Parkinson's disease is a chronic, progressive, neurodegenerative disease that is most commonly associated with tremors, but also can be marked by slowness and trouble walking and moving. Signs and symptoms vary from person to person, and some may go unnoticed in the early stages.

"During the early stages of Parkinson’s disease, there are a lot of non-motor symptoms that should be addressed," explains neurologist Wendy Bond, M.D. "Things like depression, mood swings, constipation, cognitive decline, and loss of smell and taste are clues that could point to Parkinson's disease. Additionally, about 50% of patients experience rapid eye movement (REM) sleep disorder, which causes the patient to act out their dreams without realizing it—often kicking and hitting in the night, which affects a partner or spouse."

Dr. Bond adds that patients and their caregivers and families may notice a tremor or rigidity on one side of the body, reduced arm swing or balance problems, and the patient's handwriting may become smaller as the disease progresses. Generally, patients see their primary care doctor and then obtain a referral to a neurologist for diagnosis and treatment.

"We review the patient's medical history, perform a physical exam and order an MRI," Dr. Bond says. "There isn’t a specific test to diagnose the disease, so we review all evidence and exclude other conditions, like stroke or head injuries."

Treatment includes medications to help control the symptoms. "Parkinson’s disease is caused by a loss of neurons in the brain that produce dopamine, so the medications we prescribe increase or substitute dopamine," Dr. Bond explains. "Another type of treatment is deep brain stimulation (DBS), in which a surgeon implants electrodes into specific parts of the brain. The electrodes are connected to a pacemaker-like battery in the chest that sends electrical pulses to the area of the brain responsible for the tremors. DBS is an option for people who do not respond to the medications.”

In addition to medications or DBS, Dr. Bond says exercise is very important because it increases muscle strength, balance and flexibility; and it helps ward off depression and anxiety.

"With Parkinson's disease, we really individualize the care because every patient is different," Dr. Bond says. "But, we do know that a holistic approach—including neurology, physical therapy, psychiatry, support groups, exercise classes, etc.—help improve quality of life for the patient and his or her caregiver."

Parkinson’s Disease Functional Screening Clinics

"The purpose of the clinics is to bridge the gap for patients," explains Nathalie Grondin, physical therapist and clinic coordinator. "We want to connect people to the therapies that can help improve their quality of life and supplement their disease management—in collaboration with their neurologist and other health care providers."

Nathalie says many people living with Parkinson’s disease may not realize that the issues they are having can be helped with increased activity. "The goal of our clinic is to provide education, support and opportunity to improve activities of daily living, walking, swallowing, balance and more."

The next clinic is scheduled for 9 a.m.-2 p.m., May 21 at Outpatient Rehabilitation at City Center 3114 Cleveland Avenue in Fort Myers. Call 239-343-4962 to register to attend.

Wendy Bond, M.D.
Neurology
Orthopedic Center of Florida
12670 Creekside Lane
Fort Myers, FL 33919
239-482-2663
Lee Memorial Health System Foundation News & Events

Guardian Retirement Championship Benefits Golisano Children’s Hospital

The Symetra Tour, Road to the LPGA, recently announced that the Guardian Retirement Championship at Sara Bay Country Club will return the week of April 18-24. First round play will begin on Friday, April 22 and the tournament will conclude on Sunday, April 24. The new charitable benefactor of the event is Golisano Children’s Hospital of Southwest Florida. All proceeds from the tournament will directly benefit the hospital.

The top 144 aspiring LPGA Tour stars will compete for a $110,000 tournament purse at the venerable Sara Bay Country Club in Sarasota with the winner earning $16,300. The Guardian Retirement Championship, which dates back to 2012, will have a new twist in 2016 – there will be a Monday Qualifier on April 18, open to female amateur golfers. The player with the lowest score will earn entry into the Guardian Retirement Championship, subject to LPGA and Symetra Tour regulations.

The Symetra Tour — Road to the LPGA is the official developmental tour of the LPGA and enters its 36th competitive season in 2016. With the support of its umbrella partner, Symetra, the Tour’s mission is to prepare the world’s best young women professional golfers for a successful career on the LPGA Tour.

The Guardian Life Insurance Company of America® (Guardian), one of the nation’s largest mutual life insurers is sponsoring the event for the fourth consecutive year. Learn more about Guardian by visiting www.guardianlife.com.

“Golisano Children’s Hospital of Southwest Florida appreciates this wonderful partnership opportunity,” said Skip Leonard, chief foundation officer for Lee Memorial Health System Foundation. “Event proceeds will be an investment in the health and well-being of future generations as we continue to provide young patients with lifesaving and life-changing medical care.”

For more information about the event, including a planned free junior clinic, e-mail Ryan.Ronka@lpga.com or visit www.symetratour.com or www.guardianretirementchampionship.com.

What’s your Why?

Each year, thousands of donors step forward to support Lee Memorial Health System.

The Shipley Cardiothoracic Center, under development on Lee Memorial Health System’s HealthPark Medical Center Campus, offers a revolutionary approach to surgical treatment of the heart and lung. Drawing upon Lee Memorial’s 100 years of exemplary patient care – including 40-plus years of cardiothoracic surgery excellence – the new Center will bring together in one location all the medical and research services vital to the health and well-being of cardiothoracic patients. Generous donor support, including that provided by Richard C. Shipley, will help the Center grow into a nationally and internationally recognized center of excellence.

What’s Your Why?

We welcome the opportunity to help you explore your very own “Why?” and how it can help thousands of patients right here in Southwest Florida.

To learn more, please call Lee Memorial Health System Foundation at 239.343.6053 or email Foundation@LeeMemorial.org.

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Guardian Retirement Championship Returns to Sarasota

The Shipley Cardiothoracic Center

Rendering of Shipley Cardiothoracic Center

Why?

For Richard C. Shipley, namesake and major benefactor of the Shipley Cardiothoracic Center at Lee Memorial Health System, it was simple...

“I think when you have an entity this strong, in this region, that we may need one day, it’s important to support it ... I found a great center of excellence within the hospital and so frankly it was a very easy decision.”

Richard C. Shipley
Shipley Foundation

Why?

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Head and Neck Cancer Causes Vary

Cancer comes in many forms, and can affect many parts of the body, including the head and neck. Oral, head and neck cancer most commonly refers to squamous cell carcinoma of the tongue, throat and voice box.

However, head/neck cancer also often refers to other types of cancer that arise in the nasal cavity, sinuses, lips, mouth, thyroid glands, salivary glands, throat or voice box.

“Worldwide, more than 50,000 new cases of oral, head and neck cancer are diagnosed each year,” says Stacey Brill, speech pathologist for Lee Memorial Health System.

Tobacco and alcohol use are the leading causes of mouth and voice box cancer. HPV or human papillomavirus is responsible for the rise of cancers in the tonsils and base of tongue in younger non-smokers and is related to oral sex. It is estimated that 3.2 billion dollars are spent in the U.S. annually to treat head/neck cancer.

“In the U.S., a new head/neck cancer case is diagnosed every 10 minutes and a person dies from this disease every 45 minutes,” Stacey says. “It is the 6th most common cancer in the world. Men are affected twice as often as women with oral cancer. It is estimated that by the year 2020 head/neck cancers related to HPV will outnumber cervical cancers.”

Signs and symptoms can include:

- Red or white patches in the mouth
- Sore throat lasting 2 or more weeks
- Change in voice
- Difficulty swallowing
- Ear pain/pressure
- Sore in the mouth that doesn’t heal
- Constant nose bleeds
- Lump in the neck

“If you experience any of these signs or symptoms, seek medical attention from an ear, nose and throat physician,” Stacey says. “The sooner a patient with this cancer seeks treatment, the more successful the outcome. Early detection is the key to successful treatment.”

Free oral, head and neck cancer screenings
9 a.m.-noon, April 16
Ear, Nose and Throat Specialists of Florida
39 Barkley Circle, Fort Myers, FL 33907
239-936-3756
Appointments are appreciated and walk-ins welcome.

Heart Disease More Prevalent in Minority Populations

Heart disease is the leading cause of death in the United States. While the condition affects men and women, and all races and ethnicities, there are disproportionate increased rates of heart disease in minority populations. Cardiologist Karla Quevedo, M.D., explains health care disparities, which are defined as racial or ethnic differences in health care that are not due to access-related factors, clinical needs, patient preferences or the appropriateness of an intervention.

The National Institutes of Health identified three main contributors to health disparities, including a lack of:

- Minority health research
- Participation in clinical trials
- Cultural competence

“When it comes to health disparities and heart disease, minorities have a greater incidence of myocardial infarction—or heart attack, heart failure and stroke,” Dr. Quevedo says. “Increased numbers of cardiac deaths occur much earlier in minority populations compared to the rest of the population.”

Dr. Quevedo breaks down heart disease by race and ethnicity:

- African-American adults have among the highest rates of hypertension—also known as high blood pressure—in the world, and they have poorer blood pressure control. Nearly 50% of African-American women have hypertension.
- Hispanics present higher risk profiles for heart disease but have lower rates of coronary artery disease and death than whites, regardless of their diabetic status. Hispanic Americans with heart failure are younger, and have higher hospital readmission rates.
- South Asians have higher incidence and mortality rates related to coronary artery disease. Chinese, South-Asian and Southeast-Asian patients are likely to exhibit classic symptoms of heart attack, but are less likely to seek care in a timely manner.

“This is extremely important to focus on these specific populations, as the racial and ethnic health disparities are expected to become more prevalent,” Dr. Quevedo says. “With increased numbers of Hispanics, Asians and people of multiple races, it is predicted that by 2050 non-Hispanic whites will no longer be the majority.”

There are many opportunities for doctors and health care professionals to improve cardiovascular care in minority populations, including:

- Develop cultural competence, which is the ability to provide care to patients with diverse values, beliefs and behaviors, including tailoring delivery of care to meet patients’ social, cultural and linguistic needs.
- Emphasize the importance of respecting language and literacy differences in different populations.
- Improve access to care, understanding that minorities are more likely to have lower socioeconomic status and be uninsured.
- Hispanics, Asians, African-Americans and Native Americans should be incorporated in future clinical trials to help the medical field better understand their unique cardiovascular conditions.

“Until we have a more defined strategy to apply in minority populations, we need to continue to focus on cardiovascular disease risk factors,” Dr. Quevedo explains. “For example, obesity has a negative impact on all ages, all racial/ethnic groups and both sexes. Lifestyle interventions, which include healthy diet, exercise and avoiding smoking, should be universally applied.”

Karla Quevedo, M.D.
Cardiology
Lee Physician Group
9800 S. HealthPark Drive
Suite 320
Fort Myers, FL 33908
www.tinyurl.com/DrQuevedo

4th Annual Head/Neck Cancer
A Hard Thing to Swallow
2-mile Walk and 5K Run
8 a.m. April 30, 2016
Registration begins at 7 a.m.
CenturyLink Park/Hammond Stadium, Fort Myers
100% of funds are used locally to provide free screenings, education and financial assistance to head/neck cancer patients and survivors.
Register online at www.21stcenturycare.org or by calling 239-936-3756.
Rain or shine Helen "Ruth" Shiflett holds court. The Punta Gorda resident, 67, is an avid tennis player, serving and volleying with friends. When knee pain became overwhelming, she was in danger of sitting courtside, missing out on the action.

"On a scale of 1 to 10, my pain was about a 12," Ruth says. "But I played right up until the day of my surgery."

Ruth chose orthopedic surgeon John Fifer, M.D., because she had confidence he would give her freedom to move. "I was not going to give into the pain," she says. "I was mentally prepared to do whatever it took to get through this. I had cortisone shots for 8-10 years leading up to this so I knew I needed it."

Arthritis was the culprit for Ruth, a common problem in adults, Dr. Fifer says. "The most common cause of arthritis is aging," he says. "Some people have old joints at 30 and other people don't get old joints until age 100." Trauma is the second most common cause; including torn ligaments, fractures, bad car wrecks and football type athleticism. Arthritis usually occurs 15-25 years after the injury.

Dr. Fifer had no hesitation in replacing Ruth's knees. He completed the surgery on her right knee in January 2014 then followed up with the left knee two months later.

"By playing tennis daily she will get stronger and it will help her from hurting her knees by preventing falling," Dr. Fifer says. "Knee replacements rarely wear out. So that is not a real issue."

The pain associated with arthritis is the driving factor in seeking medical intervention. "The biggest advances in the last five years have been pain reduction with the multimodal approach, such as Expertel, a long-acting Novocaine and other medicines that reduce the pain of the first week following surgery," Dr. Fifer says. "It is now relatively comfortable for the first 4-6 days after surgery."

The other significant improvement is quality control of the materials and design consistency physicians use in the process. "We have figured out what works and what doesn't so there are very few early problems," Dr. Fifer says.

As Ruth moves her knees on a regular basis and strengthens them, the knees will become just like her old knees before arthritis. "She will still get aches and pains and tendinitis, just like all the other women on her tennis team," Dr. Fifer says. "Her knees will never be as good as 20-year-old knees but they will certainly be a lot better than what she had. They will not make her Michael Jordan, and she will not be able to leap over tall buildings. She will be able to do whatever she wants to do and could do before surgery.

While many surgeons caution their patients on limiting high-stress activities on their replacement joints, Dr. Fifer says he wants his patients to put their new joints to the test in whatever activities enhance their quality of life.

"I am trying to give them the ability to live life to the fullest with their sports, traveling and significant others," he says. "I realize that life has no dress rehearsal and we are trying to make the most of what we have. There is no do-over. It is my job as a surgeon to help people make this happen."

When Naples resident Kelly Fennemore gave birth to her daughter Caroline 18 months ago, everything went as planned. Then, when Caroline was two days old, she began to vomit green bile.

At first the diagnosis was acid reflux but the situation soon turned serious. Caroline was transferred to Golisano Children’s Hospital of Southwest Florida where she met with pediatric surgeon Amy Stanfill, M.D. After a thorough examination, Dr. Stanfill diagnosed Caroline with a volvulus (malrotation of the small intestine). The condition is present in about 1 in 500 births. In addition to the twisted intestine, Caroline’s stomach was ruptured.

"Every malrotation is different," Dr. Stanfill says. "The necessary treatment is to straighten the intestine to place them in a ‘non-rotated’ position to prevent volvulus (twisting), which cuts off the blood supply to the intestines, causing the intestine to die if not caught in time.

Surgery can be laparoscopic (minimally invasive through a tiny incision) or traditional open (bigger incision). "I prefer laparoscopic except in cases of extreme emergency like Caroline’s," Dr. Stanfill says. "Because her case was severe, I had to act quickly and use a larger incision to make the correction."

Dr. Stanfill warned Kelly that some of the intestine could be dead, which would result in the need to remove part of the intestine. Fortunately, Caroline’s intestine was still healthy and Dr. Stanfill did not need to remove any portion of it.

Caroline spent 3 ½ weeks in the pediatric intensive care unit (PICU) following surgery to recover. "She did amazing," Kelly says. "She was on 12 drips (IV fluids) at the beginning. She was sedated and intubated, but once she started to improve, everything went quickly."

Although Caroline had a life-threatening experience, she has developed normally and is a healthy, happy child. "I cannot say enough about everyone who was involved in her care," Kelly says. "The transport team, nurses, PICU team—everyone was amazing at telling us what was happening and keeping us informed"

Caroline has a 15% chance of having a bowel obstruction (blockage) due to adhesions (scar bands in the abdomen) at some point in the future. She has a nearly 0% chance of getting the volvulus again.

"Any baby vomiting bile is abnormal and needs to be evaluated by pediatric surgeon to prevent this life-threatening complication of malrotation," Dr. Stanfill says. "Because of the quick actions of her parents, Caroline is just like any other child and can eat and drink normally.”

### Our Community’s History of Support Began with Small Donations

A sense of purpose, a generous spirit and unselfishness have always beenogne of the Lee Memorial Health System. That certainly was the case nearly a century ago when a modest endowment was launched to improve the hospital at the time, the wooden building at the corner of Grand and Victoria avenues in Fort Myers. That endowment fund, not to be confused with today’s Lee Memorial Health System Foundation, was started with a $10 donation from a former Boca Grande and Sanibel schoolteacher named Cordie Nutt.

In the minutes of the hospital’s Jan. 6, 1920 board meeting, it was noted that Cordie “brought up the subject of an endowment fund.” It was more than talk. Her motion carried as the hospital officers, according to the minutes, “endorsed to her mother, Mrs. Lettee Ashmore Nutt, the sum of $10.00 paid.”

Two other endowments were made that day—$25 for Miss Ida Smith (by Gertrude R. Lewis) and $100 from E. A. Richard. That’s how it started—three donations for a total of $135.

Like countless others who have enabled Lee Memorial Health System to serve the community so well for so long, Cordie was a dynamo. She started a library on Boca Grande and donated land to Sanibel for the Community House, which was built in 1927.

She was also important in the founding of Jones-Walker Hospital, the hospital for African-Americans, which served the community from 1924 to 1966, when Lee Memorial was integrated. She was very busy, indeed. In 1910 the school board paid her $15 for a song she composed in memory of Robert E. Lee. She was also a member of the Audubon Society.

Cordie Nutt died Oct. 15, 1934 at the age of 77 after a period of what was described as The News-Press as “very bad health for a long time.” A note in The News-Press after her death said, “She was beloved by the Sanibel Civic Club said she was a person of rare personality and attainments.”

Her newspaper obituary noted that she was a “teller of children’s stories... and was a keen student of government... At Sanibel she was a leader of civic and church activities.”

In the health system’s 108-year history, and since Cordie made that first donation, Lee Memorial Health System has been honored and blessed by the support of people in our community. Although Cordie’s endowment fund was not related to the current Lee Memorial Health System Foundation—the primary fundraising arm of the health system—community’s commitment to answering the call to help others is the same.

Founded in 1995, the Foundation receives generous donor support from major gifts, annual giving, special events, grants and planned gifts. The Foundation has distributed more than $34 million to Lee Memorial Health System to support its life-saving mission. Now nearing completion of a $100 million capital campaign to build a new Golisano Children’s Hospital of Southwest Florida facility, the Foundation has also played a key role in generating support to develop health system service lines including da Vinci robotic surgery, pediatric oncology, child advocacy, cancer care programs, The Shipley Cardiothoracic Center—Innovation, Education, Research, community health clinics, graduate medical education program, Prescribed Pediatric Extended Care Center and the Transcatheter Aortic Valve Replacement program. The Foundation also provides significant resources to purchase specialty medical equipment throughout the health system.

Twisted Intestine a Life-Threatening Condition for Newborn

When Naples resident Kelly Fennemore gave birth to her daughter Caroline 18 months ago, everything went as planned. Then, when Caroline was two days old, she began to vomit green bile.

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Amy Stanfill, M.D. Pediatric Surgery Golisano Children’s Hospital of Southwest Florida 15901 Bass Road Suite 108 Fort Myers, FL 33908 239-343-9890 www.tinyurl.com/DrStanfill

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For more information, visit www.LeeMemorial.org.
For 100 years, Lee Memorial Health System has been devoted to caring for our community. Our tradition of providing safe, high quality, leading-edge and compassionate care started with our very first patient—Sam Thompson, a man from LaBelle who developed appendicitis. That commitment continues today throughout Lee Memorial Health System, which now encompasses four acute care hospitals, two specialty hospitals and comprehensive health care services in facilities and office locations throughout Southwest Florida.

Our dedicated team also has grown from two nurses to more than 11,800 employees, 1,300 community physicians and 4,500 volunteers and auxiliaries—your family members, friends and neighbors who make up your community health system.

With more than 1 million patient contacts each year, Lee Memorial Health System is one of the largest health systems in Florida. We serve all patients regardless of their financial or insurance status, and we do all of this without the benefit of direct local community tax support. This 2015 community report offers you a glimpse into some of the leading-edge services and programs that Lee Memorial Health System offers, as well as more details about the many ways we provide care for our community.

Every day and night, our dedicated team works hard to fulfill our mission of meeting the health care needs and improving the health status of the people of Southwest Florida. We are able to do this by focusing on comprehensive, efficient and compassionate care delivery and by leveraging partnerships with a variety of important community organizations.

We are extremely proud of our history of caring and our team’s devotion to our mission, and look forward to continuing to competently and compassionately serve our community as caring people, caring for people!
## Annual Statement of Community Benefit by Hospital and System—2015

<table>
<thead>
<tr>
<th></th>
<th>Lee Memorial Health System</th>
<th>Lee Memorial Hospital</th>
<th>HealthPark Medical Center</th>
<th>Cape Coral Hospital</th>
<th>Gulf Coast Medical Center</th>
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<tr>
<td>Cost of Charity Care for Low-Income Patients</td>
<td>$45,387,254</td>
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<td>Total Value of Charity Care, Medicaid, Medicare and Other Government-Sponsored Programs</td>
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<td>Cost of Providing Other Community Benefits</td>
<td>$53,843,182</td>
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<td>Total Charity Care, Government-Sponsored Programs and Other Community Benefits</td>
<td>$296,649,554</td>
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<td>$62,826,359</td>
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### Research Benefits the Community

Lee Memorial Health System is devoted to treating patients today and in the future. Part of the future vision involves research into new technologies and cures for diseases and conditions that affect our local and global population. Our pediatric oncology physicians and nurses are engaged in ongoing trials and studies that aim to reduce the number of children who get cancer and find cures and advanced treatments for those who are fighting the disease. A full-time position is devoted exclusively to cancer research. An internal review committee, which includes clinical representatives throughout the system, participated in more than 150 research projects in 2015.

### American Heart Association

Lee Memorial Health System supports the American Heart Association’s efforts through a number of program and initiatives, including the annual Heart Walk, Go Red for Women, Wear Red Day, National Walking Day and My Heart My Life. Other ongoing community programs also aim to reduce the number of deaths from heart disease by 20% by 2020. Our partnership with the American Heart Association also includes a focus on workplace wellness through the Fit-Friendly Employer designation. Lee Memorial Health System has been Fit-Friendly since 2008, and has achieved platinum status for workplace wellness since 2011.

In an effort to encourage a healthy weight, Lee Memorial Health System partnered with the American Heart Association and Caloosa Elementary School and Caloosa Middle School to build a Teaching Garden at Cape Coral Hospital. Through the garden, we teach children how to plant seeds, nurture growing plants, harvest produce and ultimately understand the value of good eating habits. Garden-themed lessons teach nutrition, math, science and other subjects all while the children have fun in the fresh air and work with their hands. Together, we can dramatically change the way America thinks about and consumes food.

### Other Nonprofit Partners

Members of our senior leadership and staff volunteer their time and talents to local nonprofit organizations, including:

- Foundation for Lee County Schools
- Harry Chapin Food Bank
- Florida Gulf Coast University
- PACE Center for Girls
- Horizon Council
- Chambers of Commerce
- Hodges University
- United Way
- Bob Janes Triage
- YMCA
- Nations Association
- Quality Life Center
- And many, many more community organizations

This donated time translates into a healthier community and keeps Lee Memorial Health System employees in touch with the heart of Southwest Florida.
Healthy Lee: Collaborating for Community Health

2015 Award for Population Health

This award recognizes activities that improve delivery, access, or value for specific populations and improve health outcomes.

Lee Memorial Health System continues to be a leader, not only in Southwest Florida, but in nationally recognized programs that directly impact patient care. America’s Essential Hospitals, a national champion for hospitals and health systems dedicated to high quality care for all, including the most vulnerable, has recognized three member hospitals for their outstanding work to improve population health.

The association announced 2015 Gage Award winners at its annual conference, VITALT, in San Diego. The awards celebrate creative and successful programs that enhance patient care and meet community needs.

“Gage Award winners are exceptional examples of the work our hospitals do every day to improve health care quality and outcomes in their communities,” said America’s Essential Hospitals President and CEO Bruce Siegel, MD, MPH.


Healthy Lee is a countywide effort to improve the health of residents and the care delivery system. Behavioral health improvements included 322 new beds, a new psychiatric hospital; detox beds; new, intensive, outpatient mental health services; and comprehensive crisis intervention training for law enforcement. More than 300 organizations in Lee County now actively contribute to Healthy Lee.

“Helping our community improve its overall health and well-being requires significant collaboration. This national recognition demonstrates that diverse organizations can do great things through a shared vision,” said Lee Memorial Health System President and CEO John J. “Jack” Thompson. “The Gage award, while presented to Lee Memorial Health System, is really shared by more than 300 organizations throughout Lee County dedicated to improving the health status of southwest Florida residents.”

In addition, the American Heart Association recognized Lee Memorial Health System with the Community Innovation Award, for its work with Healthy Lee. This award is given to a company that has achieved gold-level, Fit-Friendly criteria; and developed and implemented an innovative program in the community.

As a result of our outreach and community efforts, United States Surgeon General Vivek Murthy, M.D., MBA chose Lee Memorial Health System as part of his 2015 Listening Tour for our work with Healthy Lee. The goals of Healthy Lee are to collaborate with community partners to improve our community’s health and to create a culture of healthy lifestyles for people of all ages.

Healthy Lee: Collaborating for Community Health

www.HealthyLee.com

The website—www.HealthyLee.com—was created to provide a one-stop resource for families, professionals, educators and businesses to find information and inspiration to develop healthy habits. On the website, you can find recipes, grocery shopping lists, fitness tips, news and events, and much more.

Under the umbrella of Healthy Lee, there are a number of best practice programs that are successfully helping the residents of Lee County. Examples include:

S210

A prescription for healthy habits for children, S210 stands for:

- 5 fruits and veggies daily
- At least 1 hour of physical activity every day
- No more than 2 hours of screen time per day
- 0 sugary beverages
- At least 1 hour of physical activity every day

This blueprint for healthy habits is available for parents and families through Lee Physician Group and other local pediatrician's offices, schools and day cares.

The Healthy Lee Steering Committee identified our community’s health needs and set the following priorities:

- Healthy lifestyles
- Primary care alternatives
- Chronic disease
- Behavioral health

It’s All About You

This free, 6-week, research-based chronic disease self-management program was developed by Kate Lorig, Ph.D., from Stanford University. The “It’s All About You” program empowers patients and helps improve health, well-being and self-confidence by teaching participants how to self-manage their chronic health conditions. Some of the topics discussed during the 6 weeks include healthy eating, the importance of exercise, relaxation techniques and better communication skills. The program—which is open to anyone 18 years of age and older who is living with or cares for someone with a chronic health condition—is offered through Lee Memorial Health System’s Lee Health Solutions, in partnership with local community agencies and businesses.

In 2015, 158 people completed the 6-week program. Post-program surveys found that 100% of the participants said they would recommend the program to someone they know who lives with a chronic condition. Other valuable statistics include:

- 28% of participants reported improved self-efficacy with managing their chronic health condition
- 24% reduction in hospitalizations for participants who complete the Chronic Disease Self-Management Program

Bob Janes Triage Center

The Bob Janes Triage Center provides an alternative to incarceration for low-level, nonviolent offenders or inappropriate emergency department utilization for people, primarily the homeless, with addictions or mental illness who otherwise do not have access to jail time and no treatment. The Triage Center is staffed by The Salvation Army with support from medical and behavioral health professionals on the campus of SalusCare. Lee Memorial Health System provides financial support.

In 2014, the center served 533 unduplicated people. A total of 2,892 unduplicated individuals have made the 5,115 admissions to the facility since it opened in 2008. Lee Memorial Health System also referred 235 patients to the Bob Janes Triage Center, a 193% increase over 2014. Additionally, 2,368 bus passes were provided to indigent patients for transportation, many of whom were homeless.

Horizon Council Healthcare Taskforce Workplace Wellness Summit

The Horizon Council is a public-private partnership for economic development. Among other initiatives, the council focuses on workplace wellness as an important quality of life and economic development effort. In 2015, 62 businesses attended the Horizon Council Workplace Wellness Summit to learn more about implementing an effective workplace wellness program. Lee Memorial Health System plays an important role in teaching businesses how to improve their employees’ health; and was a sponsor for the 2015 summit. The Workplace Wellness Summit agenda included problem-solving with carriers/wellness vendors, including FloridaBlue, Aetna, Humana, UnitedHealthcare and Cigna. There were also discussions about lifestyle medicine and wellness technologies. Additional workplace wellness information is available at www.healthylee.com/workplace-wellness.

We Care

Through this partnership with community physicians, medically needy, uninsured and low income people in our community get the specialty medical care they need. Physicians who participate in this program donate their services. We Care is administered by The Salvation Army in partnership with the Florida Department of Health in Lee County, Lee County Medical Society, United Way, Family Health Centers, Southwest Florida Community Foundation and Lee Memorial Health System. In 2015, 437 physicians volunteered their time for a total of more than 2,000 hours of care. Total value of donated care was more than $6.1 million. Since the inception of the program, 1,300 patients have been helped.

Project Dentists Care

Project Dentists Care, which began in 2015, is a fully functioning part of the We Care of Lee County program that currently serves those low-income residents of Lee County who need basic oral health care (extraction and fillings). The dental clinic is located at the Salvation Army Outreach Services Center on Edison Avenue in Fort Myers. In 2015, 65 contracted local dental professionals participated in the program by treating 444 patients during 542 hours of pro-bono care valued at $15,462.

Outreach Team

A group of more than 50 Lee Memorial Health System clinical professionals and additional community partners, who comprise the Speaker’s Bureau, present health fairs, lectures and other community events to share health-related information and perform on-site health screenings, ranging from blood pressure and blood sugar to vision, balance, skin cancer and more. These Lee Memorial Health System professionals provided 64,948 hours at 237 events, with about 150,000 attendees. The program is valued at $2,752,623.

Community Health Needs Assessment

In order to define the priorities for action and measure the success of Healthy Lee initiatives through changes in population health, Healthy Lee gauges the health of the community every three years through the Community Health Needs Assessment.

2015 Community Benefit Report

For more information, go to www.HealthyLee.com or call 239-424-2233.
Lee Memorial Health System, on behalf of Golisano Children’s Hospital of Southwest Florida, provides financial support and leadership involvement to collaborating partners. Examples include:

**Autism Speaks**
A national organization, Autism Speaks provides a variety of valuable resources—both printed and online—for families and medical professionals. As a partner with Autism Speaks, the Golisano Children's Hospital pediatric neurology practice uses their materials to educate and support families. Additionally, Lee Memorial Health System provided financial support for and employees participated in the organization’s fundraising walk—The Southwest Florida Walk Now for Autism.

**March of Dimes**
Lee Memorial Health System and Golisano Children’s Hospital of Southwest Florida have supported the March of Dimes March for Babies fundraising event for more than 15 years. We also support them through collaborative research efforts and initiatives, including the initiative to eliminate early elective deliveries before 39 weeks gestation. The partnership is a natural fit, as Golisano Children’s Hospital is home to the only Level III neonatal intensive care unit (NICU) between Tampa and Miami and the Regional Perinatal Intensive Care Unit.

**Foundation for Lee County Public Schools**
Lee Memorial Health System is an Honor Roll Summa Cum Laude sponsor of year-round foundation activities to target resources to students and teachers in the classrooms, including the Golden Apple Teacher Recognition Program. System leaders also sit on the foundation board to help direct those resources.

Golisano Children’s Hospital of Southwest Florida Child Advocacy staff members partner with Lee County schools to provide education programs targeted to 5th graders, including Germaine the Germ Thing (hand washing) and Mission Nutrition (healthy eating habits). We also support the ArtSpeak Program for children with Autism Spectrum Disorders.

**YMCA’s**
Golisano Children’s Hospital is excited to partner with local YMCA’s to bring healthy lifestyles to families through financial support, lecture series, events and free swimming lessons for those families in need. The Golisano Children’s Hospital’s Child Advocacy Program focuses on water safety and drowning prevention, which is why there is a special focus on swimming lessons.

Golisano Children's Hospital of Southwest Florida also provides financial support and partners with organizations—like the Harney Point Kiwanis for their KidsFest event and the Boys & Girls Club of Lee County for their Everyone Runs, Everyone Rides, Everyone Relaxes event—to bring bicycle safety, free bicycle helmets and other child advocacy initiatives to the community.

**Golisano Children’s Hospital of Southwest Florida’s Child Advocacy Program**
The Child Advocacy department provides injury prevention education, resources and tools to parents and families throughout Southwest Florida. Our child advocates have completed degree programs in psychology, social work, public health, education and/or other related fields. All of our child advocates are certified child passenger safety technicians, as well. Golisano Children’s Hospital of Southwest Florida currently employs five child advocates who provide the following programs:

- Injury Prevention Education and Outreach
- Child Passenger Safety
  - Community classes, including
    - Baby Care
    - Pediatric CPR and First Aid
    - Safe Sitter
- Safe Kids Southwest Florida
- Kohl’s Kids Safety Program
- Free Partners in Parenting Classes

Golisano Children’s Hospital also employs eight certified child life specialists, two board certified music therapists and one hospital school teacher.

In 2015, the child advocacy programs provided 8,894 hours of education and outreach for a total value of $395,347.
Caring for the Community
Florida State University College of Medicine Residency Program at Lee Memorial Health System

Many physicians, especially those who specialize in family medicine, stay in the areas of the country where they completed their residency. By partnering with the Florida State University College of Medicine, Lee Memorial Health System is involved in a family medicine residency program that aims to keep physicians in Southwest Florida.

The program currently has its full complement of 18 residents. Residents complete 36-month rotations in a number of areas, including:

- Adult medicine
- Behavioral medicine
- Pediatrics
- Obstetrics and gynecology
- General surgery
- Practice management
- Community medicine
- Geriatrics
- Sports medicine
- Emergency medicine
- Dermatology
- Ophthalmology
- Ear, nose and throat
- Urology
- Orthopedics
- Critical care
- Neurology
- Cardiology

Because the program cares for people of all ages, from infants to seniors, residents are exposed to a cross-section of the local community. "The residency program has already been successful," says Gary Goforth, M.D., program director. "Several of the residents have already established roots in Southwest Florida and plan to make this their permanent home. That's the goal of the program, which benefits the community long-term."

For more information on the residency program, visit: www.tinyurl.com/FSUresidency

Health Professionals Education

In addition to the residency program, Lee Memorial Health System employees have participated in 770,270 paid staff hours of clinical experience for 1,351 students from local colleges and universities. The value of these programs is more than $24 million.

Areas of internships, practicums and other educational programs include:

- Occupational therapy
- Physical therapy
- Physical therapy assistant
- Speech and language pathology
- Medical assistant
- Advanced registered nurse practitioner
- Licensed medical professional
- Licensed practical nurse
- Cardiovascular technologist (CVT)
- Child Life Interns
- Clinical education instructor
- Parish nurse credential
- Emergency cardiac care respiratory class
- Student boot camp and self-study exam
- FGCU medical technologist student program
- FGCU mentor program
- FGCU nursing lecture - diabetes
- FGCU practicum and internship program
- FGCU lab supervision
- Mentor doctor of nursing student
- Mentoring - Nova University and Sacred Heart University College of Education and Health Professions
- Master of social work student Internships
- Nova University and Florida Southwestern State College RN Education
- Nova University pharmacology I & II
- FGCU lab supervision – Cape Coral Institute of Technology
- Nursing student clinical rotation – FGCU
- Nursing student preceptors
- Pharmacy student rotation
- Precepting pharmacy interns
- Rehabilitation students
- Technician internship rotation – Heritage Institute and Cape Coral Institute of Technology

Healthy Lee has inspired our local colleges and universities to expand their capacity (more faculty, classrooms, labs, etc.), to grow the health care workforce. Florida Gulf Coast University doubled the enrollment and types of health professionals degrees.

Lee Community Healthcare

In March of 2015 Lee Community Healthcare received final approval from the U.S. Department of Health and Human Services to operate as a federally qualified health center look-alike (FQHC-LA). Caring largely for the uninsured and economically distressed residents of Lee County, Lee Community Healthcare helped these individuals access primary care services by providing them with a medical home. With office locations in Dunbar, North Fort Myers and Cape Coral the medical providers and support staff cared for 6,072 patients during 17,688 office visits during 2015, one-third of whom would have otherwise gone to a Lee Memorial Health System emergency department to receive care for nonemergency conditions. This reduced inappropriate use of Lee Memorial Health System emergency rooms and saved the health system more than $1.8 million in 2015.

Lee Community Healthcare, Inc. Board of Directors

- Cedric B. Hall, chairperson, patient representative
- Alice H. Daniels, vice-chair person, patient representative
- Dixie Lynn Blum, secretary, patient representative
- Daniel Eveloff, treasurer, community representative
- Linda Brown, community representative
- Roberto Egurro, patient representative
- Dr. William Glover, community representative
- June Graham, patient representative
- Cliff Smith, community representative
- Nedy Staeb, community representative

Lee Community Healthcare, A service of Lee Memorial Health System

2015
Community Benefit Report
Flavor Harvest at Home

Patients age 65 and older are often at risk for malnutrition, and some studies have indicated as many as 1 in 3 patients are at risk for malnutrition upon admission to the hospital. Malnourished patients are 2-3 times more likely to develop surgical site infection or post-operative pneumonia. These patients also spend nearly three times longer in the hospital. This is a significant issue in our community and for our health system because 45% of our hospitalized patient population is 65 years of age or older.

Flavor Harvest at Home provides individualized medical nutrition therapy via free home-delivered meals for 30 days after discharge for our patients who are malnourished or have the potential to become malnourished. In 2015, Lee Memorial Health System tested this program at Cape Coral Hospital and found that Flavor Harvest at Home had a positive impact on hospital readmissions with at-risk populations. Valuable data includes:

- 140 patients were eligible for the Flavor Harvest at Home program
- 65 patients received meals with a readmission rate of 23%
- 75 patients were eligible for the program but chose not to receive meals with a readmission rate of 36%

Conclusions:
- Proactive Nutrition Care—a comprehensive nutrition assessment—positively identifies patients at risk who may not otherwise have been identified using the current malnutrition screening tool.
- Better identification leads to better care and better outcomes.
- Readmission rates for those receiving meal support were significantly lower than those who did not.

Good Food is Good Medicine

The Good Food is Good Medicine program is a partnership between Lee Community Healthcare, The Harry Chapin Food Bank and Community Cooperative, Inc. The program was developed in 2015 in order to study the effect of improved nutrition, through increased access to fresh fruits, vegetables and whole grains on the blood pressure of select Lee Community Healthcare hypertensive patients. These patients receive a supply of healthy foods on a weekly basis. These patients live in households earning less than 130% of federal poverty level wages, are experiencing food insecurity and have been diagnosed as having high blood pressure (>140/90). Preliminary results of the study are expected in July of 2016.

Prescription Assistance

Lee Memorial Health System dispensed $105,559 in medications to low-income patients who were discharged from our hospitals in 2015 and could not afford their medication. Lee Memorial Health System pharmacies supplied the medication, allowing patients to access the care they needed before they left the hospital setting.

These medications helped support patients in their homes, allowing them to continue treatment once they left the hospital.

Respite Care

Lee Memorial Health System supports the Salvation Army Medical Respite Unit to assist the Lee County homeless population with medical needs, in keeping with the system’s mission to meet the health care needs and improve the health status of the people of Southwest Florida.

The Lee Memorial Health System Care Management department assesses the patient in the emergency department, or if admitted, in the hospital. If the patient is found to be homeless and to have an acute medical problem with the need for recuperation, the Care Management department will collaborate with the Medical Respite Unit case management team and make a referral. If the Medical Respite intake team finds the patient to be appropriate for their care, the patient is transferred there for recovery. In 2015 Lee Memorial Health System Care Management helped to coordinate care for 60 patients to be admitted to the Medical Respite Unit, a 15.8% increase over 2014.

Injury Prevention

Lee Memorial Health System’s Level II Regional Trauma Center covers Lee, Hendry, Glades, Charlotte and Collier counties. We provide community injury prevention services and support the Injury Prevention Councils in Lee and Collier counties. The injury prevention program mission is to work with community partners to prevent unintentional injuries and decrease the number of potential deaths across the age spectrum through educational offerings.

As a trauma center we know that injuries can be prevented and we engage our community to avoid them. Contact Trauma Services/Injury Prevention Program at 239-343-3797 or 239-343-3672 for more information or to set up a program.

Celebrating 100 Years

From humble beginnings, Lee Memorial Health System grew with and evolved to meet the health care needs of our community. As we celebrate 100 years of caring, we are proud to share this Community Benefit Report, which provides a glimpse into some of the leading-edge services and programs that Lee Memorial Health System offers, and it highlights the ways we collaborate with many other community partners to serve and care for Southwest Florida.
Our Locations

Lee Memorial Health System Hospitals

Cape Coral Hospital ................................................................. 239-424-2000
636 Del Prado Blvd., Cape Coral, FL 33990

Gulf Coast Medical Center ...................................................... 239-343-1000
13681 Doctor’s Way, Fort Myers, FL 33912

HealthPark Medical Center ..................................................... 239-343-5000

Golisano Children's Hospital of Southwest Florida ............. 239-343-KIDS (5437)
9981 S. HealthPark Drive, Fort Myers, FL 33908

Lee Memorial Hospital ............................................................ 239-343-2000
Rehabilitation Hospital ............................................................. 239-343-3900
2776 Cleveland Ave., Fort Myers, FL 33901

Outpatient Center Locations

Golisano Children's Hospital of Southwest Florida

Pediatric Specialty Clinic-Naples ............................................ 239-254-4270
1265 Creekside Pkwy., Suite 200, Naples, FL 33912

Pediatric Specialty Clinic-Port Charlotte ............................... 941-235-4900
18316 Bayshore Road, Port Charlotte, FL 33980

HealthPark Commons ............................................................ 239-343-7200
16281 Bass Road, Fort Myers, FL 33908

Plantation .......................................................... 239-343-0776
13601 Plantation Road, Fort Myers, FL 33912

Regional Cancer Center ......................................................... 239-343-9500
8931 Colonial Center Drive, Fort Myers, FL 33905

Lee Community Healthcare

Fort Myers Clinic ................................................................. 239-343-4910
3511 Dr. Martin Luther King Blvd., Fort Myers, FL 33916

North Fort Myers Clinic ........................................................... 239-997-9733
13279 N. Cleveland Ave., North Fort Myers, FL 33903

Health Care Services

Behavioral Health Services

Birth Suites

Blood Centers

Cardiac Services

Childbirth Classes and Family Education

Community Health

Community Health

Screenings and Education

Corporate Employee Health Services

Diabetes Care

Diagnostic Imaging

Emergency Care

Home Health

House Calls

Kidney Transplant Center Laboratory Services

Memory Care

Occupational Health Services

Orthopedics

Pain Management Centers

Rehabilitation

Skilled Nursing

Sleep Disorders Center

Spine Center

Stroke Services

Support Groups

Surgical Services

Trauma Center

Urgent Care Centers

Volunteers and Auxiliaries

Wellness Centers

Women's Health

Wound Care & Hyperbaric Oxygen Therapy

Lee Physician Group

For a complete listing of our locations, visit www.LeePhysicianGroup.org.

Our multispecialty group consists of more than 300 primary and specialty care physicians and advanced practitioners. Lee Physician Group offers the following medical specialty practices:

Allergy/Immunology

Cardiology

Cardio-Oncology

Cardiothoracic Surgery

Endocrinology

Family Medicine

General Surgery

Geriatrics-Memory Care

Geriatrics-House Calls

Neurointerventional

Radiology

Infectious Disease

Internal Medicine

Integrative Medicine

Neurointerventional Medicine

Radiology

Neurosurgery

HIV Services

Obstetrics/Gynecology

Occupational Health Services

Palliative Care

Psychiatry

Pediatrics

Pediatric Behavioral Medicine

Pediatric Behavioral Developmental Medicine

Pediatric Cardiology

Pediatric Ear, Nose & Throat

Pediatric Endocrinology

Pediatric Hematology/Oncology

Sleep Medicine

Spine Center

Vascular Surgery

Wound Care & Hyperbaric Medicine

Lee Memorial Health System Hospitals

Lee Memorial Hospital

Gulf Coast Medical Center

Cape Coral Hospital

HealthPark Medical Center

2015

Community Benefit Report
Lee Memorial Health System Hospitals
Convenient Care locations
Additional locations listed on page 14 and 15

Cape Coral Hospital .............................................239-424-2000
7 a.m. - 7 p.m., 7 days a week

Gulf Coast Medical Center........................................239-343-1000
636 Del Prado Blvd., Cape Coral, FL 33990

HealthPark Medical Center .....................................239-343-5000
Blood Center Location
Golisano Children's Hospital of Southwest Florida ..................................239-343-KIDS (5437)
9981 S. HealthPark Dr., Fort Myers, FL 33908

Lee Memorial Hospital ........................................239-343-2000
Rehabilitation Hospital ..........................................239-343-3100
Blood Center Location
2776 Cleveland Ave., Fort Myers, FL 33901

Convenient Care - Pine Island Road .....................239-481-4111
6 a.m. - 7 p.m., 7 days a week

Convenient Care - Summerlin ................................239-481-4111
7 a.m. - 7 p.m., 7 days a week

Convenient Care - Page Field ..................................239-481-4111
7 a.m. - 7 p.m., 7 days a week

Gulf Coast Medical Center
13681 Doctor's Way, Fort Myers, FL 33912
(Daniel's and Metro Parkway)

HealthPark Medical Center
Golisano Children's Hospital of Southwest Florida
9981 S. HealthPark Dr., Fort Myers, FL 33908
(Summerlin and Bass Road)

Lee Memorial Hospital
2776 Cleveland Ave., Fort Myers, FL 33901

Convenient Care
1682 NE Pine Island Road, Cape Coral, FL 33990
7 a.m. - 7 p.m., 7 days a week

Convenient Care - Summerlin
16210 Summerlin Road, Fort Myers, FL 33908
7 a.m. - 7 p.m., 7 days a week

Convenient Care - Page Field
4777 S. Cleveland Ave., Fort Myers, FL 33907
7 a.m. - 7 p.m., 7 days a week

An outpatient department of Lee Memorial Hospital

Lee Memorial Health System Hospitals
Convenient Care locations
Additional locations listed on page 14 and 15