Early Detection of Breast Cancer Saves Lives

About 1 in 8 women born today in the United States will get breast cancer at some point, according to the National Cancer Institute. The good news is that most women can survive breast cancer if it is found and treated early.

Screening and early diagnosis are the keys to beating the disease, says Larry Antonucci, M.D., MBA, Lee Health President & CEO. Before joining Lee Health, Dr. Antonucci practiced obstetrics and gynecology for 24 years in Fort Myers.

“All women should speak with their health care provider to ensure appropriate timing of mammograms, especially those women with a family history of breast cancer,” Dr. Antonucci says. “If breast cancer is detected, local women (and men) can receive support and assistance navigating the health system through Lee Health’s breast cancer nurse navigators.”

The Regional Cancer Center’s breast cancer navigators are oncology certified nurses who work with patients, families and physicians to help the cancer patient “navigate” the health care system from diagnosis through treatment.

Dr. Antonucci says the comprehensive assessments patients receive through the Multidisciplinary Breast Clinic at the Regional Cancer Center can help them to make informed decisions about their treatment.

Rehabilitation Boosts Vitality and Stamina for Breast Cancer Patients

Mobility, strength, and endurance. These are vital to patients trying to recover from a breast cancer diagnosis.

But they aren’t always easy to maintain in a stressful, emotionally draining time.

Breast cancer rehabilitation at Lee Health can help. Breast cancer is the most diagnosed cancer in women, according to the National Breast Cancer Foundation. It also has the highest survival rate. Patients who undergo treatment such as chemotherapy and radiation can manage common side effects and grow stronger with physical rehabilitation.

“The benefits of breast cancer rehabilitation are multi-faceted,” says Denise Pfeiffer, an oncology rehabilitation navigator with Lee Health. “Rehabilitation addresses issues such as decreased range of motion, pain, sensory changes, fatigue, and scar adhesions.”

Breast cancer rehabilitation is similar to other forms of rehabilitation patients might receive after suffering a serious illness or an injury. Physical and occupational therapists guide patients through a series of therapeutic exercises for flexibility and stamina.

Denise helps patients access the services they need before and after treatment. The goal is to minimize side effects, decrease the chances of readmission, and help patients return to normal lives.

Breast Health & Women’s Cancer Awareness Event

10 a.m.-1 p.m., Oct. 30
12:30 p.m., Annual Blessing of the “pink” ducks at reflecting pond
Regional Cancer Center, first-floor lobby
8931 Colonial Center Drive
Fort Myers

Support women’s health through education, Aromatherapy, refreshments, and support service resources will be available.

Also, Cookie’s Place Boutique will be open for fittings. This special boutique is dedicated to men and women diagnosed with cancer, undergoing treatment, or caring for a loved one diagnosed with cancer. Call 239-343-9503 to make an appointment.
Age Play
A ‘Hands-on’ Approach to Relating Better with Others

Age Play kits simulate physical challenges to educate people about the aging process.

As we age, we may find ourselves confronted by physical challenges such as vision problems associated with glaucoma and cataracts, hearing and hand-eye coordination troubles, and memory loss. These challenges become limitations when they affect a person’s quality of life.

Limitations can also raise barriers. Some people may fail to understand the age-related challenges older generations face every day. Even interactions at work can pose difficulty when employees inadvertently overlook an older person’s physical challenges.

Age Play, a program developed through Lee Health, helps employees learn more about the challenges seniors face.

“An Age Play kit allows others to feel what an aging person is feeling,” says Beth Vissman, a Medicare educator with Florida Blue and Guidewell Connect.

Educators and organizations can purchase a kit through Lee Health, and then present them to employees, organizations, and other groups.

“Whether it’s a child caring for their declining parent or an employee who works in a nursing home, Age Play helps us to relate to and understand the changes associated with aging,” Beth said.

The kits simulate physical challenges such as impaired vision, hearing loss, and lack of coordination.

Presenters discuss with participants how to boost their communication skills, improve interactions, and increase empathy.

“Our hands-on Aging Sensitivity Training Program will help your staff be more empathetic, understanding, and patient,” says Dena Kilgus, health services coordinator with Lee Health Share Club. “The ‘human touch’ makes such a difference and can significantly improve your customers’ opinions of your business, which affects referrals and ultimately your bottom line success.”

Dena, who coordinates the assembly of Age Play kits and helps train the program’s presenters, says studies show that in many hospitals patients equate the quality of nursing care with how nicely the nurses treated them. “A kind word goes a long way,” she says.

The kits, which are bought through Lee Health, consist of:
- 5 different pairs of simulation glasses
- 1 pair of simulation gloves
- 1 prescription bottle with simulated pills inside
- 1 numbered game card and marker
- 1 daily pill box.

For more information, call Age Play at 239-424-3298.

Achieving Optimal Health Through Functional Nutrition

The destructive effects of an unhealthy lifestyle can take several years to develop into harmful conditions and diseases. We can, however, unwind the causes of our symptoms and heal our bodies from the inside out.

Providing your body with proper nutrition can improve your general well-being and reduce disease, says Julie Hill, RD, IFMCP, a registered dietitian and certified functional medicine practitioner with Lee Health Solutions.

“Our bodies are capable of healing from within if we provide the correct environment, lifestyle, and nutrients,” Julie says. She’s describing an emerging specialty within the field of nutrition called functional nutrition or functional medicine—the terms are often used interchangeably.

Functional nutrition focuses on improving health through specific and targeted nutrition, based on a person’s health conditions, symptoms, blood work, and lifestyle.

“Food is information for our cells,” Julie says. “When patients come to us to improve their health through functional nutrition, we work with them to uncover events or triggers that may have led to dysfunction within their body. Based on those findings, we can develop a comprehensive plan with specific nutrients that may change to help the body regain strength and health.”

Patients can achieve optimal health by correcting imbalances in the body and restoring function through food, lifestyle, and supplement interventions.

In the United States, we spend 86 percent of our health care dollars on treating chronic health conditions. Functional nutrition uses the latest medical research to develop personalized care for each patient, based on his or her unique environment, lifestyle, and genes.

Julie says it may take a few months or years to unwind the causes of a person’s symptoms, but she and her team always remain focused and energized.

“We work with our clients continuously until they are at their best,” she says.

What is an IFM Certified Practitioner?

Julie is trained in functional medicine to identify and correct the root causes of chronic disease. Last May, she joined an elite group of 800 clinicians certified through The Institute for Functional Medicine’s (IFM) Certification Program.” To achieve the designation of IFM certified practitioner, Julie completed seven training seminars and passed written and case study evaluations.

Functional Medicine empowers patients and practitioners to achieve the highest expression of health by addressing the underlying causes of disease. The primary drivers of the chronic disease epidemic are the daily interactions among an individual’s genetics, environment, and lifestyle choices.

Julie Hill, RD, LDN, IFMCP
Certified Functional Medicine Practitioner
Registered Dietitian
Lee Health Solutions
239-424-3120
Lab Services

Lee Health offers several locations where patients can have blood and other specimens collected, making a laboratory visit more convenient. Our outpatient labs also serve as a drop-off location for patient-collected specimens.

For customer service or more information about Lee Lab Services, call 239-424-3177.

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<tr>
<th>Location</th>
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<tr>
<td>Bonita Springs</td>
<td>Bonita Community Health Center</td>
<td>M-F, 7 a.m. – 4 p.m.</td>
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<td>Cape Coral</td>
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<td>Golisano Children’s Hospital of Southwest</td>
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<td>Outpatient Center at Plantation</td>
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Niki Becerra, director of outpatient lab services, served seven years in the U.S. Air Force.

“I came as an immigrant to our country,” Niki says about her family’s move from Colombia, South America when she was 6. “I was able to go to school and establish a professional career in this country, for which I’m grateful. I’ve always felt joining the armed forces was a way of giving back.”

In 1995, Niki’s parents relocated the family to Fort Myers for the same reason most people do—the weather. Now, Niki is a parent herself; she and Diego, her husband, are the parents of 6-year-old Lucas and 3-year-old Lucia.

Niki earned her Bachelor of Science in clinical laboratory science at Miami University, in Oxford, Ohio. In 2002, she completed her internship at the University of Cincinnati, where she worked as a medical technologist at the Cincinnati VA Medical Center. “That’s where I got the desire to join the armed forces, so I could help our veterans,” she says.

From 2004-2010, Niki served as a biomedical laboratory officer with the U.S. Air Force and analyzed samples for covert bioterrorism events as part of the biological warfare team. She was stationed at Balad Air Force Base, 40 miles north of Baghdad.

While overseas, Niki’s expertise in clinical laboratory science played an essential part in determining the diagnosis and treatment of injuries and disease. Precise and accurate lab data is critical in helping physicians accurately treat their patients, she says. Her duties included keeping the troops healthy and ready to deploy.

“My military experience brought everything home for me as a clinical laboratory technologist,” Niki says. “I saw how the work we do every day makes a difference in someone’s quality of life.”

After returning to civilian life, she worked as a laboratory supervisor on Florida’s east coast before returning to Southwest Florida. In 2013, she joined Lee Health as director of Lee Health Outpatient Laboratory Services.

“My military experience brought everything home for me as a clinical laboratory technologist,” Niki says. “I saw how the work we do every day makes a difference in someone’s quality of life.”

She adds that her department takes patient feedback to heart. “Because we’re always seeking to improve, we take patient concerns seriously. Feedback helps us better serve our community. It’s so important.”
Many recent advances in the diagnoses and treatment of breast cancer require close collaboration between cancer specialists with different areas of expertise. The clinic brings these specialists together to meet with and evaluate each patient and to develop an individualized plan of care.

“The leading-edge and compassionate care extends to treatment, following the National Comprehensive Cancer Network (NCCN) guidelines,” Dr. Antonucci says. “Local women (and men) have everything they need for screening, diagnosis, and fighting breast cancer right here, close to home, at the Regional Cancer Center.”

Patients can be referred by their physician or they can contact a breast cancer navigator for a self-referral.

For more information about the Regional Cancer Center Multidisciplinary Breast Clinic, the breast cancer nurse navigators, or to schedule an appointment, call 239-343-9546.

Follow Dr. Antonucci on Twitter!

Our President and CEO, Dr. Larry Antonucci, is now on Twitter! Search and follow @DrAntonucci to learn more about Lee Health’s mission, vision, and values including health tips, events, news, and our latest initiatives.

Contenido completo de la página 1 (Cubierta de la Historia)

“Rehabilitation during and after breast cancer treatment depends on the specific impairments that the patient presents,” Denise says. “We focus on getting patients back to their previous level of activity and function.”

Breast cancer rehabilitation consists of various treatments:

- **Therapeutic exercise/mobility**: This includes exercises, resistance and aerobic training, stretching for flexibility, gait training, coordination and balance training, activity modification, and assistive devices.

- **Postural strengthening**: Treatment in the chest area often affects posture, but exercises for strength and flexibility help bolster muscles in the back and torso.

- **Manual therapy**: Hands-on skilled treatment to the muscles, joints, and tissues decreases pain, scar restrictions, and swelling to improve motion and flexibility.

- **Lymphedema treatment**: Lymphedema is a protein-rich fluid known as lymphatic fluid that can accumulate in the armpit, chest wall, breast, or arms as a result of certain breast cancer surgeries, treatments, and risk factors. It usually presents as swelling accompanied by reported heaviness, tightness, aching or discomfort. Lymphedema specialists can help manage this condition.

- **Home program**: Therapists provide instruction in a home-based exercise program to help patients remain active after treatment and establish lifelong wellness.

- **ADL training**: Exercises and activities to improve daily activities such as dressing, grooming, and bathing, learning activity modification, energy conservation and how to return to previous work tasks.

- **Cognitive training**: Evaluation and treatment of cognitive function, memory and recall, concentration, multi-tasking, word finding, and executive functioning.

Denise stresses that breast cancer rehabilitation helps improve physical function, but it also helps patients in other ways. “It gives patients the ability to have some control in improving their quality of life,” she says.

For more information, call 239-343-9595.

Denise Pfeiffer, MSPT  
Physical Therapist/Cancer Rehabilitation Navigator  
Regional Cancer Center  
8925 Colonial Center Drive  
Fort Myers, FL 33905

Sharon MacDonald Breast Health Fund

Your donation helps save lives by ensuring the best medical care possible for patients. Donate today to the Sharon MacDonald Breast Health Fund or the Regional Cancer Center by calling the Lee Health Foundation at 239-214-0898 or go to LeeHealthFoundation.org/RegionalCancerCenter

October Breast Cancer Awareness Month

Lee Health Physician of the Month

Congratulations to Our Physician of the Month!  
Dean D. Lin, M.D.  
Neurosurgery  
Lee Physician Group  
2780 Cleveland Ave. Suite 819  
Fort Myers, FL 33901  
239-343-3800

The Staff and Administration of Lee Health are pleased to announce Dean Lin, M.D., as Physician of the Month.

Employees, volunteers, and other physicians on staff choose the physician based on criteria such as consistent quality, attitude, professionalism, compassion, and going “above and beyond” what is reasonably expected.

This month we salute Dr. Lin for exemplifying the qualities of an excellent physician, and we are privileged to have had Dr. Lin as a respected member of our medical staff since June 2007.
Halloween Shopping Helps Make Hospitals Less Scary for Young Patients

When you treat your pocketbook to a 10 percent discount at a Spirit Halloween store, you’ll also raise funds to support child services at Golisano Children’s Hospital of Southwest Florida.

The magic involves Spirit Halloween, a national retailer of Halloween merchandise, its Spirit of Children program, and you. Shoppers can visit any Spirit Halloween location and get 10 percent off their entire purchase. Spirit of Children will then donate an extra 10 percent to Golisano Children’s Hospital.

Since 2007, Spirit Halloween has donated more than $147,000 to Golisano Children’s Hospital. Nationally, the program has raised $37 million for child life programs across the United States through its Spirit of Children program.

“We’re excited Spirit Halloween is again stepping forward to help Golisano Children’s Hospital provide young patients with important services through our Child Life Services,” says Skip Leonard, Chief Foundation Officer, Lee Health Foundation. “This is a wonderful way for people to support Southwest Florida’s only children’s hospital while at the same time saving money on costumes and other Halloween merchandise.”

Because child life services are not reimbursed by insurance, Spirit Halloween enables child life specialists to work with doctors, nurses, and social workers to help children understand why they are in the hospital while also making it a less frightening environment.

Participating Spirit Halloween store locations include:

- Spirit Halloween – The Forum (Home Depot Center)
  9350 Dynasty Dr.
  Fort Myers, FL 33905

- Spirit Halloween – Cape Coral
  (Near Target)
  1800 NE Pine Island Rd.
  Cape Coral, FL 33909

- Spirit Halloween – Bonita Springs
  (Between Hallmark and Rural King)
  26831 S. Tamiami Trail
  Bonita Springs, FL 34134

- Spirit Halloween – Naples (Former Toys R Us)
  5305 Airport Pulling Rd.
  Naples, FL 34109

- Spirit Halloween – Charlotte Square
  (Next to Walmart)
  2550 Tamiami Trail
  Port Charlotte, FL 33948

Healthy Halloween Snacks

Halloween is upon us, and that means plenty of opportunities for candy and other sugary snacks. But it’s never too early to instill healthy habits in your young ones. There are plenty of healthier snack options available that are just as tasty as the real thing.

Many experts recommend handing out other kinds of items for trick-or-treaters including:
- small toys
- bouncy balls
- organic juice boxes that have smaller amounts of sugar

And don’t leave out the adults, either! Gathering for a big Halloween party? Heather Wayco, director of clinical nutrition for Lee Health, recommends these three concoctions that will satisfy your guests’ sweet tooth:

**Healthy Trail Mix:**

- Black and orange M&Ms
- Skinny Pop popcorn
- Roasted almonds
- Pretzels
- Whole-grain cereal

**Directions:**
You can put the trail mix in baggies for take-home treats.

**Healthier S’mores:**

- Plain graham crackers
- Any nut butter
- Jumbo marshmallows
- Chocolate bar

**Directions:**
Roast your marshmallows over a camp fire or a candle, or soften in an oven or microwave. Put nut butter on your graham cracker, place chocolate square on cracker, add roasted marshmallow, and top with the other graham cracker.

**Caramel Apples:**

- Apple
- Low-fat or light caramel dip

**Directions:**
These favorites feature a healthy apple, obviously, but go for low-fat or light caramel dip.

**Healthy Halloween Snacks**

- Spirit Halloween has donated more than $147,000 to Golisano Children’s Hospital.

**Have a Safe Halloween from**

**LEE HEALTH**
Lee Health Calendar Call to register or for more information.

Healthy Life Center Fort Myers (City Center) 3114 Cleveland Ave. Fort Myers, FL 33901 Call 239-424-3250 for reservations.

Living with Lymphedema 1:30–2:30 p.m., Oct. 10 For those living with lymphedema, everyday life can present both challenges and dangers. Learning how to avoid injury is vitally important but with just a few precautions, you can learn to protect your affected limb.

Advance Directives 1:30–2:30 p.m., Oct. 21 Advance directives are legal documents that allow you to spell out your decisions about end-of-life care ahead of time.

Understanding Blood Pressure & New 2018 Guidelines 1:30–2:30 p.m., Oct. 30 The definition for what is considered high blood pressure has been tightened. Here's what you need to know.

Nutritional Management for High Cholesterol 1:30–2:30 p.m., Nov. 13 A heart-healthy diet emphasizes fruits, vegetables, whole grains, poultry, fish and nuts, while curbing sugary foods and beverages. A diet high in fiber can help lower cholesterol levels by as much as 10 percent.

Living with COPD: Symptoms, Diagnosis, and Management 1:30–2:30 p.m., Nov. 29 Chronic obstructive pulmonary disease (COPD) is treatable. With proper management, most people with COPD can achieve good symptom control and quality of life, as well as reduced risk of other associated conditions.

Yoga Holiday Stress Away 1:30–2:30 p.m., Dec. 4 Learn tools to help manage and reduce holiday stress with yoga.

Events & Screenings

Family 5K Walk and Run for Prevention 6–8 p.m., Oct. 6 Centennial Park 2000 W. First Street, Fort Myers This event is appropriate for all ages and abilities. Team registrations available. Supports Drug House Odyssey and Prevention in Lee County. Registration ends Oct. 4 at midnight. To register, go to runsignup.com. $25 race fee. $1.25 sign-up fee.

Autism Spectrum Disorder Screening 9:30 a.m.–2 p.m., Oct. 19 New Life Assembly 5146 Leon Blvd., South Lehigh Acres, FL 33973

Young Driver Program 5:30–8:30 p.m., Oct. 23 Lee Memorial Hospital Auditorium Free for new drivers age 15-19. This is a supplement to drivers’ education, not a replacement. Contact Syndy at 239-343-3977 to register.

Healthy Living Series by Dr. Sal 10:30–11:30 a.m., Oct. 29 “The Lifestyle Medicine Consultation” Salvador Lacagnina, D.O. system medical director of wellness for Lee Health, Healthy Life Center - Coconut Point Mall 239-424-3210

Cancer

Note: The Regional Cancer Center is located at 8925 Colonial Center Drive in Fort Myers, FL 33905.

Abdominal Surgery Pre-Operative Education Class 9:30–11 a.m., Thursdays Regional Cancer Center – Building B Fourth-floor conference room A class for the surgical oncology patient. Learn how to prepare for abdominal surgery, what to expect after surgery, and what you can do to reduce post-surgical risks. Contact Bobbi Marino at 239-343-9502 or Bobbi.Marino@LeeHealth.org.

Bladder Cancer Support Group 3–5 p.m., first Wednesday of every month Regional Cancer Center Fourth-floor conference room Contact Karen Godfrey at 239-992-4809 or kgod@comcast.net

Blood Cancer Support Group Times and dates vary Registration is required. Contact Seth Berkowitz at 800-955-4572 or Seth.Berkowitz@LLS.org.

Brain Tumor Support Group 6:30–7:45 p.m., third Thursday of each month Lee Memorial Hospital 2776 Cleveland Ave, Fort Myers, FL 33901 Volunteer Conference Room Contact Veera Sharma, RN at 239-343-9510 or Veera.Sharma@LeeHealth.org.

Breast Cancer Support Group 3:30–5 p.m., first Monday of the month Regional Cancer Center – Building B Fourth-floor conference room The Breast Cancer Support Group is facilitated by Patricia Tirone, LCSW. Contact Patricia Tirone at 239-343-9549 or Patricia.Tirone@LeeHealth.org.

Cancer Caregiver Support Group 10:30–11:30 a.m., second Thursday of each month Regional Cancer Center Suite 1001 conference room This is a support group only for caregivers who need to share feelings, coping strategies, concerns, and hope. Contact Monica Dunkley at monicafrommmami@centurylink.net

Colonrectal Cancer Support Group 5:30–7:00 p.m., first Thursday of each month Regional Cancer Center - Building A Suite 1001 conference room Contact Larry Mickley 239-454-3308 or mickty1@aol.com or oncology navigator at 239-343-9500.

Gastro-Esophageal Cancer Support Group 4–5 p.m., Second Tuesday of the month Regional Cancer Center – Building B Fourth-floor conference room Contact Bobbi Marino at 239-343-9502 or Bobbi.Marino@LeeHealth.org.

GYN Cancer Support Group 3–4 p.m., Fourth Wednesday of each month Regional Cancer Center – Building B Fourth-floor conference room Contact Patricia Tirone, LCSW, at 239-343-9549 or Patricia.Tirone@LeeHealth.org.

Know Your Nutrition Now 6-7 p.m., third Tuesday of the month Hope Hospice 9470 HealthPark Circle Fort Myers Contact Daniel Neider at 239-246-7812 or at daniel@lifescans.net or Lisa Maupin at 239-940-9087.

Oral, Head and Neck Cancer Support Group 3-4 p.m., fourth Tuesday of each month Gulf Coast Medical Center Medical Office Bldg., 13685 Doctor’s Way, Suite 250 Fort Myers Call Continuity at 239-343-1645.

Pancreatic & Biliary Cancer Support Group 4–5 p.m., third Thursday of the month Regional Cancer Center – Building B Fourth-floor conference room Contact Bobbi Marino at 239-343-9502 or Bobbi.Marino@LeeHealth.org.

Thyroid Cancer Support Group 10:30 a.m.–Noon, Third Saturday of each month Lakes Regional Library 16250 Bass Road Fort Myers Contact Sally Fontaine at 239-500-0797 or tanfeather@comcast.net.

Positive Weight Loss 1:30–2:30 p.m., every Wednesday Regional Cancer Center – Building B Fourth-floor conference room Contact David Fournier at 239-343-9502 or David.Fournier@LeeHealth.org.

Preventing Overweight and Obesity 1:30–2:30 p.m., every Wednesday Regional Cancer Center – Building B Fourth-floor conference room Contact David Fournier at 239-343-9502 or David.Fournier@LeeHealth.org.

Regular Blood Pressure Monitor 12:30–1:30 p.m., every Wednesday Regional Cancer Center – Building B Fourth-floor conference room Contact David Fournier at 239-343-9502 or David.Fournier@LeeHealth.org.

High Cholesterol 12:30–1:30 p.m., every Wednesday Regional Cancer Center – Building B Fourth-floor conference room Contact David Fournier at 239-343-9502 or David.Fournier@LeeHealth.org.

Understanding Blood Pressure - New Guidelines 12:30–1:30 p.m., every Wednesday Regional Cancer Center – Building B Fourth-floor conference room Contact David Fournier at 239-343-9502 or David.Fournier@LeeHealth.org.

Yoga 10-11 a.m., Wednesdays and Fridays Regional Cancer Center – Building B Fourth-floor conference room Registration is required. Bring your towel/blanket. $5 per class for cancer patients and cancer survivors. $10 per class for public. Fee due at registration (credit card only). Call 239-343-9503 to register.
Diabetes

Diabetes Self-Management Classes

You must register to attend classes and also have a physician referral.

Morning and evening classes are available at Cape Coral Hospital, HealthPark Medical Center, and the Outpatient Center at the Sanctuary. Diabetes education is a covered benefit for Medicare and most commercial insurances.

For more information, call 239-424-3127.

Pregnancy and Diabetes Program

Weekly classes are available.

An educational program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish.

Call 239-424-3277 to register.

Diabetes Prevention Program

This is a year-long program.

This Centers for Disease Control and Prevention program helps those with pre-diabetes prevent or delay the onset of type 2 diabetes.

Call 239-424-3127.

Wellness

Weight Management

Weekly counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center, and Lee Memorial Hospital.

Individualized weight loss counseling with a registered dietitian. This program is available for adult and pediatric patients.

Call 239-424-3120.

Nutrition Counseling

Weekly counseling sessions available for adults and children.

Individualized nutrition counseling with a registered dietitian for a variety of health conditions.

Call 239-424-3120.

Weight Management Exercise Program

Individualized weight and healthy lifestyle program that includes three lifestyle coaching sessions, pre- and post-body age assessment, and four personal training sessions.

Call Sarah Mitchell at 239-424-3321.

Tai Chi for Balance (Free)

2:30-3:30 p.m., Mondays

Brookdale Senior Living

28650 S. Bay Drive

Bonita Springs

Certified nutritional therapist, Suzanne Jeffries, MS Ed, presents. Call 239-948-2600 to register.

Ortho/Neuro/Spine

Preoperative Joint Replacement Class

Tuesdays at Cape Coral Hospital

Wednesday at Lee Memorial Hospital

Fridays at Gulf Coast Medical Center

Everything you need to know to feel comfortable before joint replacement surgery.

Call 239-424-1499.

Aquatic Art

1-2 p.m., Mondays and Wednesdays

Healthy Life Center - Cape Coral

Post exercises for people with Parkinson’s disease.

Call 239-424-3220.

Aphasia Group

9:30-10:30 a.m., Tuesdays

Cape Coral Hospital Meeting Room A (located at Day Surgery entrance)

For those who have difficulty talking due to stroke.

Call Nancy Gizi at 239-424-3572.

Preop Spine Class

7:30 a.m., every other Tuesday

Outpatient Rehabilitation at City Center

This free class for individuals scheduled for spine surgery. Receive tips from a physical therapist to ensure a speedy recovery.

Call 239-343-4961.

Pregnancy/Parenting

Pregnancy & Diabetes Program – Available in English & Spanish

Weekly classes available.

Location: Please call for more information.

Education program for expectant mothers with diabetes or gestational diabetes.

Call 239-424-3277.

Childbirth Preparation Traditional Course

9 a.m.-1 p.m., Saturdays throughout the year

HealthPark Medical Center

This includes four hours of classroom instruction taught by nurses who are certified by the International Childbirth Education Association (ICEA). $60 per couple.

Call 239-343-5271 or visit LeeHealth.org/BirthEd.

Childbirth Preparation e-Learning Course Online

This e-learning course includes access to an online program and a hospital tour. A sample of the online program at LeeHealth.org/BirthEd. $60 per couple.

Call 239-343-5271.

Baby Care & Car Seat Safety

Classes take place throughout the year.

Times and dates vary.

This one-time class helps expectant parents become more comfortable and confident in their parenting role. This class also teaches parents how to properly use and install child restraints.

$20 per couple. $5 per additional person in attendance.

Call 239-343-5051 or email Lorena.Rodriguez@LeeHealth.org.

Breastfeeding

Classes take place throughout the year.

HealthPark Medical Center and Gulf Coast Medical Center

Plan to give your baby the best possible start. All classes are taught by board-certified lactation consultants.

$20 per couple.

Call 239-343-5271 or visit LeeHealth.org/BirthEd.

Breastfeeding Club

10-11 a.m., Mondays

Cape Coral Hospital

10-11 a.m., Tuesdays

Gulf Coast Medical Center

10-11 a.m., Wednesdays

HealthPark Medical Center (Se habla español)

Board-certified lactation consultants will facilitate.

Bring your babies—siblings are welcome! Family members and caregivers are welcome.

Call 239-343-2561.

Positive Parent Support Group

6:30-7:30 p.m., third Thursday of every month

Greater Naples YMCA

S4500 YMCA Road Naples

Provided by Golisano Children’s Hospital of Southwest Florida in collaboration with the Greater Naples YMCA.

Call 239-597-3148.

Partners in Parenting

Classes meet once a week for 2½ hours—day and evening locations available in Fort Myers and Cape Coral.

Parents learn how to focus on their strengths and set appropriate expectations for their children.

Free classes with free child care available for infants and toddlers.

Call 239-939-2808.

Support Groups/Classes

Vestibular Support Groups

Groups meet quarterly in various locations throughout Lee County.

Call 424-5765 to register.

Pulmonary Fibrosis Support Group

1-3 p.m., second Wednesday of each month

Lee Memorial Hospital, MOC, Suite 705

Call Lynne Puglise at 941-875-5732.

It’s All About You, Chronic Disease Self-Management Program

Time and Date: Varies

This free 6-week workshop teaches people with chronic health conditions how to better manage their health and the symptoms that accompany chronic illnesses.

For more information, call 239-343-9264.

Chronic Pain Self-Management Program

Time and Date: Varies

This free 6-week program teaches you the tools necessary to self-manage your chronic pain. During the workshop, you will learn about foods that help with pain, importance of physical activity, mindfulness, pacing and planning, and much more.

For more information, call 239-343-9264.

Huffers and Puffers

1-3 p.m., third Friday of each month

Lee Memorial Hospital/MOC Bldg. Suite 705

A support group for people suffering from chronic bronchitis, emphysema, bronchiectasis, and other lung conditions.

For more information, call 239-343-3520.

Organ Transplant Recipients of Southwest Florida

11:30 a.m.-1:30 p.m., first Thursday of each month

The Outpatient Center at the Sanctuary - second-floor meeting room

Support group members represent all forms of organ transplants, such as heart, lungs, kidneys, liver, pancreas, corneas— as well as caregivers, those awaiting transplants, donor families, and anyone interested in transplantation.

A light lunch is provided. Visit organsupport.org or call 239-247-3073.

Trauma Survivor Support Group

6-7:30 p.m., second Tuesday of each month

Lee Memorial Hospital

The Trauma Center at Lee Health offers this free support group for those who have experienced traumatic injuries and those who are living with brain injury, spinal cord injury, amputation, and other life-changing injuries.

Cardiac Connection

10 a.m.-Noon, Third Friday of the month

Healthy Life Center - Cape Coral

600 SE 13th Court, Cape Coral

1-3 p.m., Third Monday of the month

Healthy Life Center - Fort Myers

3141 Cleveland Ave., Fort Myers

Cardiac Connection is a support group designed for current and past patients of a cardiac rehabilitation program or anyone with cardiovascular disease risk factors. This forum provides participants with the opportunity to connect with others and discover ways to adopt and maintain heart healthy lifestyle changes.

To reserve, call 239-495-4475.

Memory Care Support Group

4:30-6 p.m., second Tuesday and last Thursday of every month

12600 Creekside Lane, Suite 7, Fort Myers

Support group and education for caregivers of those with dementia/Alzheimer’s disease.

Call Lynne Puglise at 941-875-5732.

Stroke Support Group

4:30-5:30 p.m., first Monday of each month

Fifth-floor classroom of Lee Memorial Hospital, Medical Office Center

2776 Cleveland Ave., Fort Myers

10:30-11:30 a.m., second and fourth Tuesday of every month

Cape Coral Hospital

For caregivers and stroke survivors.

Call 239-343-3403 for Lee Memorial Hospital or 239-424-2377 for Cape Coral Hospital.

Mended Hearts National Support Group

6:30 p.m., Oct.- Oct.

Sanibel/Captiva Room on the lobby floor of HealthPark Medical Center

Mended Hearts is a national support group for individuals and families with heart disease.

Cardiothoracic surgeon Mike DeFriso, M.D., will present.

Mended Hearts is a great source of support and discussions with former heart patients.

Call Joe Jansen at 239-461-0980 to make reservations or for more information.

Mended Hearts has several volunteer opportunities.

Call or email Joe Jansen at jfjansen@aol.com.

For more information, call 239-343-3403 for Lee Memorial Hospital or 239-424-2377 for Cape Coral Hospital.

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Healthy Life Center—Coconut Point

**EVERY MONDAY**

**SHINE Counseling**

9 a.m.-5 p.m.  Call 866-425-3377 to request an appointment

**EVERY TUESDAY**

**Babes and Babies Fitness Class**  
9-10 a.m.  RSVP  
$5 drop in fee

Free Blood Pressure Screenings  
9 a.m.-1 p.m.

**EVERY WEDNESDAY**

Yoga Class – all levels welcome, please bring a mat  
10-11 a.m.  Call 239-495-4475 to RSVP

**EVERY OTHER THURSDAY (10/4, 10/18)**

Fourth Trimmer Club  
12-1 p.m.  Moms and children under 1 year

**EVERY FRIDAY**

SWFL Produce Box Pickup  
4-5:30 p.m.  To place an order visit swflproduce.net

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**MONDAY, OCTOBER 1**

Dementia Caregiver College: 10 Warning Signs - When Should I Be Concerned?  
10-11 a.m.  RSVP

**WEDNESDAY, OCTOBER 3**

Whole Food Plant-Based Series: Ditching Sugar Cravings  
12-1 p.m.  Beyond Medication: Other Treatments  
Modality for Chronic Pain  
2-3 p.m.  RSVP

**FRIDAY, OCTOBER 5**

Skin Cancer Screenings  
9-10 a.m.  RSVP

**MONDAY, OCTOBER 8**

Understanding Breast Cancer Screening Guidelines: An Introduction to 3D Mammography  
10 a.m.-3 p.m.  Dr. Gail Santucci, radiologist

**WEDNESDAY, OCTOBER 10**

Aging Gracefully: Community Options to Keep You Active!  
11 a.m.-1 p.m.  RSVP

**THURSDAY, OCTOBER 11**

Introduction to iCloud  
9-10:30 a.m.  RSVP

**FRIDAY, OCTOBER 12**

Past Experience, New Perspective: A Guided Journey  
2-4 p.m.  Fee: $40  
Call 239-495-4475 to register

**SATURDAY, OCTOBER 13**

Family Yoga  
9-10 a.m.  RSVP

Ballroom Dancing  
1:30-2:15 p.m.  RSVP

**MONDAY, OCTOBER 15**

Mental Health Awareness: Understanding the Whole Picture  
10-11 a.m.  RSVP

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**THURSDAY, OCTOBER 25**

Women's Cardiac Symposium: Lifestyle Management  
8:30 a.m.-2 p.m.  RSVP  
Introduction to Permaculture  
3:30-5:30 p.m.  RSVP

Car Seat Safety Class  
5:30-6:30 p.m.  RSVP

**FRIDAY, OCTOBER 26**

Don't Get Caught Without the Right Shot: A Guide to Vaccines for Adults  
9-10 a.m.  RSVP

Revitalizing Breath Work  
2-4 p.m.  Fee: $40  
Call 239-495-4475 to register

**MONDAY, OCTOBER 29**

Healthy Living Series: The Lifestyle Medicine Consultation  
10:30-11:30 a.m.  RSVP  
Dr. Sal Lacagnina, internal medicine

Using the Lee Health App  
2-3 p.m.  RSVP

**TUESDAY, OCTOBER 30**

Tai Chi Lesson  
10-11 a.m.  RSVP

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Healthy Life Center—Coconut Point

23190 Fashion Drive, Suite 105, Estero, FL 33928

For reservations call 239-495-4475

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**EVERY MONDAY**

**SHINE Counseling**

10 a.m.-2 p.m.  SHARE Club office

**EVERY OTHER THURSDAY (10/11, 10/25)**

Fourth Trimmer Club  
10-11 a.m.  Waiting Room: Family Birth Place, Cape Coral Hospital  
Moms and children under 1 year

**EVERY FRIDAY**

SWFL Produce Box Pickup  
4-5:30 p.m.  To place an order visit swflproduce.net

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**TUESDAY, OCTOBER 2**

Teaching Garden at Healthy Life Center—Coconut Point  
9-10 a.m.  RSVP

**THURSDAY, OCTOBER 4**

Healthy Living Series: The Lifestyle Medicine Consultation  
10:30-11:30 a.m.  RSVP  
Dr. Salvatore LaGagnina, internal medicine

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**MONDAY, OCTOBER 8**

Guided Journey  
Past Experience, New Perspective: A Guided Journey  
3:30-5:30 p.m.  RSVP

**WEDNESDAY, OCTOBER 10**

Aging Gracefully: Community Options to Keep You Active!  
11 a.m.-1 p.m.  RSVP

**SATURDAY, OCTOBER 13**

Good Vibrations: A Sound Workshop  
1-2 p.m.  RSVP  
Dr. Nadia Kazim, ophthalmologist

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**TUESDAY, OCTOBER 23**

Cooking Demo: Soy - Friend or Foe?  
12 p.m.  RSVP

**WEDNESDAY, OCTOBER 24**

Dutch, Dine & Discover: Ginger Bistro  
11 a.m.-1 p.m.  RSVP  
4650 S. Cleveland Ave #8, Fort Myers

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**FRIDAY, OCTOBER 26**

Heels and Arches - Keep Them Pain Free  
99% of the Time  
9-10 a.m.  RSVP  
Dr. Khoo Nguyen, podiatrist

**TUESDAY, OCTOBER 30**

Eating Well Program: Meet & Greet  
6-7:30 p.m.  RSVP

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Healthy Life Center—Fort Myers

3114 Cleveland Ave.  
Fort Myers, FL 33901

For reservations call 239-424-3210

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**EVERY MONDAY & WEDNESDAY**

Run/Walk Club  
7 a.m.  RSVP  
Call 239-343-3540

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**FRIDAY, OCTOBER 12**

Diet, Nutrition, Physical Activity and Cancer: A Global Perspective  
10-11 a.m.  RSVP

**TUESDAY, OCTOBER 16**

Nutrition, Physical Activity and Cancer: A Global Perspective  
1-2 p.m.  RSVP

**MONDAY, OCTOBER 22**

Balance Screenings  
1-3 p.m.  RSVP

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**MONDAY, OCTOBER 29**

Quick Shots for Adults  
2-4 p.m.  Fee: $25  
Call 239-424-3210 for an appointment

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**TUESDAY, OCTOBER 30**

Understanding Blood Pressure and New 2018 Guidelines  
1:30-2:30 p.m.  RSVP

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For upcoming events, go to LeeHealth.org/HealthyLifeCenter.