For decades, former professional baseball player Stuart Pepper swung for the fences, slid into bases and fielded balls. He continued to play in recreational leagues into his 60s, until his own body betrayed him.

“In January 2013 I was playing in a tournament and I had a pain in my left groin that wouldn’t go away,” Stuart says. “The pain kept getting worse.” As time went by, the pain intensified until he sought help from a physician, who administered a cortisone shot to ease the pain. The shot was not effective, and after having a second shot, which was effective for only one week, Stuart realized he had to seek help from an orthopedic specialist.

“By that time, the pain was so intense, I really did not think I could endure it much longer,” Stuart says. He connected with orthopedic surgeon John Fifer, M.D., who diagnosed severe osteoarthritis. The cartilage between Stuart's bones had deteriorated, causing the bones to rub against each other.

“Sometimes, osteoarthritis acts like sciatica,” Dr. Fifer says. “Once I was able to see what was happening, I knew what to do. Once we cut the neck off (the bone), it lets the pressure off and it feels so much better.”

Stuart had the surgery in December 2013, and took time off to recover. He started walking and exercising, and more than a year after his surgery, he returned to the baseball diamond, none the less for wear. “One of the best parts of this outcome has been walking and sleeping with no pain,” Stuart says. ”People know that, but life is about living. There is no dress rehearsal. Replacement joints last longer now than they used to. There is a 95 percent chance Stuart’s hip will last a lifetime.”

Stuart, who works as an attorney, says he does not sprint, but otherwise, has returned to top baseball form. “I was impressed by every part of the experience,” he says. “I had a positive hospital stay; and rehabilitation nurses came to my home afterward. They gave me the confidence to keep moving and return to a normal life.”

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Stuart Pepper’s Trading Card from 1973

Lee Memorial Hospital
Shipley Cardiothoracic Center

Efforts to provide world-class cardiac care in Southwest Florida received a tremendous boost when it was announced that the Shipley Foundation, headed by Richard C. Shipley of Sanibel, would be making a gift of $2.3 million to name the Shipley Cardiotoracic Center—Innovation, Education and Research.

The 10,000 square foot center will be housed at HealthPark Medical Center and led by Paul L. DiGiorgi, M.D., with the support of fellow cardiotoracic surgeons Brian Hummel, M.D., George Comas, M.D., and Randall Buss, M.D.

“The innovative approach to heart disease, combined with the research and educational components at the center will be a life-changing benefit for many in the community, and will improve the quality of life for our friends, families and neighbors for generations to come,” Mr. Shipley says. “I hope my gift will motivate and inspire others in the community to consider supporting this worthwhile effort.”

Richard C. Shipley announces the $2.3 million gift to build and name the Shipley Cardiotoracic Center—Innovation, Education and Research.

Orthopedic Specialists of Southwest Florida Make Major Gift

Through the Physician Circle of Caring initiative, physicians from Orthopedic Specialists of Southwest Florida recently made a $150,000 donation to Golisano Children’s Hospital of Southwest Florida’s capital campaign. Leadership from the group took part in a formal check presentation ceremony acknowledging the generous contribution, which will be matched by SWFL Children’s Charities, sponsors of the SWFL Wine & Food Fest.

Others wishing to support the capital campaign should visit www.ChildrensHospitalGoal.org or contact Lee Memorial Health System Foundation at 239-343-6950.

Leaders from Orthopedic Specialists of Southwest Florida recently presented a gift of $150,000 to Golisano Children’s Hospital of Southwest Florida’s capital campaign. Those taking part in the presentation ceremony include, from left: Larry Antonucci, M.D., Lee Memorial Health System; Jason Nemitz, M.D., and Fletcher Reynolds, M.D., Orthopedic Specialists of Southwest Florida; F. Brett Shannon, D.O., Pediatric Orthopedics of Southwest Florida, representing the physicians’ campaign; and Charles Springer, M.D.; Allen Tafel, M.D.; Antonio Flores, M.D., and Jeffrey Richards, M.D., of Orthopedic Specialists of Southwest Florida.

Florida Radiology Consultants Support Capital Campaign

Physician leaders from Florida Radiology Consultants recently announced the group would make a $25,000 donation to support Golisano Children’s Hospital of Southwest Florida through the ongoing capital campaign.

As with other recent campaign gifts, the donation will be matched, dollar for dollar, by SWFL Children’s Charities.

“Our group prides itself on taking an active role in the community,” says Thomas Presbrey, M.D., speaking on behalf of Florida Radiology Consultants. “While we support many charities here in Southwest Florida, Golisano Children’s Hospital holds a special place in the hearts of our physicians. We are happy to make this gift to help our area’s youngest patients.”

Learn more about the capital campaign by visiting www.ChildrensHospitalGoal.org or calling Lee Memorial Health System Foundation at 239-343-6950.

Summer of Hooters & Harley-Davidson

Six Bends Harley-Davidson, in partnership with Naples Harley-Davidson and local Hooters restaurants invites you to enjoy the “Summer of Hooters & Harley-Davidson,” a fundraising promotion to help pediatric cancer patients at Golisano Children’s Hospital of Southwest Florida. The event supports Barbara’s Friends through the very special “Grace” initiative.

Customers will enjoy great food, giveaways, exciting activities, plus a guaranteed motorcycle giveaway!

LEO MEMORIAL HEALTH SYSTEM FOUNDATION BOARD OF TRUSTEES

TRUSTEES

Jerry Henneman  William N. Honnert  Michael R. Prusin

Florida Radiology Consultants

All the fun runs through Aug. 31 as Hooters and Harley-Davidson set out to meet their goal of raising $50,000 for local children.

Come out and have a great time. Visit www.HootersHarley.com to learn how you can join Hooters and Harley-Davidson to support lifesaving care at Golisano Children’s Hospital.
Speech Therapy Opens Lines of Communication

Therapy takes many forms, from physical and occupational therapy for physical needs, to speech therapy, which is necessary for a number of injuries and medical conditions. The loss of speech can be gradual or can occur suddenly, such as in the event of a stroke or head trauma. “We are here to support an individual to be able to communicate effectively with others for meeting his/her needs and social relationships in every aspect of life,” says speech-language pathologist Mary Jo Haughey.

A physician can write the prescription or a therapist can rely on ACC (augmentative and alternative communication) to supplement existing speech or replace speech that is not functional,” Mary Jo says.

“People with severe speech or language problems rely on ACC (augmentative and alternative communication) to supplement existing speech or replace speech that is not functional,” Mary Jo says. “These patients are evaluated for their ability to use a speech-generating device.”

Cognitive retraining is also effective for brain injury, and more recently, for treating sports related concussions. “Rehabilitative services help restore or improve abilities lost or impaired as a result of illness, disease, injury or disability,” Mary Jo says. “Re-establishing reliable, functional communication is the primary rehabilitation priority. Effective communication skills are the fundamental skills necessary for success in personal, academic and professional relationships.”

Increasing understanding and expression of speech also helps reduce feelings of social isolation. Safe and efficient swallowing is vital to preventing pneumonia related deaths, maintaining nutritional well-being and preserving the pleasures associated with eating.

Call 239-343-4962 for information. If you feel you require the services of a speech-language pathologist, speak to your doctor.

Dr. Vatthyam urges all people with A. Fib to discuss their condition and exercise regimen with a cardiologist and primary care doctor. “There are different classifications of A. Fib and symptoms—or lack of symptoms—vary, so everyone’s A. Fib is unique and should be assessed,” he says. “Because of this, treatments and routines are individually tailored, which requires routine follow-up with a cardiologist to evaluate options and provide answers to any questions and/or concerns.”

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YouTube  To view a video on atrial fibrillation, go to www.tinyurl.com/AFibExercise

TOP 5% in the Nation for Cardiology Services (2014-2015)
Health Park Medical Center

Exercise Beneficial for People Living with Atrial Fibrillation

Atrial fibrillation (A. Fib) is an irregular heart rate that affects millions of Americans. While some people with A. Fib do not have any symptoms, others experience signs ranging from fatigue and weakness to palpitations, shortness of breath and chest pains. Because of these symptoms, many people worry that exercise will exacerbate their condition.

“A. Fib should not deter patients from engaging in exercise,” says Roshan Vatthyam, M.D., cardiologist. “In fact, recent data—the CARDIO-FIT study; in particular—highlights the beneficial effects of diet and exercise in patients with A. Fib. The study found that obese individuals who engaged in high levels of cardiorespiratory fitness were more likely to have fewer episodes of atrial fibrillation than those with low to average exercise levels.”

While exercising, Dr. Vatthyam says it is important for people with A. Fib to take into account the unique issues that the condition presents, like unpredictable increases in heart rate. “To ensure safety, patients should start exercising modestly and ramp up activity gradually to allow the body to adapt to physiological changes,” he says. “There is no gold standard, however, a reasonable guideline to start with is to aim for a resting heart rate of 80 or below and to keep the pulse rate less than 110 with moderate exercise.”

Another safety tip, for those whose treatment protocol involves blood thinners, Dr. Vatthyam reminds you to use extra caution when lifting heavy weights and engaging in cardiovascular training—i.e., wear a helmet when riding a bike.

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Growing older is a fact of life, but losing memory is not necessarily a part of the aging process. Many people experience some changes in their ability to recall information as readily as they did in the past or to divide their attention among more than one activity.

Recent surveys show that worry about dementia exceeds the fear of developing other major diseases, including diabetes, heart disease or cancer.

“It is important that people understand concepts related to dementia,” says neuropsychologist Michael Shain, Ph.D. “Dementia refers to a significant decline with cognitive abilities that is accompanied by changes in the ability to perform certain types of daily activities, such as managing medical care needs or finances. Alzheimer’s disease is the most common cause for dementia, while changes due to cerebrovascular disease are also a frequent cause.”

Less well known types of dementia include Lewy body dementia and frontotemporal dementia. Skilled professionals at Lee Physician Group Memory Care are able to distinguish between these different forms of dementia, and assist with appropriate treatment and supportive services.

“People think they are developing dementia for various reasons,” Dr. Shain says. “Sometimes, people are sensitive to slight changes in their ability to recall information as readily as in the past, such as being able to retrieve people’s names or their ability to divide their attention among activities.”

Slight changes such as these might be dismissed if they were to occur among younger people, but older individuals interpret these changes as potential signs of possible decline.

These changes can be associated with normal aging and don’t signify any pathological process, but the normal nature of cognitive changes with aging. In addition, many people also have relatives that may have had dementia, and they perceive that these changes are the earliest signs for their dementia. “It’s not at all unusual to see this combination of fear about developing dementia from normal aging symptoms, coupled with a family history, which creates fear leading to getting an evaluation,” Dr. Shain says.

Normal signs of aging include:

- Occasional problems with remembering words or names of relatively unfamiliar people
- Walking into a room and forgetting why you entered or forgetting what was wanted in the kitchen
- Any of the above problems while able to perform everyday activities
- Increased problems with divided attention
- More time/effort needed to learn information
- Slowing of thinking—takes longer to recall a word (often confused with memory loss)

“This is different from people who require screenings and possibly a memory care evaluation,” Dr. Shain says. “People who may need a detailed evaluation tend to forget important details of recent events or conversations; repeat questions or comments, especially within a conversation or shortly afterward; become lost in familiar places; have confusion about day, date or location; have difficulty recognizing faces, objects, sounds or locations; have increased difficulty with selecting or using words that significantly interferes with normal communication.”

Talking to a primary care physician is the first step before seeking memory care evaluation. “The primary care doctor may do a brief initial cognitive screening in the office,” Dr. Shain says. “The primary doctor can also review symptoms, medical history, current medications, etc. to see if there any immediate causes. He or she can then refer the person to our clinic for a full evaluation.”

The likelihood of dementia doubles with each decade so that by the time someone reaches their mid-80s, about 50 percent of people have some signs of it. There is also an intermediate condition known as mild cognitive impairment (MCI) that may occur prior to dementia. MCI refers to changes with cognitive functioning that are detectable on testing but the person remains able to manage all of his or her daily affairs or only has mild decline with managing affairs.

“Neuropsychological testing is a critical tool for diagnosing changes with cognitive functioning, especially with early or mild changes,” Dr. Shain says. “This tool is available at our memory clinic with two neuropsychologists. Neuropsychological testing refers to the detailed examination of cognitive abilities, such as attention, memory, language, spatial skills and executive functioning.”

Neuropsychological testing is extremely helpful to distinguish between changes with normal aging, mild cognitive impairment and dementia. “Most people should but do not receive neuropsychological testing as part of their evaluation for cognitive changes, but it is a critical component that is available at Lee Physician Group Memory Care,” Dr. Shain says.

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Ensuring Safety and Reducing Stress during Pediatric Medical Procedures

Medical procedures can leave patients—especially children—feeling scared, anxious and stressed. The answers to allay the child's fears lie in the Pediatric Procedural Sedation Center at Golisano Children's Hospital of Southwest Florida.

“We aim to help make scary and stressful procedures more comfortable for children and families,” explains K. Alex Daneshmand, D.O., a pediatric intensive care specialist and the medical director of the Pediatric Procedural Sedation Center. “We do this through sedation and/or diversion plans. While sedation is a safe and viable option, our goal is to help children through their medical procedure without it. We have many tools that distract children, which help them tolerate, and stay calm and safe through their procedure.”

Some of the tools in the distraction arsenal are classic toys, like bubbles, while others are more high-tech, like iPads. “We also have ‘cinema vision’ goggles, which allow patients to play the patients’ choice of music. The machine has fiber optic tails that the child can play with and controllers to turn the bubbles on and off. Using the toys and tools, child life specialists and music therapists work with the children and their families to keep the focus away from the painful or scary procedures and on the toys, music or movies instead.

In addition to the child life specialists, Dr. Daneshmand says the team includes a dedicated nurse and a pediatric intensivist. Together with consultation from the family, the sedation team determines the best approach to provide comfort to the child. “Sometimes, sedation is not required and instead distraction techniques and playing games provide enough comfort for the child to get the procedure done,” Dr. Daneshmand says. “If sedation is required, we can administer the medication through the nose, mouth or intravenously (IV). If an IV is needed, we use numbing cream to make sure that the IV placement is not painful. In everything we do, we make sure that the procedure is done safely and comfortably.”

The Pediatric Procedural Sedation Center is available with a physician referral and can be used for a variety of procedures, including:

- MRIs
- PET scans
- X-rays
- Ultrasound
- Bone scans
- Electrocardiograms (EKGs)
- Echocardiograms
- Electroencephalograms (EEGs)
- Lab draws
- Incisions and draining
- Wound care dressing changes
- Hormone studies

“On average, we see 100-110 patients each month,” Dr. Daneshmand says. “We are proud of the service we offer in Southwest Florida, which is not something every children’s hospital offers. It is a real comfort and benefit for the children, as well as their parents and families.”

Vision screenings should be performed in pediatricians’ offices regularly throughout childhood, beginning around the age of 3. Jessica Kovarik, M.D., pediatric ophthalmologist, says children are usually referred to the ophthalmologist if they fail the vision screening, if parents observe unusual visual behavior, such as crossing of the eyes, or if there is a family history of poor vision from childhood.

The most common eye problems Dr. Kovarik treats include:
- Eye muscle disorders
- Amblyopia
- Nasolacrimal duct obstructions
- Childhood cataracts and glaucoma

Dr. Kovarik recently joined Golisano Children’s Hospital of Southwest Florida and is now accepting patients.

Jessica Kovarik, M.D.
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239-343-9890

Progress on America’s Newest Children’s Hospital

The construction continues on the new Golisano Children’s Hospital of Southwest Florida. To see the latest time-lapse video of the construction, visit www.tinyurl.com/GCHSummerUpdate.

On Facebook at: www.tinyurl.com/GolisanoFB
On Twitter at: www.tinyurl.com/GCHTweet
Physician Treats Everyone in the Family

Whether it’s for a baby in the first hours of life or a senior who deals with the daily challenges of growing older, family practice physicians are available to patients at every stage of life. While many health providers specialize in specific areas of health, physicians, like Joseph Hobson, D.O., are the first line of defense for patients who need primary care.

“My philosophy is to provide our patients and families with compassionate comprehensive health care, as well as health promotion, through a long-term traditional, trusting family doctor relationship,” Dr. Hobson says. “Pediatrics—from newborns to adolescents—is a large, important portion of my practice and most families appreciate that. A majority of families prefer that the entire family, including children, go to one physician. We encourage this.”

Getting to know an entire family has advantages. “Every family has various relationship dynamics, stressors and generational medical histories that have an impact upon the physical, mental and emotional health of each family member,” Dr. Hobson says. “By getting to know each member, I can better care for everyone.”

Dr. Hobson grew up in a small Iowa town and began working at the local hospital as a teenager. He says he was influenced by the physicians he knew while he was growing up. “I’ve tried to model myself after the family medicine physicians I worked with,” he says.

Dr. Hobson has been the main source of medical care for the Rucker family for more than two decades. He was the physician for Lexi, Tami and Brian Rucker’s first newborn daughter in the hospital. A few months ago, when Lexi became a first-time mom, Dr. Hobson went to the hospital to care for her daughter, Ellie.

“Dr. Hobson and his staff recently moved to a new location on Plantation Road in Fort Myers. “We are excited about the move,” he says. “We have state-of-the-art equipment, furnishings, and an office layout that facilitates our practice approach. I think all our patients, from young children to our seniors, will appreciate all we have to offer.”

Dr. Hobson went to the hospital to care for her daughter, Ellie. (Recent Dr. Hobson) Dr. Hobson treats Lexi Rucker as an infant. Twenty-three years later, he is the primary care physician for Lexi’s own baby, Ellie.

Dr. Hobson is board certified in family medicine, a designation that signifies additional years of post-graduate training in all aspects of patient care, including:

- Pediatrics/adolescent medicine
- Gynecology
- Dermatology
- Sports medicine
- Internal medicine

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“We like that he’s an old-fashioned doctor,” Tami Rucker says. “My pediatrician was my mother’s pediatrician and I thought no one did that anymore. To find Dr. Hobson was one of the best things for our family. I honestly think he’s one-of-a-kind!”

Dr. Hobson has been with the Rucker family through all types of primary care issues, and still calls or has a staff member call to follow up if someone is sick. “He’s a really good doctor,” Tami says. “He’s educated and stays up on things. You don’t just walk in once a year. He’s unbelievable.”

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(Recent Dr. Hobson) Dr. Hobson treats baby Ellie, daughter of Lexi Rucker. Lexi has been his patient all of her life.

Cool Cucumber and Carrot Salad

Makes 6, 1-cup servings. Prep time: 25 minutes

- 2 large cucumbers
- 3 large carrots, peeled and cut diagonally into 1/8-inch thick slices
- 2 T. minced chives

Dressing:
- ¼ cup rice vinegar (mild white vinegar)
- 1 T. lower-sodium soy sauce
- 1 T. sesame oil
- 1 T. sugar
- ¼ t. cayenne powder
- ¼ t. salt
- ¼ t. freshly ground black pepper

Peel the cucumbers lengthwise, leaving some skin in place to create a striped pattern. Cut the cucumbers in half lengthwise and, if desired, scrape out the seeds with a spoon, particularly if the seeds are large. Thinly slice the cucumbers. Add the cucumbers, carrots and chives to a bowl.

Whisk together the dressing ingredients. Pour the dressing over the vegetables. Toss well. Cover and refrigerate until serving time. Serve chilled.

Per serving: 45 calories; 1.5 grams fat, 6 grams carbohydrate; 215 mg. sodium.

Tropical Ambrosia

Makes 10, ½-cup servings. Prep time: 25 minutes

- 2 large mangoes, peeled and diced
- 2 c. fresh pineapple chunks
- 2 kiwi fruits, peeled and diced
- 3 medium oranges, peeled (remove white pith) and diced
- ¼ c. fresh lime juice (about 1 lime)
- ¼ c. flaked, unsweetened coconut

In a large glass serving bowl, add the ingredients in the order given and toss gently to combine.

Per serving: 95 calories; 1.5 grams fat, 21 grams carbohydrates; 0 grams sodium
Breastfeeding Curtails Obesity Risk

Made up of the perfect combination of proteins, fats, vitamins and carbohydrates, breast milk is the healthiest choice for babies. In fact, the American Academy of Pediatrics encourages mothers to exclusively breastfeed for the first 6 months of life, and to continue breastfeeding until the child is at least 1 year of age. Pediatrician Pierre Loredo, M.D., provides additional support by noting studies that show breastfeeding reduces the risk of childhood obesity.

“There is a high prevalence of childhood obesity, and that is a public health challenge,” Dr. Loredo says. “Studies have found that breastfeeding curtails the risk of obesity, as well as other conditions associated with excess weight, including type 2 diabetes, high cholesterol and hypertension.”

Dr. Loredo also notes other studies that show that the length of time an infant is breastfed also impacts his or her health. “A, 1999 study found a clear dose-response effect for the duration of breastfeeding on the prevalence of obesity,” he explains. “There was a 3.8 percent prevalence of obesity for children who were exclusively breastfed for 2 months. For children who were breastfed more than 12 months, the prevalence decreased to 0.8 percent.”

Siblings have also been studied and compared when one child is breastfed and the other is formula-fed. Dr. Loredo says the breastfed sibling weighed 13 pounds less than the formula-fed sibling.

Dr. Silva says it is important for mothers who cannot breastfeed, or for those mothers who cannot produce enough milk and must supplement with formula, to maintain regular appointments with the pediatrician to monitor the baby’s weight gain trajectory.

Lee Memorial Health System offers breastfeeding classes and support groups. Both include the services of board certified lactation consultants. For more information on classes, support groups, or to schedule a consultation with a lactation consultant, call 239-343-5186 or visit www.LeeMemorial.org/birthed/BServices.asp.

Staying Healthy Part of Back-to-School Routine

School supplies are on the store shelves and teachers are preparing classrooms. The new school year is about to start. Students who have spent the summer playing, working or vacationing have to prepare for the fall routine.

“For many students, getting back to a routine is comforting, but also challenging because the summer break usually means that parents are not as strict about bed times and there is more time for relaxation,” says pediatrician Piedade Silva, M.D.

Dr. Silva recommends going to bed about 30 minutes earlier every night, beginning about a week before the first day of school. “It’s very important to start resetting your sleep clock a week before the first day of school. “It’s very important to start resetting your sleep clock

“Backpack weights can get ridiculous, even though a lot of schools now recognize it and have a double set of books or a lot of online studying,” Dr. Silva says.

“For many students, getting back to a routine is comforting, but also challenging because the summer break usually means that parents are not as strict about bed times and there is more time for relaxation,” says pediatrician Piedade Silva, M.D.

Dr. Silva recommends going to bed about 30 minutes earlier every night, beginning about a week before the first day of school. “It’s very important to start resetting your sleep clock about a week before school starts, especially for teens going into high school because it starts at the bright hour of 7:10 a.m., versus 9:45 a.m. for middle school students.”

In addition to going to sleep earlier, Dr. Silva suggests setting an alarm in the morning and waking up about 30 minutes earlier than the summer schedule.

“The goal is to make a gradual transition, so students are not falling asleep at school their first day back,” Dr. Silva says.

Parents should make a “to-do” list and mark off items and tasks as they are acquired and completed, including:

• A comfortable, size appropriate backpack
• Immunizations
• Water bottles for water or sports drinks for students who are involved in outdoor activities or sports
• Visit new schools

“Infinite supply, so portion control is a big part of this. “There isn’t magic in breast milk,” Dr. Loredo says. “It is just that there is only a certain amount of milk that a mom can produce every day. With formula, there is a relatively infinite supply, so portion control is a big part of this.”

The introduction of solid foods also impacts obesity. “The American Academy of Pediatrics recommends introducing solid food—which should include a variety of healthy foods, like fruits and vegetables and a variety of textures—around 6 months of age,” Dr. Loredo says. “Really, introducing solids between 4-6 months of age is ideal because the risk of food allergies decreases. But, introducing food before 4 months of age increases the risk of obesity.”

Lee Memorial Health System offers breastfeeding classes and support groups. Both include the services of board certified lactation consultants. For more information on classes, support groups, or to schedule a consultation with a lactation consultant, call 239-343-5186 or visit www.LeeMemorial.org/birthed/BServices.asp.

“Backpack weights can get ridiculous, even though a lot of schools now recognize it and have a double set of books or a lot of online studying,” Dr. Silva says. “It is also important that a backpack is used on both shoulders to distribute the weight evenly.”

Immunizations are important because students who are entering voluntary prekindergarten (VPK), kindergarten and 7th grade are required to have them before they can attend classes. “It’s important to get those ahead of time because the student is not allowed to go to class without them,” Dr. Silva says. Although high school students are not required to have immunizations, they must pass a sports physical if they want to participate in school sports. Middle school students do not have this requirement.

Dr. Silva also counsels parents whose children are making the transition from elementary school to middle school. “The format is so different,” she says. “Usually, going from middle to high school is not so hard. I strongly recommend going to an open house and checking classroom locations well before the first day of school. Meeting teachers is a great way to learn the layout of school and decrease anxiety.”

Pairing up with a friend is also a good idea and helps relieve stress. “If students have a close friend who is going to the same school, it helps if they can go together the first day,” Dr. Silva says.

Nutrition is the often-overlooked component of a successful school year. “So many children do not get the proper nutrition,” Dr. Silva says. “Pack healthy lunches with fresh fruit, vegetables and water. Avoid juices, sodas and other sugary drinks. Food plays an important role in a student’s attention span and good food feeds more than the body—it feeds the brain.”

Dr. Silva emphasizes hydration, as well. “If students are involved in physical education, or just play outside for long periods of time, they need to drink lots of water and get used to applying at least facial sunscreen in the morning before school.”

Planning now will help students head into the school year prepared and will help them succeed in the classroom and on the playing field. “We want every student to succeed,” Dr. Silva says.

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Asthma-Friendly Designation Gives Parents Comfort and Confidence

Marked by episodes of coughing, wheezing, chest tightness and breathlessness, asthma is common among children. In fact, the Centers for Disease Control and Prevention notes that, on average, in a classroom of 30 children, about four children are likely to have asthma. It is important for children to understand what triggers an attack and how to properly take their medications and treat their asthma. It also is important for day care center and school teachers to understand, monitor, assess and treat asthma.

Teresa Summe, asthma educator and program coordinator, says the path to platinum for day care centers and schools is working toward higher designations. Lee Memorial Health System, which includes hospitals and clinics, and System was the first organization in the state to help day care centers and schools achieve platinum level recognition. "There are different levels of recognition—bronze, silver, gold and platinum," explains Teresa Summe, asthma educator and program coordinator. "We made the decision to work with day care centers and schools that are willing to monitor, assess and treat asthma.

Teresa says the path to platinum for day care centers includes:

- The creation of an Asthma Leadership Team
- Staff training, which covers basics and practices for operating an asthma-friendly childcare center
- Parent communication
- Posters on display to raise awareness for parents and staff
- Environmental monitoring and management
- Parent/caregiver education
- In-depth medication training
- Outdoor air quality plan and practices, using www.AirNow.gov and engaging in indoor activities when outdoor air quality is poor
- Asthma policy/procedures

"School recognition is a bit different because there are so many teachers in each school and so many schools in each district," Teresa says. The platinum level requirements for schools include:

- Establishing an Asthma Leadership Team
- Ensuring that school nurses, faculty and staff participate in asthma training at least every other school year
- School ensures immediate access to asthma medications per Florida statute 1002.20
- School provides student-centered asthma management support, including identifying children with asthma at the beginning of the school year and having an Asthma Action Plan on file
- Posters on display in high-traffic areas
- School provides physical activity and education opportunities that meet the needs of children with asthma
- School works with community partners to provide self-management education to students with asthma
- School works with community partners to offer and provide education to parents about asthma management
- School maintains a healthy environment through the implementation of an indoor air quality program
- School/district implements comprehensive asthma procedures or a policy that includes all above criteria

"Younger children have much smaller airways than adults, so a trigger can cause the child to develop asthma symptoms quickly," Teresa says. "The Asthma-Friendly designation brings a lot of comfort to parents and caregivers because these day care centers and schools have taken the time to prove they are well-trained, trained and ready to monitor, assess and treat asthma.

To learn more about the Asthma-Friendly recognition, visit www.tinyurl.com/AsthmaFriendly. If you have specific questions about asthma education opportunities for children and adults, call Teresa Summe at 239-343-1043.

Cape Coral Hospital Earns Prestigious Sterling Award

Cape Coral Hospital earned the Florida Governor’s Sterling Award, a highly coveted and prestigious award that recognizes businesses and organizations for management and operations excellence. Based on a variety of criteria, including leadership, strategic planning, customer focus, measurement, analysis, knowledge management, workforce focus, operations focus and overall results, Sterling Award winners are business role models that other organizations can emulate.

Led by Scott Kashman, chief administrative officer, Cape Coral Hospital has developed an optimal healing environment (OHE), which intentionally emphasizes health, well-being, connectivity and engagement through services, programs and campus features, including an exercise pathway and gardens. "An optimal healing environment is about connectivity and finding a deeper meaning and purpose in our work," Scott says. "It fosters an environment of respect and support; and encourages more intentional and purposeful efforts."

In their application, Cape Coral Hospital leaders noted how the 1,121 employees, more than 800 volunteers, physicians and community members embraced the OHE concept and committed to the evolving model of care. Scott says there also has been a renewed focus on aligning priorities with hospital and Lee Memorial Health System goals, which keeps teams members aware of and engaged in the current and future goals and successes of the hospital and the health system.

In addition to their success with the OHE, Cape Coral Hospital leaders acknowledged and documented achievements in their key services, including women's care, orthopedics, surgery, emergency care, outpatient radiology and laboratory services, stroke and chest pain centers. Evidence that supports these successes includes:

- Cape Coral Hospital's Primary Stroke Center core measures for discharge on statin and documented achievements in their key services, including women's care, orthopedics, surgery, emergency care, outpatient radiology and laboratory services, stroke and chest pain centers.
- Obstetrical elective deliveries before full term are at 0%, which exceed the March of Dimes 5% benchmark for the past 36 months and the American Hospital Association benchmark of 3% for the past 34 months.

"It is an incredible honor to receive the Governor's Sterling Award and to be identified among the best of Florida's organizations and institutions," Scott says. "It is through the dedication of our entire team that we are able to achieve the level of excellence required to receive this award. Most importantly, through the Sterling Award application process, we learned so much about ourselves, how we operate as an organization and how we can continue to improve and deliver even better care in the future. We extend a special thank you to Chris Crawford [vice president, standards and quality] and Nancy Travis [nursing director, OB triage] for leading our Sterling efforts."

Congratulations to Cape Coral Hospital for pursuing this award—which included a 50-page application and an extensive site visit—and for joining the ranks of Florida businesses and organizations that serve as role models for operations and management excellence.

To view a video on Cape Coral Hospital's Governor's Sterling Award, go to www.tinyurl.com/SterlingAward
In 1975, a one-year administrative residency in health administration brought Jim Nathan and his wife, Karen, to Fort Myers. A constantly changing health care landscape and opportunity kept them here.

Jim arrived to a community that had three hospitals—Fort Myers Community, which later became Southwest Florida Regional Medical Center; Lehigh Hospital, which was later renamed East Point Hospital and is now known as Lehigh Regional Medical Center; and Lee Memorial Hospital.

“There wasn’t a health system—or organized effort to coordinate care—back then,” Jim explains. “It wasn’t until the late 1970s that outpatient surgery and outpatient services began to emerge, and even then, there were a lot of debates about how much could be done safely outside of a hospital and questions about efficiency and costly, duplicative technology. But, with changes in anesthetics and less invasive procedures, outpatient services began to grow rapidly.”

Home health was another new business that emerged during that timeframe. “Hospice was a new concept for our community then, too,” Jim says. “I can recall sitting on folding chairs at St. Luke’s across from Lee Memorial with a small group of community leaders discussing the concept of hospice and trying to understand its implications for our community.”

Though the vision of organizing health care services into a continuum of care was not part of the health care landscape, Jim knew—from personal experience—the important accomplishments for the health system. “Our efforts were never motivated by power or size, but by an effort to assure our economic viability so we could serve others.”

Today, patient safety is Lee Memorial Health System’s No. 1 core value, and the initiative to create and solidify a culture of safety is, according to Jim, one of the most important accomplishments for the health system. “Our patient safety initiative, including our safety coaches, our efforts to identify opportunities for improvement and create a culture of safety rank, for me, as the most important initiative we have undertaken,” he says. “And one that will never be finished because there will always be opportunities to be even better.”

As Lee Memorial Health System celebrates 100 years of caring for our community, we look back with admiration and appreciation for the leadership and vision Jim Nathan has provided for our health system and the community. We also look forward to see where we can go to further enhance the health and well-being of our community. We will do this through more coordination of care and focus on healthy lifestyles, as well as more leading-edge technology, growing our medical residency program to train new physicians, and navigating health services through changes in reimbursement and care delivery.

Lee Memorial Health System would not be what it is today had it not been for the innovative leadership of Jim Nathan, who always recognizes that leadership cannot occur without a shared vision by many. He has led the health system by example, and he is a true example of caring people, caring for people.

Recognizing 40 Years of Leadership
Jim Nathan’s Tenure Full of Accomplishments and Growth

Jim Nathan, President
Lee Memorial Health System

Join Us As We Celebrate 15 Years of Wellness

Where: Wellness Center – Cape Coral
609 SE 13th Court
Cape Coral, FL 33990
239-424-3220

Date: Monday, Aug. 17
Time: 10 a.m.-1 p.m.

Join us for a ribbon- and cake-cutting ceremony and a “15 Years of Wellness” lecture by Dr. Sal Lacagnina, 10-11 a.m. Celebration includes free fitness tests, screenings, food, fun and chance drawings.
SHARE Club

Unless otherwise noted, call SHARE Club at 239-374-3756 to register for these events.

Sleep and Wellness Lecture
Join SHARE Club for this one-time class for expectant parents and all others interested in the pregnancy and postpartum experience.

Pregnancy & Diabetes Program
An educational program for expectant mothers and their partners. Learn about diabetes. This program is available in English or Spanish.

In 2006, the American Academy of Pediatrics was recognized by the American College of Obstetricians and Gynecologists for the health, well-being and self-confidence of pregnant mothers.

Preparatory Joint Replacement Class
Everything you need to know to feel comfortable before joint replacement surgery.

Sleep & Wellness Lecture
Tuesdays at Cape Coral Hospital; Wednesday at Gulf Coast Medical Center.

Gulf Coast Medical Center, Women’s Services Entrance, Room ACR #12
6-7:30 p.m., third Tuesday of each month

Stress Management Class
This class is available to the general public with priority given to current cancer patients and their families.

Gulf Coast Medical Center, Regional Cancer Center, Fourth Floor Conference Room
2:30-4:30 p.m., third Tuesday of each month

Pre-Op Skin Class
For cancer patients and primary care physicians.

Gulf Coast Medical Center, Office Building, Suite 705
10:30 a.m.-1:30 p.m., third Saturday of each month

Mended Heart Support Group
This support group is for caregivers of those who have experienced a heart attack or cardiac event.

Gulf Coast Medical Center, Women’s Services Entrance, Room ACR #12
6:30-8:30 p.m., third Tuesday of each month

FOR MORE INFORMATION:
www.LeeMemorial.org/BirthEd

Lee Memorial Hospital and Cape Coral Regional Medical Center

Lee Memorial Hospital Auditorium

Cancer Bladder Cancer Support Group
A support group for those who have been diagnosed with bladder cancer.

5030 Gulf Crest Drive, Suite 705
3-4 p.m., fourth Tuesday of each month

Pulmonary Fibrosis Support Group
For caregivers and family members of pulmonary fibrosis patients.

Office Building, Suite 705
10 a.m.-noon, third Monday of each month

Gentle Yoga – Multiple Sclerosis
Participants work out together and support one another.

HealthPark Medical Center, Women’s Services Entrance, Room ACR #12
2:30-3:30 p.m., second Tuesday of each month

Support Group

Diabetes

Dietary Self Management Classes
A 1-hour education program discussing all aspects of diabetes self-management, including meal planning, exercise, glucose management, medication therapy and prevention of complications. Classes are offered in English and Spanish.

10:30 a.m., Tuesdays

239-343-9500

Gentle Yoga – Multiple Sclerosis
Complementary yoga class for members of the Multiple Sclerosis Society.

HealthPark Medical Center, Fourth Floor Conference Room
11 a.m.-12 p.m., second Tuesday of each month

Aphasia Group
This is a free class for individuals who have experienced a stroke (cerebrovascular accident or CVA) and their caregivers.

Gulf Coast Medical Center, Outpatient Center, Village on the Gulf
3:15-4:15 p.m., third Tuesday of each month

Mended Heart Support Group
This support group is for caregivers of those who have experienced a heart attack or cardiac event.

Gulf Coast Medical Center, Women’s Services Entrance, Room ACR #12
6:30-8:30 p.m., third Tuesday of each month

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