.

## Could your home be making you sick?

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Mold is sometimes visible in parts of a home. For example, mold problems in a bathroom may be recognizable when tiny black spots are present on surfaces that frequently get wet. Those areas may gradually expand from small spots and cover larger areas, such as windowsills and areas around the bathtub. Other signs indicating the presence of mold may be less recognizable though potentially just as harmful. That's one reason why it makes sense for everyone to learn how to spot mold in a home.

- Learn what mold looks like. Not all molds are black. Some are white and look like thread, but they also can have a gray-brown or gray-green tint. When peeling old wallpaper, some people may notice orange, pink or purple growth on the newly exposed walls, and that's likely mold.
- Identify problems with paint. If paint is peeling, bubbling or cracking, it's likely indicative of a mold issue. In such instances, contact a mold remediation specialist rather than

simply painting over the affected areas with a fresh coat of paint.

- Conduct a smell test. Most molds will emit a damp, musty odor. However, a lack of this distinct and unpleasant smell should not lead individuals to conclude they don't have a mold issue, as some molds do not produce an odor. In addition, the EPA notes that the smell of indoor molds can differ depending on the type of mold present in the home. Homeowners who have experienced mold issues in the past should not ignore a foul odor simply because it smells different from a previous infestation. Contact a mold remediation professional if you suspect an unpleasant smell could be a byproduct of mold.

Mold can be harmful to homes and humans. Anyone who suspects their home has a mold problem is urged to contact a remediation specialist as soon as possible.



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# IN AN EMERGENCY ALWAYS CALL 9-1-1 FIRST

## CPR—ADULT

AFTER CHECKING THE SCENE AND  
THE INJURED OR ILL PERSON:

### 1. GIVE 30 CHEST COMPRESSIONS:

Push hard, push fast in the middle of the chest at least 2 inches deep and at least 100 compressions per minute

### 2. GIVE 2 RESCUE BREATHS:

- Tilt the head back and lift the chin up.
  - Pinch the nose shut then make a complete seal over the person's mouth.
  - Blow in for about 1 second to make the chest clearly rise.
  - Give rescue breaths, one after the other.
- Note: If chest does not rise with rescue breaths, retilt the head and give another rescue breath.

### 3. DO NOT STOP: Continue cycles of CPR.

Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
  - An AED is ready to use.
- Another trained responder or EMS personnel take over.
  - You are too exhausted to continue.
  - The scene becomes unsafe.

## CPR—CHILD & INFANT

AFTER CHECKING THE SCENE AND  
THE INJURED OR ILL CHILD OR INFANT:

### 1. GIVE 30 CHEST COMPRESSIONS:

Push hard, push fast in the middle of the chest.

- Child: Push about 2 inches deep.
- Infant: Push about 1½ inches deep.
- Push fast, at least 100 compressions per minute.

### 2. GIVE 2 RESCUE BREATHS:

- Tilt the head back and lift the chin up.
  - Child: Pinch the nose shut, then make a complete seal over child's mouth.
  - Infant: Make complete seal over infant's mouth and nose.
  - Blow in for about 1 second to make the chest clearly rise.
- Give rescue breaths, one after the other.

### 3. DO NOT STOP: Continue cycles of CPR.

Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
- An AED is ready to use.
- Another trained responder or EMS personnel take over.
- You are too exhausted to continue.
- The scene becomes unsafe.

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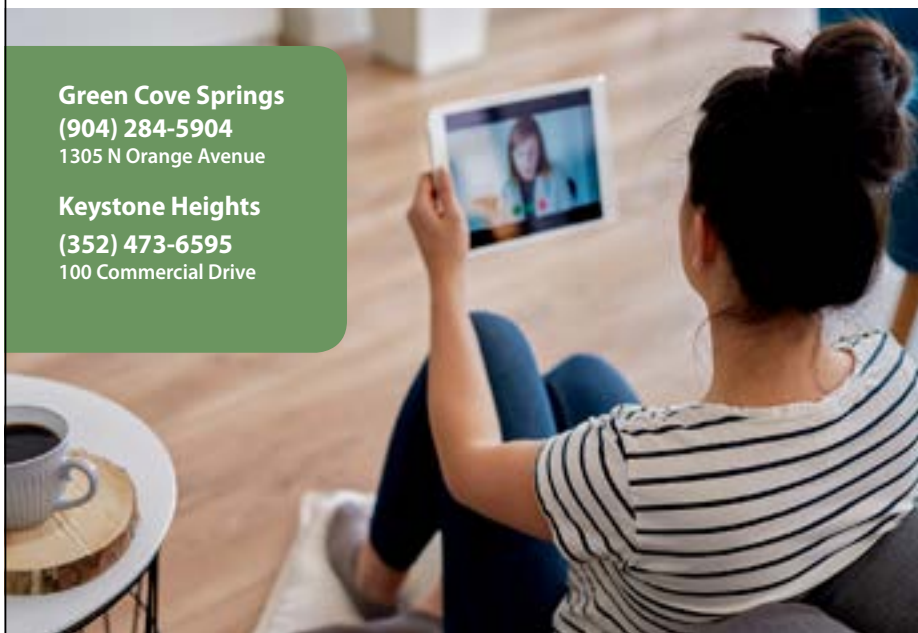




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