

LifeTimes

The Art of Living Well



Spring 2020

Women's Health, Stress and IBS

Sources: <https://www.womenshealth.gov/a-z-topics/irritable-bowel-syndrome>, <https://www.alpco.com/ibs-awareness-month-facts>, <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-managing-irritable-bowel-syndrome>

Irritable Bowel Syndrome (IBS) is a common gastrointestinal (GI) disorder that affects tens of millions of people in the U.S. Of those, about 2 in 3 IBS sufferers are female.

Stress and anxiety are among the contributors to IBS symptoms, which include cramping, abdominal pain, bloating, gas and diarrhea or constipation. All uncomfortable subjects both literally and figuratively that no one wants to talk about and too often results in delays in seeking medical care, according to Parrish Medical Group gastroenterology Dr. Khalid George, MD. While there is no cure for IBS, the best way to manage IBS is by understanding what triggers the symptoms and partnering with your health care provider to develop an effective treatment plan.

Symptoms of IBS can be triggered by the following: [Source: Mayo Clinic]

- **Food.** The role of food allergy or intolerance in IBS isn't fully understood. A true food allergy rarely causes IBS. But many people have worse IBS symptoms when they eat or drink certain foods or beverages, including wheat, dairy products, citrus fruits, beans, cabbage, milk and carbonated drinks.
- **Stress.** Most people with IBS experience worse or more frequent signs and symptoms during periods of increased stress. But while stress may aggravate symptoms, it doesn't cause them.

- **Hormones.** Women are twice as likely to have IBS, which might indicate that hormonal changes play a role. Many women find that signs and symptoms are worse during or around their menstrual periods.

Self-care tips

- **Stress management.** Use relaxation techniques such as yoga, meditation or exercise.
- **Dietary changes.** Avoid foods that trigger your symptoms such as dairy products or carbonated beverages; eating smaller regular meals; drink more water, stay hydrated.
- **Ensuring your sleep schedule.** It's important for those managing their IBS to get the correct amount of sleep each night.
- **Medication.** Your doctor may suggest an approved IBS medication to manage and improve your condition.

If you suffer with IBS, talk with your doctor. There is help. Parrish Medical Group physicians are dedicated to your best health in an integrated system of care with timely appointments and board certified specialists, including gastroenterologist, Khalid George, MD. For more information visit, parrishhealthcare.com/directory or call 321-268-6224.

Get free stress management tips, reminders and exercises sent to your phone. Join our Kare'N program by visiting parrishhealthcare.com/karen.

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Life Balance

We believe every life is a picture of perfection created by a balance of mind, body and wellness.

As your women's health care partners, we believe in blending the art of healing with the science of advanced medicine to care for you and your family from the first breath, the last breath and the millions of breaths in between.

We believe in bringing together the best and brightest women's health experts; including the expertise of Mayo Clinic.

This dedicated team focuses on you as an individual because every life is a work of art to us.



Visit parrishhealthcare.com/healthaware for a FREE Health Risk Assessment



Where the Art of Healing comes to Life.

A Note from the Chairman of the Board

My message for this spring issue of *Life Times* is in recognition of Mother's Day, Sunday, May 10, 2020.

A one-word alternate description of Parrish Medical Center's mission and values could be this: *Mom*.

A loving mom's mission is *healing experiences for her children, all the time*. Among her values as she cares for her family are most certainly *safety, loyalty, integrity, compassion, excellence and stewardship*.

Mother's Day is a good time to reflect on such things, and about where we got our earliest instruction in healthy living. Typically, it was our moms who told us to wash our hands, eat our vegetables, be careful crossing the street, get enough sleep and who demonstrated endless care and concern that nurtured and protected us.

That's what loving moms do.

Country music superstar Dolly Parton recorded a song about her mother, *Coat of Many Colors*. Parton grew up poor in East Tennessee, but her mother, doing what she could, made sure that her daughter

had a winter coat. Among the song's lyrics are these: "There were rags of many colors, every piece was small, and I didn't have a coat, and it was way down in the fall.

"Momma sewed the rags together, sewin' every piece with love, she made my coat of many colors, that I was so proud of."

From making sure we don't go outside in the cold without a coat, to nursing us when we're sick, moms sew a tapestry of loving and caring *healing experiences, all the time*.


Thank you, moms and Happy Mother's Day.

Herman A. Cole, Jr., Col., USAF (Ret.)
Chairman, Board of Directors
Parrish Medical Center



Herman A. Cole, Jr., Col., USAF (Ret.)

Congratulations to the \$50 Amazon gift card winner, Amed Dan Carreras!

 | Be HealthAware. Take our **FREE HEALTH AWARE RISK ASSESSMENTS** at parrishhealthcare.com/healthaware.



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LOCAL GUIDE | HEALING IN NATURE

Kayaking in central Florida is abundant and a great source of relaxation or a form of outdoor meditation. Kayaking is also a great opportunity to sneak in some exercise with your friends or family. We recommend the following kayak tours in the North Brevard County area.

- **A Day Away Kayak Tours**
1390 Old Dixie Hwy, Titusville, FL 32796
- **BK Adventure Florida - Bioluminescence Tours**
485 N Washington Ave, Titusville, FL 32796
- **Calypso Kayaking Inc.**
4905 N Tropical Trail, Merritt Island, FL 32953

Life Wise

Did you know that the best health advice you have ever received probably came from you mother when you were just a toddler?

It's to wash your hands.

Studies show if everyone routinely washed their hands, a million deaths a year could be prevented. Handwashing reduces the risk of foodborne illness, respiratory and other infections.

Source: CDC: https://www.cdc.gov/healthywater/hygiene/fast_facts.html



Life is better with clean hands... a mother's wisdom for a happy, healthy life!

HAPPY MOTHER'S DAY (May 10) *to every mom everywhere.*

APRIL-JUNE 2020

Parrish Healthcare sponsors classes, events and support groups for all ages. Unless otherwise noted, registration is required and classes are free. Look for updates and newly added events online at parrishhealthcare.com/events.

Need a Health Expert to Speak to Your Group?
Our experts are available to speak to your group on important health issues. To schedule a speaker for your next meeting, call 321-268-6110.

CHILDBIRTH/BABY CARE EDUCATION

Where: The Children's Center
5650 S. Washington Ave., Titusville

Beginning Breastfeeding Class

When: Third Monday each month
Time: 6:30–8:30 PM
Info: To register, call 321-268-6682.

Moments to Miracles

Childbirth Education Class

Cost: \$50 per couple
Info: Call 321-268-6790 for dates and times.

Sibling Class for Big Brothers and Sisters

Info: Call 321-268-6790 for details.

CHILDREN'S ACTIVITIES

North Brevard Connections (NBC)

A casual support group for parents and caregivers of children with special needs.

When: Second Friday each month

Time: 9:30–11:30 AM

Where: The Children's Center

5650 S. Washington Ave., Titusville

Info: Call Mary Cancel at 321-292-1370.

FITNESS EDUCATION

Have you been struggling to meet your health and fitness goals? Call today and schedule a complimentary wellness orientation along with a free week-long guest pass!

Where: Parrish Health & Fitness

2210 Cheney Highway, Titusville

Info: Call 321-567-2201, ext. 2212.

Next Steps™ Medically Integrated Fitness Program

Take part in one of our 10 medically integrated eight-week fitness programs at Parrish Health & Fitness. Team up with a fitness specialist to develop a fitness plan for success.

Cost: \$99 non-members | \$50 members

Info: Call 321-567-2201 to schedule a tour, or visit parrishhealthandfitness.com.

GENERAL INTEREST CLASSES

Diabetes Community Education Class

This class will cover an overview of diabetes, nutrition and meal planning, physical activity, diabetes complication prevention, making behavior changes and more.

Registration Required.

Time: 3–5 PM

Info: Call Peggy McLaughlin at 321-268-6111, ext 2297, or visit parrishhealthcare.com/events for a current listing of class days.

HEALTH OBSERVANCES

April IBS Awareness Month

May Stroke Awareness Month

June Family Health and Fitness Day (June 13)

Caregiver Academy

Different topics are featured each month.

When: Second Thursday each month

Time: 10–11 AM

Where: Heritage Hall, Parrish Health Village

931 N. Washington Ave. Titusville

Info: Call Janet Rooks at 321-268-6800

or visit parrishhealthcare.com/events

for topics.

HEALTHBRIDGE EVENTS

Blueprint to Men's Health

Studies show that men are less likely than women to seek health care and are more likely to wait more than two years in between doctor visits. Ladies, join the men in your life at this event featuring Urologist Mark Licht. Be empowered with knowledge about why routine check-ups and other necessary procedures are important and can even be lifesaving. Closing the health care gap isn't an easy task, but we're here to give you the blueprint.

When: Tuesday, April 14

Time: 5–7 PM

Where: Holiday Inn Titusville

4715 Helen Hauser Blvd., Titusville

Info: Hors d'oeuvres will be served at this free event, but seating is limited.

Visit parrishhealthcare.com/events or call 321-268-6156 to reserve your spot.

Brain Games

Think of your brain as a muscle. The more you work it, the stronger it could be. Discover new ways to help keep your mind active with Gerontologist Pamela Tronetti and Senior Solutions Coordinator Janet Rooks. Let's solve the brain games together as we work towards a healthier life for your mind and body.

When: Thursday, May 21

Time: 5–7 PM

Where: Indian River Preserve

3950 Walkabout Way, Mims

Info: Hors d'oeuvres will be served at this free event, but seating is limited. Visit parrishhealthcare.com/events or call 321-268-6156 to reserve your spot.

Preparing for Emergencies

We cannot prevent natural disasters from happening, but we can prepare ourselves with knowledge and the tools we need to protect ourselves and our families. Learn about emergency preparedness as we enter hurricane season.

When: Tuesday, June 9

Time: 9:30–11 AM

Where: Parrish Medical Center

951 N. Washington Ave., Titusville

Info: Hors d'oeuvres will be served at this free event, but seating is limited.

Visit parrishhealthcare.com/events

or call 321-268-6156 to reserve your spot.

SUPPORT GROUPS

Go to parrishhealthcare.com/events for complete details.

AWAKE Sleep Disorders Support Group

When: Second Monday each month

Time: 6–8 PM

Where: Parrish Healthcare Center, Port St. John

Info: Call 321-268-6408.

Caregiver Support Group

When: First and third Thursdays each month

Time: 9:30–11:30 AM

Where: Heritage Hall, Parrish Health Village

931 N. Washington Ave. Titusville

Info: Call Janet Rooks at 321-268-6800.

Diabetes Support Group

When: Second Thursday each month

Time: 3:30–5 PM

Where: Heritage Hall, Parrish Health Village

931 N. Washington Ave. Titusville

Info: Call 321-268-6699.

MAK Gathering (Moms and Kidz) Support Group: Birth to 18 Months

With Lactation Consultant Rita Jordan

When: Mondays and Wednesdays

Time: 10–11:30 AM

Where: The Children's Center

5650 S. Washington Ave., Titusville

Info: Call 321-268-6682 or 321-264-0855.

Parkinson's Support Group of North Brevard

When: Third Thursday of each month

Time: 2–4 PM

Where: Heritage Hall, Parrish Health Village

931 N. Washington Ave. Titusville

Info: Call Janet Rooks at 321-268-6800.

Parrish Partners Cancer Support Group

When: Third Monday of each month

Time: 4–5:30 PM

Where: Heritage Hall, Parrish Health Village

931 N. Washington Ave. Titusville

Info: Call 321-268-6111, ext. 3544, or visit parrishhealthcare.com/events.

Pulmonary Hypertension Support Group

Sponsored by PMC

When: Second Tuesday of each month

Time: 3–5 PM

Where: Grace United Methodist

65 Needle Blvd., Merritt Island

Info: Call Janet Rooks at 321-268-6800.

Stroke-Heart Survivors Group

When: Third Tuesday of each month

Time: 2–4 PM

Where: Heritage Hall, Parrish Health Village West

931 N. Washington Ave. Titusville

Info: Call Janet Rooks at 321-268-6800.

HOSPICE OF ST. FRANCIS SUPPORT GROUPS

RSVP required

Grieving Through Artistic Expression

When: First and third Monday of each month

Time: 2–3:30 PM

Where: Merritt Square Mall

777 E. Merritt Island Causeway, Merritt Island

Info: Call 321-269-4240.

Fearless Café

Join us for a casual discussion about advanced directives, power of attorney, wills, living wills and all of the often scary conversations about death and dying.

When: First Wednesday of each month

Time: 10–11 AM

Where: Parrish Medical Center Heritage Hall,

921 N. Washington Ave., Titusville

Info: Call 321-268-6156.

New Beginnings Luncheon Social Support

When: Every fourth Friday of each month

Time: 11:30 AM–1:30 PM

Where: Charlie & Jakes, 6300 N. Wickham Road

Suite 137, Melbourne

Info: Call 321-269-4240. Visit

HospiceOfStFrancis.com for a complete listing.

NAMI Family Support Group

When: First Wednesday of each month

Time: 6–7:30 PM

Where: Palm Point Behavioral Health

2355 Truman Scarborough Way, Titusville

Info: Call 321-603-6550 or visit

SpaceCoast.NAMI.org for a complete listing.

News & Notes

Parrish Medical Group is pleased to welcome the following providers to the community

Uzma Malik, MD, FRCPC

Radiation Oncology
Board Certified in the US and Canada.

Dr. Malik completed her medical degree from The Aga Khan University in Karachi, Pakistan and internship at the university's hospital. She specialized in radiation oncology completing her residency at the University of Western Ontario, Victoria Hospital, London, Ontario, Canada.



Khalid George, MD

Gastroenterology
Board Certified

Dr. George completed his undergraduate studies at the University of Toronto before moving to St. George's University in Grenada, West Indies for medical school. He completed his residency at Henry Ford Hospital/Wayne State University in Detroit, MI and fellowship at Providence-Providence Park Hospital/Michigan State University.



For more information, visit our provider directory at parrishhealthcare.com/directory.



Martin Luther King Parade

It was such a beautiful day to celebrate the life and achievements of Martin Luther King Jr., an influential American civil rights leader. Dr. King was courageous and compassionate in the face of adversity and was well known for his gentle, but firm battle to achieve full equality in America. Parrish Healthcare marched in solidarity with our community as we reflected on Dr. King's dream and how we can honor it by staying true to our noble mission and vision.

"There is no sound more powerful than the marching feet of a determined people."
Martin Luther King Jr.



Parrish Healthcare first in Brevard to offer latest in CPR simulation training

Parrish Medical Center strengthens its commitment to Zero Harm for our patients and care partners announcing a new partnership with the American Heart Association and Laerdal Medical® to save more lives following a cardiac arrest with a new CPR simulation training program called Resuscitation Quality Improvement or RQI.

Parrish Medical Center is proud to be among the first in Central Florida and the first in Brevard County to offer the gold standard in CPR simulation training with RQI®. RQI is a performance improvement program that delivers quarterly training to support mastery of high-quality CPR skills. With RQI we are able to offer care partners opportunities to practice and sharpen their CPR skills more often.

"The more we as health care providers can practice these life-saving skills, the more competent and confident we become when a matter of seconds can save a person's life following cardiac arrest," said PMC Emergency Department Medical Director Dr. Greg Cuculino.

According to the American Heart Association, 475,000 people die from cardiac arrest in the United States. As recognized patient safety leaders, Parrish Healthcare envisions a world where no one dies from cardiac arrest. The implementation of the RQI simulation CPR training program is an important step toward achieving that goal.

Parrish Medical Center care partners have the skills, technology and competence they need to deliver the highest quality care to their patients—blending the art of healing with the science of advanced cardiovascular medicine.

To learn more visit parrishhealthcare.com.



Parrish Medical Center Auxiliary

Parrish Medical Center volunteers have logged more than 2.6 million hours to help, share and give back to our community since 1959. We invite you to join these dedicated and compassionate individuals devoting time and talent to working with patients, their families and hospital care partners.

For volunteer opportunities visit parrishhealthcare.com/volunteer or call 321-268-6333, ext. 7182.