Generally associated with aging, spinal stenosis is the narrowing of the spinal canal, which compresses the nerves. Symptoms of lumbar—lower back—stenosis often include leg pain known as sciatica, leg pain while walking, and tingling, weakness or numbness that radiates from the lower back into the buttocks and legs. Initial, conservative treatments can include injections, anti-inflammatories and/or exercise. When those treatment options fail to relieve the pain and the patient is unable to participate in everyday activities, surgery may be necessary.

“There is a minimally invasive surgical option for lumbar stenosis and sciatica pain,” explains Dean Lin, M.D., neurosurgeon. “The eXtreme Lateral Interbody Fusion, or XLIF, enables us to approach—and fuse—the lumbar spine through smaller incisions on the side of the body rather than the front or back.”

Dr. Lin says XLIF is performed through incisions that are approximately ¾ of an inch wide, which provide access points for a probe that is used to remove the damaged disc and replace it with a prosthetic.

The prosthetic contains a bone graft that helps the vertebrae fuse together.

“There are a number of benefits to employing the XLIF option,” Dr. Lin says. “As with other minimally invasive procedures, there is less tissue damage and blood loss, and faster recovery. Most patients are candidates for this procedure.”

Dr. Lin says patients will need physical therapy following the surgery because it is a fusion procedure. “This is a great option for patients,” he says. “The prognosis is excellent.”

Dean Lin, M.D.
Neurosurgery
Lee Physician Group
2780 Cleveland Ave.
Suite 819
Fort Myers, FL 33901
239-343-3800
www.tinyurl.com/DrDeanLin

There is less tissue damage, and faster recovery.
Rumrunners Celebrity Chef Night Turns Up The Heat Aug. 17

The heat is on . . . get your tickets to this summer’s hottest event now!

The 2016 Rumrunners Celebrity Chef Night is set for Wednesday evening, Aug. 17 at Rumrunners waterfront restaurant at Cape Harbour in Cape Coral and benefits Barbara’s Friends – Golisano Children’s Hospital Cancer Fund.

Now in its 13th year, the event is one of the highlights of Southwest Florida’s summer season.

Join us and dine on delicious culinary creations from Chef Todd Johnson and Chef Ralph Centalonza of Rumrunners, Chef Brian Roland of Cruze Culinaire, Chef Harold Balink of Harold’s, Chef Keith Meyers of Trabue, Chef Wilhelm Gahabka of Bay Colony Golf Club, and of course, Chef Ryan Love, providing delectable desserts and confections crafted by Norman Love Confections.

The Rumrunners Celebrity Chef Night will once again include a champagne toast drawing to win a Mark Loren designed custom jewelry piece worth more than $2,000.

Guests can place their bids during the silent auction—featuring hand-signed memorabilia from the worlds of sports and entertainment, as well as trips and travel to some of the most desirable destinations, and most popular events in the country—and, of course, a live auction filled with one-of-a-kind experiences and items not available anywhere else on the planet!

Early bird sponsors include Century 21 Sunbelt Realty, LeeSea, Custom Packaging & Products, Comrie Cancer Foundation, Cat Country 107.1, Mark Loren Designs, Physician’s Primary Care, Water City Grill, Jasonis Deli, Steven’s Construction and Private Client Services.

Tickets to the event are $175 per person with reserved tables starting at $1,000. This event is a sure sell-out and one you do not want to miss!

Make your reservations now by calling 239-343-6065 or register online by visiting www.LeeMemorial.org/go/rumrunners.
Cape Coral Cardiac patients received a boost to their heart health when Cardiac Rehabilitation at Cape Coral Hospital moved locations this summer. The center allows patients to stay close to home when living with a cardiac issue.

“It is imperative to have cardiac rehabilitation in Cape Coral, as many of our patients have advanced age, are not able to drive far distances, have transportation issues, and if not for Cardiac Rehabilitation they would be unable to participate in this excellent service,” says cardiologist Robert Cross, M.D.

The new location is easily assessable from the Women’s and Children’s entrance located on the southwest side of Cape Coral Hospital, with access to convenient parking, the healing garden, discovery path and pond.

“There are multiple reasons why we wanted to make this move,” Dr. Cross says. “Our patients get the exercise they need, which we all need more of, education, constant information on their condition, modification and prevention, and confidence. Patients regain their sense of physical activity, which wards off depression and they are introduced to other patients with the same or similar conditions. The evidence-based medicine data shows that patients who complete cardiac rehabilitation have less morbidity and mortality.”

Cardiac rehabilitation requires a physician’s referral and is for patients who have had a specific heart event, like a heart attack or angina, and those who have ongoing issues, including heart transplantation or heart failure.

Cardiac rehabilitation also provides support for monitoring and better control of other health-related areas, such as blood pressure, lipids/cholesterol, diabetes, medication compliance, and improved communication with physicians and other health care providers.

The new space has approximately 4,000 square feet and includes an exercise floor with exercise equipment inside a 120-foot track, locker rooms for men and women, reception/waiting area, reflection room, consultation rooms, staff offices, storage rooms, and staff lounge and bathroom.

This comprehensive program consists of an individualized treatment plan including:

- Assessment and evaluation of personal risk factors
- Beginning and maintaining a personalized exercise plan
- Heart-healthy nutrition with focus on whole food, plant-based nutrition
- Maintaining a healthy weight
- Stress management and psycho-social well-being with focus on mindfulness
- Avoiding tobacco and environmental smoke
- Education and support to make healthy lifestyle changes

Cardiac rehabilitation provides support for patients who have had a specific heart event, like a heart attack or angina, and those who have ongoing issues, including heart transplantation or heart failure.

Maintenance programs are also available after the prescribed program is completed, focusing on independence while helping the patient maintain a heart-healthy lifestyle.

“Cardiac rehabilitation is not just about exercise,” says Sandy Childress, system director, Cardiac Rehabilitation. “It’s a comprehensive program that helps patients with cardiac problems build healthier futures. Education is vital to help individuals learn how to lower their risks for future heart problems.”

Counseling and education can help patients quit smoking, eat healthier, lose weight, and lower blood pressure and cholesterol levels. The Cardiac Rehabilitation facility has been named in honor of the Culliton family and The Gunterberg Charitable Foundation of Cape Coral.

The new Cardiac Rehabilitation facility is open 8 a.m.–4:30 p.m., Monday through Friday. For more information, call 239-424-2396 or visit www.LeeMemorial.org.

Plans Under Way for Regional Cancer Center Expansion

A unique partnership between Lee Memorial Health System and its private physician group partners, including 21st Century Oncology and Florida Cancer Specialists and Research Institute, Regional Cancer Center offers patients treatment for nearly every aspect of their cancer care—all under one roof. Regional Cancer Center is a special place of hope and healing for patients and their families facing a cancer diagnosis and treatment. Due to significant growth through the years, planning is under way to expand the facility.

The plans call for the addition of 24,000 square feet to the existing facility to accommodate expansion of the pharmacy, palliative care, genetic counseling and survivorship programs.

“Regional Cancer Center has seen double digit growth every year since it opened in 2008,” explains Sharon MacDonald, chief administrative officer of Oncology and Home Health Services for Lee Memorial Health System. “In recent years, we’ve added genetic services and greatly enhanced care coordination through nurse navigators, which required some of our services to move to another building nearby. Centralizing all services in one place again will be an invaluable convenience for those in our care.”

Lee Memorial Health System’s Board of Directors approved the expansion process in May and approved the contract terms with Skanska-Gates as construction manager and HDR for architectural design services.

“We are very proud of the Regional Cancer Center, and the comprehensive, evidence-based care that is convenient, accessible and personalized,” Sharon says. “As we anticipate growth in many of our services, we are preparing for the future to best serve our patients and their families.”

Regional Cancer Center is committed to providing a comforting, supportive environment conducive to healing. With more than 15,000 patient visits each year treating a variety of malignancies in both women and men, Regional Cancer Center survival rates meet or exceed the national average for all cancer treatment facilities.
Fever, Coughs Not Usually a Cause for Concern

Parents of young children often face a sick child who needs care. One of the most common symptoms is fever, but this one can be not usually serious. “One of the most common misconceptions is that fever in and of itself is dangerous,” says Golisano Children’s Hospital of Southwest Florida emergency physician Brian Schultz, M.D. “Fever is the body’s natural response to an infection and will almost always resolve on its own when the infection resolves.”

Babies in the first 3 months of life though need immediate attention when they have fever, especially those who are younger than 2 months. However, older babies and children are much more resilient and less susceptible to serious bacterial infections (especially when fully vaccinated). “One of the best ways to tell if a fever is a sign or symptom of something more serious is to observe how the child is acting apart from the fever,” Dr. Schultz says. “If they don’t seem bothered by it, you do not need to treat it. If treatment is warranted because the child is feeling miserable, you can start something like Tylenol® (acetaminophen) or Motrin® (ibuprofen). Do not place the child in an ice bath or cover with cold towels. This can induce a shivering response, does not reduce the fever and can actually make the child feel worse.”

Most coughs usually resolve on their own, as well, Dr. Schultz says. “Roughly 95% of coughs resolve on their own in children,” he says. “The majority of coughs are a normal part of a child’s life. When a child has multiple concerning symptoms, or if there are a new onset cough, we want to convey is for parents not to panic. Most fevers, coughs and sore throats are a normal part of a child’s life. When a child has multiple concerning symptoms, or if there are any fever, cough or throat symptoms, we want to convey is for parents not to panic.”

Cold and flu symptoms that require immediate medical attention include:
- Labored breathing
- Inability to tolerate liquids or other concerns of dehydrating
- Color changes such as blueness around the lips or severe paleness
- Persistent symptoms that do not improve after 10 days of symptoms

“I don’t want parents to get the wrong impression and think they should never bring their child in for care, or that children cannot get seriously ill (because they absolutely can), but by being watchful and observant, many of these normal childhood conditions will correct themselves in a matter of time,” Dr. Schultz says.

Sore throats are also often a cause for concern, and most (at least 2/3 of the time in children) are caused by a virus. “Many parents worry about strep throat,” Dr. Schultz says. “If the sore throat is accompanied by symptoms of a cold (runny nose, nasal congestion, cough and sneezing) it’s almost never strep throat.”

Strep throat, although possible, is rare in children younger than age 3 and peaks in ages 5-15. It’s often accompanied by vomiting, abdominal pain, headache, fever and swollen lymph nodes in the neck. “If you see a combination of these signs and symptoms, certainly that’s a reason to see a pediatrician,” he says. “The real message we want to convey is for parents not to panic. Most fevers, coughs and sore throats are a normal part of a child’s life. When a child has multiple concerning symptoms, or if there are any fever, cough or throat symptoms, we want to convey is for parents not to panic.”

One of the most common ovarian disorders among women of reproductive age is polycystic ovary syndrome (PCOS). Because symptoms of PCOS can vary from one woman to another, the condition is often overlooked or undiagnosed. “Polycystic means ‘many cysts,’” and PCOS often causes clusters of small, pearl-sized cysts in the ovaries,” explains Cayce Jehaimi, M.D., pediatric endocrinologist. “The exact cause of PCOS is not known, although we believe it is an interplay of genetics, environment and lifestyle. Some women with PCOS are less sensitive to insulin, which can cause the ovaries to produce excessive amounts of testosterone. PCOS appears to run in families, and sisters of those with it are twice as likely to have it, too.”

PCOS is a syndrome disease defined by a collection of signs and symptoms; and patients’ experiences can vary. Women with PCOS produce slightly higher numbers of male hormones known as androgens or testosterone, which contribute to the symptoms of the condition. Women with PCOS produce slightly higher numbers of male hormones known as androgens or testosterone, which contribute to the symptoms of the condition.

If you have two or more of the following symptoms, Dr. Jehaimi recommends having a thorough checkup to determine if you need PCOS treatment:
- Irregular or missing menstrual periods
- Anxiety
- Excess or unwanted body or facial hair growth
- Thinning hair on the scalp

“The common symptoms of PCOS are difficult enough for most women, but some experience further complications that can be life-threatening, which is why PCOS treatment is so important,” Dr. Jehaimi says.

PCOS treatment may include:
- Oral contraceptive pills to regulate menstruation
- Insulin-sensitizing medications
- Androgen-blocking medications
- Nutritional supplements
- Other excess hair treatments, such as laser therapy
- Treatments for hair loss
- Acne treatments

“One of the best treatments for PCOS is a healthy lifestyle,” Dr. Jehaimi says. “A healthy diet low in refined carbohydrates/low glycemic index, high in sulfur-rich vegetables and healthy fats, such as nuts, olive oil and avocado is extremely important. Supplementation with vitamin D, omega-3 fatty acid and short-term use of probiotics can also be of great benefit. Exercise is crucial, especially cardio and weight-lifting. Losing weight is challenging with PCOS, but doing so can help reduce testosterone levels in the body and some women will begin to ovulate naturally.”

Dr. Jehaimi urges proper diagnosis, lifestyle changes and proper PCOS treatment to help women find relief from this condition and the overwhelming health problems it can cause.

“Currently, PCOS has no cure, but a variety of treatments can help alleviate the symptoms of the disease,” Dr. Jehaimi says. “The first step for treatment starts with a proper diagnosis. Then, based on the woman’s symptoms, age and future pregnancy plans, we determine the best treatment.”

On Facebook at: www.tinyurl.com/GolisanoFB
On Twitter at: www.tinyurl.com/GCHTweet

Polycystic Ovary Syndrome Requires Proper Diagnosis, Treatment

Polycystic Ovary Syndrome (PCOS) is a common endocrine disorder affecting women of reproductive age. It is characterized by the presence of multiple cysts on the ovaries, which can lead to hormonal imbalances and various health issues. Here’s a closer look at PCOS:

- **Symptoms:**
  - Excess hair growth, especially on the face and body
  - Acne
  - Irregular menstrual cycles
  - Weight gain

- **Signs:**
  - High levels of male hormones (androgens)
  - Insulin resistance

- **Causes:**
  - Genetics
  - Hormonal imbalances
  - Lifestyle factors

- **Complications:**
  - Diabetes or insulin resistance
  - Infertility
  - Cardiovascular problems
  - Thyroid dysfunction

- **Diagnosis:**
  - Blood tests to measure hormone levels
  - Ultrasound to detect ovarian cysts

- **Treatment Options:**
  - Lifestyle changes (diet, exercise)
  - Oral contraceptives
  - Insulin-sensitizing medications
  - Androgen-blocking medications

PCOS is a syndrome disease, and treatment goals include regulating menstrual cycles, improving insulin sensitivity, and managing symptoms. It’s important to consult a healthcare provider for a proper diagnosis and tailored treatment plan. By addressing PCOS effectively, women can improve their overall health and quality of life.
Treating Ankle Injuries Correctly Speeds Healing

Falls, especially in older people, can result in a fractured hip or knee injury, but ankles also are at risk when someone loses balance. Ankle injuries are often the result of trauma and car crashes, as well.

“Ankle injuries, particularly fractures, can range from something that requires little treatment to something more serious,” says orthopedic surgeon Jeremy Schwartz, M.D. “If the ankle fracture is unstable, meaning it moves around, it would require surgery to repair the fracture. If the fracture is stable or well positioned, it can be treated in a cast.”

Recovery can take six weeks or longer, and if not treated appropriately, can heal incorrectly, resulting in arthritis, pain, stiffness and inability to walk properly.

“Many ankle fractures, when treated appropriately, can heal with excellent outcomes and a full return to activities, including sports,” Dr. Schwartz says. “However, if the fracture heals poorly the patient may require multiple surgeries and may have some permanent pain or activity limitations.”

Ankle fractures may also include injury to surrounding tissue or dislocation of surrounding bones, which can extend the time required to heal. Significant pain is an indication that the injury requires medical attention.

“If a patient falls and has significant pain and swelling, they should be evaluated by their orthopedic surgeon in a timely fashion,” Dr. Schwartz says. “If both the medial, or inside of the ankle, and lateral, or outside of the ankle, are painful and swollen it is likely that the ankle fracture will need to be fixed surgically.”

Speed Healing: Ways to Repair an Ankle Fracture

- Elevate your foot as often as possible
- Invest in a good bone supplement to help bones heal
- Stop smoking
- Avoid sugar and alcohol that can rob the body of its healing properties

Jeremy Schwartz, M.D.
Orthopedic Specialists of Southwest Florida
2531 Cleveland Ave
Suite 1
Fort Myers, FL 33901
239-334-7000
The staff at the Rehabilitation Hospital is always encouraged when a patient goes home, “He was just one example of how somebody was always there for me. Who does that?” he asked. He found out a transporter takes the time to shape the Richard even noticed small details, like washcloths that were folded into animal shapes. committed to returning to his active lifestyle. “Jeff says. “He gave praise and positive person, despite all that had happened to him, “ Jeff says. “He spent a great deal of time with Richard because Richard was an interactive impacts the people we serve. “To deliver a great patient experience we need to know what matters to them, “ says. “For me, as a leader, it allows me to get a pulse on our culture and how that staff. “To deliver a great patient experience we need to know what matters to them, “ says. “For me, as a leader, it allows me to get a pulse on our culture and how that...
Where's Larry?

At the Transfer Center at Lee Memorial Hospital

Lee Memorial Health System chief operating officer and former practicing obstetrician/gynecologist Larry Antonucci, M.D., has spent countless hours in the exam room, the operating room and the boardroom. Now, he is embarking on a new adventure—spending time each month working in various departments throughout the health system.

Larry recently spent time working in the Transfer Center at Lee Memorial Hospital where a team of people coordinate and manage the transfer of all Lee Memorial Health System patients. Patients are transferred if they need care at a specific facility, if they need care in another part of the state or country, or if they need to transfer to a long-term facility. Led by Andrea Snyder, RN, director, and Amanda Garcia, RN, supervisor, the team fields calls 24/7 from nursing units in the hospitals, doctors’ offices and facilities not affiliated with the health system.

Larry joined Joanie O’Connell, RN, coordinator, on a call about transferring a patient from HealthPark Medical Center to Lee Memorial Hospital.

“Joanie explained all of the processes to Larry, including the process for transferring patients out of state or out of area.”

Larry worked with Joanie, as well as Erick Voss, RN, coordinator, and Maury “Moe” Morejon, paramedic and patient access specialist. He was impressed with the level of teamwork in the “nerve center of the health system.”

Board of Directors Serves Pivotal Role for Health System

For nearly half of its 100-year history, an elected board of directors has governed Lee Memorial Health System.

The hospital first opened its doors on Oct. 3, 1916. Then on Oct. 1, 1968, control of what was Lee Memorial Hospital changed from a private corporation to a public board. The News-Press reported on Oct. 1, 1968: “All of the liquid assets were leased or given to the Lee County Hospital Board by the Lee Memorial Hospital Inc.”

For 48% of its history, board members chosen by Lee County voters have overseen the system. “Lee Memorial Health System is owned by the citizens of Lee County and the board is chosen by the citizens to provide policy and assure effective leadership is in place,” says Jim Nathan, CEO and president, Lee Memorial Health System. “Thus, the board represents the community to protect its asset.”

Jim has been working with the board for most of the past 40 years. “We have been very fortunate in the years to have a balance of backgrounds and experiences of individuals who want to serve the community well,” he says. “Many board members have sacrificed significantly to provide leadership and help effectively coach and quiz administration. We have had people with health care backgrounds, business, clergy, government, education and many other disciplines.”

The board consists of 10 elected officials who oversee all aspects of the system’s five acute-care hospitals and more. Two board members are elected from each of the system’s five districts. They are elected to four-year staggered terms. The current chairman is Sanford Cohen, M.D., who has been on the board since 2012. The longest-serving member is Nancy McGovern, who was first elected in 1998.

Dr. Cohen treasures serving on the board. “It’s an opportunity to have some influence over the health system,” Dr. Cohen says.

Much has changed in medicine and the health system since 1968. “As the health system has grown in size and complexity, the board has been devoting increased time to understanding key functions, challenges and opportunities, and assisting with strategic direction to assure we help do the right things on behalf of the patients and families we serve,” Jim says.

“The decision to make patient safety the No. 1 core value was heavily driven and supported by the board.”

The board’s oversight is critical, Dr. Cohen says. The annual budget is about $1.5 billion and the system employs more than 12,000 people.

“We’re responsible to keep the doors open,” Dr. Cohen says. Each board member has different responsibilities and each puts in at least 10 hours a week on assignments.

The elected board’s work continues, nearly 50 years after it was created.

For a timeline of Lee Memorial Health System’s history visit www.leememorial.org/100-years-of-caring
Plan Ahead for Health Care Needs during Hurricane Season

We are in the midst of hurricane season, which runs June 1-Nov. 30. Timothy Dougherty, M.D., emergency medicine physician and medical director of the Cape Coral Hospital Emergency Department, says now is a good time to remind you of some general advice focused on considering your medical needs ahead of a storm.

“Remember, planning is key—the less you leave to chance, the less you have to worry about, which gives you more time to focus on the tasks at hand and doing them safely,” Dr. Dougherty says. “Family and community planning lets everyone know what to expect and what to do, which provides confidence and calm during a storm.”

Here are some things to consider:

- Florida law allows pharmacies to fill prescriptions in advance during hurricane warnings. Lee Memorial Health System has four community pharmacies that can assist in making sure you have adequate supply of your prescriptions on hand. For more information about Lee Pharmacy, go to www.LeeMemorial.org/pharmacy.
- Think ahead about preserving refrigerated drugs, like insulin, in case the power goes out. In an emergency, you can reach out to the Red Cross or poison control for assistance in determining a drug’s safety.
- Don’t use any medication that was exposed to flood waters.
- Know the details of your medical equipment, including the size, manufacturer, and company and account numbers.
- Stock up on batteries, especially if you require batteries that need to be special ordered.
- Inform EMS in advance about your medical needs, so they can respond appropriately.
- Consider medical supplies—including catheters and dressings, as well as dietary restrictions, and make sure you have appropriate supplies and options.
- Scan important documents—such as medication log, insurance papers, records, credit reports, pay stubs, banking information, etc.—and store them on a flash drive in a safety deposit box. Lee Memorial Health System uses Epic, which provides one seamless medical record across the system.

It is also important to note, Lee Memorial Health System hospitals are not hurricane shelters. Dr. Dougherty says, if you or your loved ones require a special care shelter, you must pre-register with Lee County Emergency Management. There are, however, criteria that enable some people to stay at the hospital, including the need for IV therapy, intravenous feeding, renal dialysis, ventilator patient/life support or third trimester pregnancy. For those who are granted approval to stay at the hospital, they will receive food, water and oxygen. They are not considered a patient of the hospital and must have a caregiver with him or her at all times. If a medical emergency arises while he or she is staying at the hospital, he or she must register with the emergency department.

“Part of hurricane preparation is staying alert and informed,” Dr. Dougherty says. “Texting can help you check in with loved ones while leaving phone access open for EMS. The hurricane app by the American Red Cross provides preparation information, weather alerts, Red Cross shelter locations and much more.”

For a complete guide to hurricane preparation, review the Centers for Disease Control and Prevention’s health considerations before, during and after a storm.

Scoliosis Surgery was the Best Option for Naples Teenager

Jane Abdo was diagnosed with scoliosis in the third grade. The curve of her spine was severe enough that she had to wear a brace—which helped prevent additional progression of the curvature of her spine—until she was out of high school. Later in life, as the mother of two girls, she regularly checked her daughters’ backs. Jane recognized the curvature of her younger daughter, Gracie’s spine, and took her to the pediatrician.

“Gracie was in second grade when she was diagnosed with scoliosis,” Jane says. “Because we caught it early, and because it worked for me, we hoped a brace would work for her. We started with a night brace, but later transitioned to a daytime brace, too. When Gracie was in 6th grade, we realized the brace wasn’t helping and we had to consider surgery.”

Scoliosis surgery is almost always needed when the curvature is severe—greater than 45–50 degrees. Traditional scoliosis surgery—called spinal fusion—involves correcting the curve and fusing the bones in the curve together. Metal rods hold the spine straight.

Jane says deciding to proceed with surgery was a difficult decision, especially because Gracie didn’t complain of pain. “We talked about the surgery for a year,” she says. “The curvature was worsening, even with the brace, so we had to make the decision to move forward with the surgery to prevent future issues.”

Left untreated, scoliosis can cause complications, including lung and heart issues, and back problems.

John Churchill, M.D., Gracie’s pediatric orthopedic surgeon, assured the Abdo family that Gracie would return to playing volleyball, surfing, boogie boarding, and doing all of the things she wanted to do. “I’ve operated on kids, and less than a month later, they’re back to riding skateboards and ATVs or doing gymnastics,” he says.

Dr. Churchill performed Gracie’s scoliosis surgery on April 14, 2015, and she was discharged from the hospital on April 15. Gracie also returned to playing on her club and beach volleyball teams. Jane admits that she was very protective of Gracie and made her ease back into activities slower than Dr. Churchill recommended.

Gracie Abdo has returned to her favorite sport—volleyball— since undergoing surgery for scoliosis.

“As a parent, it was a long surgery that was hard to sit through, but I can’t say enough about how great everyone was—from the nurses to the music therapists, child life specialists and pet therapy volunteers...they were amazing,” Jane says. And, Dr. Churchill said Gracie would come back even stronger. “He was right—it was the best thing.”

If your child receives a positive scoliosis screening, schedule an appointment with a pediatric orthopedic surgeon to ensure the most appropriate and timely treatment.

John Churchill, M.D.
Pediatric Orthopedic Specialists of Southwest Florida
15821 Hollyfern Court
Fort Myers, FL 33908
239-432-5100

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Minimally Invasive Parathyroid Surgery Available for Most Patients

The parathyroid glands—the four pea-sized glands located in the neck—produce parathyroid hormone (PTH), which is the hormone that helps the body regulate the production of calcium. When the parathyroid gland secretes too much PTH, a person is diagnosed with primary hyperparathyroidism. In most—approximately 85%—of people with hyperparathyroidism, the overactive gland is caused by a benign tumor called an adenoma. William Kokal, M.D., general surgeon, says there now is a minimally invasive, highly effective treatment option for primary hyperparathyroidism.

“For patients who have a parathyroid scan that shows a single adenoma, and who do not have secondary hyperparathyroidism or other thyroid abnormalities, minimally invasive parathyroidectomy (MIP) is a great option,” Dr. Kokal explains. “MIP like other minimally invasive procedures, uses a smaller incision, which cuts operating room time in half and results in shorter hospital stays, less blood loss and less chance of damage to other parathyroid glands.”

Hyperparathyroidism is usually diagnosed after a blood test shows elevated levels of calcium and PTH. Determining whether an adenoma is present requires imaging tests, including the sestamibi parathyroid scan, which uses a radioactive compound—called sestamibi—that is absorbed by the overactive glands and can be detected by a hand-held scanner. “The sestamibi directs us to the exact gland—or glands—that needs to be removed. We also test the parathyroid hormone levels in pre-op and 15 minutes after we remove the adenoma to ensure a successful return to normal parathyroid hormone levels.”

Dr. Kokal says the overall success rate with MIP is 99%, and only requires a cut about 4 centimeters in length. “This technique is not widely used, but is available here in Southwest Florida,” he says. “Hyperparathyroidism is more common than people think, so it is nice to have a minimally invasive treatment option for those who require and qualify for the procedure.”

New Medical Residents Accepting New Patients

Six family medicine residents began their residency training this summer through The Florida State University College of Medicine Family Medicine Residency Program at Lee Memorial Health System. These residents were chosen from a pool of more than 800 applicants. The program is a partnership between Lee Memorial Health System and The Florida State University College of Medicine.

“We are excited to welcome this new class of residents to our program,” says Gary Groth, M.D., founding program director, The Florida State University College of Medicine Family Medicine Residency Program at Lee Memorial Health System. “Choosing good doctors is not easy but we are confident these six residents are up to the task of caring for the Southwest Florida community. They have already met with success in the classroom and are eager to serve our family medicine needs.”

The overall success rate with MIP is 99%, and only requires an incision 1½ inches in length.
Vaccines aren’t just for Children

Childhood immunization programs in the United States have been a success and few children die of vaccine-preventable illnesses. Now, after a strong push by the Centers for Disease Control and Prevention (CDC), adult vaccination rates for the flu and pneumonia have risen greatly. Even so, 50,000-70,000 adults die each year of these two preventable diseases alone. At the same time, our resistance to tetanus, diphtheria and pertussis continues to decrease among adults in the U.S.

Vaccinations that benefit adults include:

• **Flu shot:** The flu can cause fever, chills, muscle aches, cough or sore throat. This vaccine is typically given in the fall or winter (September to February).

• **Diphtheria, Tetanus and Pertussis:** Vaccines against these diseases are now combined in one shot (Tdap). Diphtheria can lead to breathing problems and tetanus causes the muscles to work abnormally. Pertussis, also called “whooping cough,” can cause severe breathing problems. Adults need to be vaccinated against pertussis one time if they received their childhood vaccines.

• **Pneumonia:** Pneumococcus is a germ that can cause severe infections of the lungs, ears, blood or tissues around the brain. All adults 65 years of age or older should receive this vaccine.

• **Herpes Zoster (‘shingles shot’):** Shingles can cause a painful skin rash and blisters. Adults 60 years of age or older should consider this vaccine even if they had chickenpox as a child.

Visit your primary care physician to learn more about the vaccines that are right for you.

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Central Line Infection Rates Fall to New Lows

Small changes can yield big results. For patients who are at risk for central line-associated blood stream infections (CLABSI), changes made in the past year at Lee Memorial Health System have resulted in plummeting infection rates.

“We recognized that our trend on central line infections was not where we wanted it to be and we wanted to turn it around as quickly as possible,” says Donna Giannuzzi, chief patient care officer, Lee Memorial Health System. “To turn it around, we leveraged Epic (electronic health records) to provide every nursing director and vice president of patient care services with a list of every line in place.

The result: a 74% decrease in the number of CLABSI infections throughout all of the Lee Memorial Health System hospitals.

“Our patients are important to us,” Donna says. “Because patient safety is our No. 1 priority, we knew we had to act as quickly as possible. We implemented a best practice alert for daily review of line necessity and prompt decision-making on whether we can remove a line. We know that ‘if a line is not put in, there cannot be an infection.’”

Each director and vice president of patient care services receives information on central lines as part of the daily report—another reason for the drop in rates. “Once we saw the success rate in this area, we started looking at other areas and are making strides to improve across the system as a whole,” Donna says. “Our goals are three-fold: 100% patient satisfaction, zero patient harm and the highest quality of care.”
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
(Daniels and Metro Parkway)

HealthPark Medical Center ..................................239-343-5000
Golisano Children’s Hospital of Southwest Florida ........239-343-4IDS (5437)
9981 S. HealthPark Dr., Fort Myers, FL 33908
(Summerlin and Bass Road)

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 .....................239-424-1655
1682 NE Pine Island Road, Cape Coral, FL 33909
7 a.m. - 7 p.m., 7 days a week

Convenient Care - Summerlin .........................239-343-7450
16210 Summerlin Road, Fort Myers, FL 33908
7 a.m. - 7 p.m., 7 days a week

Convenient Care - Page Field .......................239-343-9800
4771 S. Cleveland Ave., Fort Myers, FL 33907
7 a.m. - 7 p.m., 7 days a week

An outpatient department of Lee Memorial Hospital

Additional locations listed on page 12 and 13
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Events & Screenings
Mobile Autism Screening
Go!Kids!Childhood’s Hospital of Southwest Florida is offering screenings for children younger than 8.
9:30 a.m.-2:30 p.m., Aug. 12
Port Charlotte Regional Medical Center
To schedule an appointment, call 239-647-6900.

Colorectal Cancer Support Group
3:30-7 p.m., first Tuesday of each month
Gulf Coast Medical Center, Women’s Services Entrance, first floor, Room AC21
Call Larry Mickley at 239-454-3308

Multiple Myeloma Support
Group
Call 239-343-1645.

Regional Cancer Center
Coping with COPD
10 a.m., Aug. 23
Lee Memorial Hospital Auditorium
Call 239-424-2317.

Balance Screening
Do you or someone in your family or for safety? Have you fallen in the past? Attend a balance screening to find out! A safe fall is a fall that can be improved upon. 10 a.m.-12 p.m., Aug. 30
Riverside Sports Medicine, 8350 Riverside Park Blvd., Suite 3, Fort Myers
Call 239-384-8826 to register

SHARE Club
Unless otherwise noted, call SHARE Club at 239-343-3767 to register for these events.

Lung Health with Professor Kerr
It’s never too soon or too late to learn how to keep your brain active and alert. Life-long health is provided by Professor Adrian Kerr. This month’s session will compare smoking, health and the Global Empire. Cost is $10 per 2 classes.
10:11 a.m.-11:15 a.m., Aug. 13
Greater Naples Community, 1495 S. Brandywine Circle, Fort Myers
How to Get the Most from Your Doctor’s Visit
SHARE Club invites you to attend this educational program led by Suzanne Facette, nurse practitioner with Lee Memorial Health System. Suzanne will share what you should bring to your doctor’s visit and what questions you should ask.
10 a.m., Aug. 23
Lee Memorial Hospital Audiorium
Coping with COPD
Call SHARE Club for more information on this program.

Cancer
Bladder Cancer Support Group
3:35 p.m., first Wednesday of every month
Regional Cancer Center
Contact Candy Kreig, 239-332-9764.
Bladder Cancer Advocacy Network
www.bladdercanceradvocatenet.org
Call Dona Rosa at 239-433-4396

Cancer Nutrition Seminar
This monthly luncheon is for oncology patients, survivors and caregivers. Each month features a different topic and food demonstration and includes lunch and recipe. These seminars are presented by oncology dietitians.
2:30-4 p.m., second Wednesday of the month
Regional Cancer Center, Fourth Floor, Suite 4319
Call the Regional Cancer Center event line at 239-343-9557 or email Talythe@LeeMemorial.org

Ortho/Neuro/Spine
Preoperative Joint Replacement Class
Everything you need to know to feel comfortable before joint replacement surgery.
Tuesdays at Cape Coral Hospital; Wednesdays at Lee Memorial Hospital and Fridays at Gulf Coast Medical Center.
Call 239-433-1499 for times and appointments

Aquatic Art
Exercise classes are offered for patients with Parkinson’s disease.
1-2 p.m., first Tuesday and Wednesday
Wellness Center-Cape Coral
Call 239-424-3220

Aphasia Group
3:00 p.m.-4:00 p.m., every Tuesday
Gulf Coast Medical Center, Women’s Services Entrance, first floor, Room AC21
Call Larry Mickley at 239-454-3308

Support Groups/Classes
Otosomy Support Group
For individuals considering or who have had an otoscopy (tympanometry or otoscopy), and the spouses or caregivers of individuals with this condition. 12:45-2:30 p.m., first Tuesday of each month
Myerette Manor, 1499 South Brickellway Circle, Fort Myers
Call Howard Weisberg at 239-482-4843.

Pulmonary Fibrosis Support Group
12:3-3 p.m., second Wednesday of each month
Lee Memorial Hospital Medical Office Building, Suite 705
Call Lynne Puglii at 239-875-5732

Yoga
This class is available to the general public with prior given to cancer patients and primary caregivers. No experience necessary. The class is adapted to blocks and andromy provided by patients from the Southwest Florida, including patients with Leukaemia, Myeloma, or those that have undergone surgery.
1:00-1:45 p.m., every Wednesday Regional Cancer Center, Fourth Floor Conference Room.
Call 239-343-9503. Registration is required.

Huffers & Puffers Support Group
For COPD patients, family, friends and caregivers.
1:30-3:30 p.m., second Thursday of each month
Lee Memorial Hospital Medical Office Building, Suite 705.
Call Nayda Agostin at 239-343-3520

Better Breathers
11:30 a.m.-12:30 p.m., Tuesdays and Thursdays.
Wellness Center Fort Myers
Call 239-418-2400

Lifestyle Coaching
This service is available for Wellness Center members and nonmembers. Are you looking for motivation, accountability, direction? Lifestyle coaching sessions can help!

Wellness Center-Cape Coral
Call 239-424-3211 or Sarah.Mitchell@LeeMemorial.org

Better Breathers
For COPD patients, family, friends and caregivers.
2-4 p.m., third Sunday of each month
Wellness Center-Cape Coral
Call Jan Burkel, COPD advocate, at 239-217-0455.

It’s All About You
Call 239-343-9557 for more information.

Lee Physician Group Memory Care
A free, monthly program that covers a variety of topics for those with memory impairments. Our mission is to provide knowledge, guidance and support in caring for their loved ones and selves.
4:30 p.m., third Tuesday and last Thursday of each month.
Outpatient Center at Riverwalk, 12000 Cousinsbridge Road, first floor conference room, Fort Myers
Call Hope Hospice at 239-343-9244.

Anemia Management Support Group
This support group is for people who have experienced anemia and family members, significant others and caregivers are welcome to attend.
5:30-7:30 p.m., Aug. 30
Lee Memorial Hospital Medical Office Building, Suite 705.
Call Tiffany lovesbrains@gmail.com

Chronic Pain Self-Management Program
Do you suffer from chronic pain due to arthritis, fibromyalgia, pain or injury and another cause? If so, then this program is for you.
This complimentary 6-week program teaches you the tools necessary to self-manage your chronic pain. During the workshop, you will learn about the physiology of chronic pain, the importance of physical activity, managing stress, pacing and planning, and much more.
Times and dates vary by Location.
Call 239-424-3122

Nutrition Counseling
This national health promotion program is designed to help increase awareness for a variety of health conditions.
Whether counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, Lee Memorial Hospital Medical Center and Lee Memorial Hospital.
Contact Joanie Borbely at 239-343-2220.

Mended Heart Support Group
This national support for individuals and families living with heart disease.

Meetings feature expert speakers and will be held at Lee Memorial Health System. The August meeting will be a social get together to meet and converse with other Mended Hearts members. Lunch is $12 per person. Mended Hearts encourages patients and families to attend meetings and become volunteers.
11:30 a.m., Aug. 9
Lee Physician Group Mt. Carmel, 1619 Miracle Strip Parkway, Ste. 100, Fort Myers
Call Joe Jansen at 239-461-0980.

Life-long Learning with Professor Kerr
Lee’s first Wednesday of the month
The Healthy Living Lecture Series is a free, monthly program that covers a variety of topics. The topic this month is “Toxins and Detoxification.”
Noon-1 p.m., Aug. 29
Lee Memorial Hospital Audiorium
Call 239-424-3234.

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Regional Cancer Center, Fourth Floor, Suite 4319
Call the Regional Cancer Center event line at 239-343-9557 or email Talythe@LeeMemorial.org
Wellness Centers

Brain Games Enhance Physical Workouts

As the “lazy days” of summer come to an end, fall represents a return to routine, especially when it comes to fitness. Try adding some brain training games into your daily routine while you are standing or moving.

1. Walk at a quick pace, while clapping your hands and counting forward 1-8 and then backward 8-1. Complete 3 times.

2. Then pull back a little on the pace.

3. Now increase your pace again, start clapping your hands and count forward 9-16 and then backward 16-9. Complete 3 times.

4. Then pull back a little on the pace.

5. Now increase your pace again and clap your hands while counting forward 1-16 and then backward 16-1.

You could also try a moving meditation such as tai chi, Pilates or walking meditation. These benefit both the mind and the body at the same time. We forget we need to train our minds just like any other muscle in our body, so why not train them at the same time?
Your destination for services and education to support a healthy lifestyle

At the Healthy Life Center you can:
• Attend health and wellness seminars
• Keep track of your health with a wide range of screenings
• Learn more about our services
• Schedule an appointment with our physicians
• Learn nutrition tips and enjoy cooking demonstrations
• Participate in a variety of classes and workshops
• Schedule an outpatient service, such as rehabilitation and testing

### Every Monday
**Yoga**
5 p.m.

### Every Wednesday and Saturday
**Walking Club**
8:30 – 9:30 a.m.

### Tuesday, August 2
**The Reality of E-Cigarettes, Tobacco and an FDA Regulatory Update**
10-11 a.m. (RSVP)
Natural Solutions to Lower Back Pain
2-3 p.m. (RSVP)

### Friday, August 5
**National Breastfeeding Day Latch On Celebrations**
Call 239-495-4475 for fees and to RSVP
10:30 a.m.-3:30 p.m.
**Heart Report Card**
5-6 p.m. (RSVP)
Nutritional Management for High Cholesterol
2-3 p.m. (RSVP)
**Friday, August 12**
Tips and Tools for Downsizing
10-11 a.m. (RSVP)

### Monday, August 8
**Medicare 101**
10-11 a.m. (RSVP)
**Back to School Florida Kid Care**
11 a.m. - 2 p.m.
**Yoga- All Levels, Please Bring a Mat**
5-6 p.m. (RSVP)

### Tuesday, August 9
**Heart Report Card**
10:30 a.m.-12:30 p.m.
Call 239-424-1499 for fees and to make an appointment.

### Wednesday, August 10
**Brain Health- Alzheimer’s, Vascular Dementia and Neurodegenerative Disease**
10:30-11:30 a.m. (RSVP)
Salvatore Lacagnina, D.O., internal medicine

### Thursday, August 11
**Heart Health 101**
11 a.m.-Noon (RSVP)
Nutritional Management for High Cholesterol
2-3 p.m. (RSVP)
**Friday, August 12**
Tips and Tools for Downsizing
10-11 a.m. (RSVP)

### Monday, August 15
**New Advances in Joint Replacement**
12-1 p.m. (RSVP)
Dan Harmon, D.O., orthopedic surgeon
**Yoga- All Levels, Please Bring a Mat**
5-6 p.m. (RSVP)

### Tuesday, August 16
**Living Strong with a Weak Heart: Basics of Heart Failure**
10:30-11:30 a.m. (RSVP)
Learn How Music and Movement Can Improve Your Memory!
1-2 p.m. (RSVP)
**Wednesday, August 17**
**Food is Medicine and Cardiac Surgery**
5:30-6:30 p.m. (RSVP)
Paul DiGiorgi, M.D., cardiothoracic surgeon
Brian Taschner, M.D., cardiologist

### Thursday, August 18
**Understanding Alzheimer’s Disease and Dementia**
10-11:30 a.m. (RSVP)
Advocating in a Complicated Healthcare System: Advance Directives and Living Wills
12:30-2 p.m. (RSVP)
**Protect Your Heart Naturally**
3-4 p.m. (RSVP)
Teresa Spano, naturopathic consultant
**Friday, August 19**
**Bike Maintenance and Tune Up**
10:30-11:30 a.m. (RSVP)
**Benefits of Dental Implants and Alternatives for Sleep Apnea**
1-2 p.m. (RSVP)
Richard Gilbert, DMD, dentist
Lacy Gilbert, DMD, dentist
**Monday, August 22**
**Brain Boosters: Train Your Brain Like Any Other Part of Your Body**
10-11 a.m. (RSVP)
Space is limited to 8 attendees
$5 Fee
Don’t Eat It, Touch It or Breathe It
3-4 p.m. (RSVP)
Heather Auld, M.D., integrative medicine
**Yoga- All Levels, Please Bring a Mat**
5-6 p.m. (RSVP)

### Wednesday, August 24
**New Advancements in the Diagnosis of Treatment in Shoulder Problems**
12-1 p.m. (RSVP)
John Mehalik, M.D., orthopedic surgeon
**Back to School: How to Pack Healthy Lunches and Increase Fruits and Vegetables**
5-6 p.m. (RSVP)

### Thursday, August 25
**Skin Cancer Prevention and Early Detection Talk**
11 a.m. - Noon (RSVP)
Free Skin Cancer Screening
12-2:30 p.m., Call 239-495-4475 to make an appointment

### Monday, August 29
**Stress Relief Creating Greeting Cards- Arts in Healthcare Series**
10:30-11:30 a.m. (RSVP)
**Aging In Reverse**
3-4 p.m. (RSVP)
Heather Auld, M.D., integrative medicine
**Yoga- All Levels, Please Bring a Mat**
5-6 p.m. (RSVP)

### Tuesday, August 30
**Surprising Symptoms of Acid Reflux: No Time for Heartburn**
10:30-11:30 a.m. (RSVP)
Peter M. Denk, M.D., general surgeon
**How to Kick the Sugar Habit**
2-3 p.m. (RSVP)

### Wednesday, August 31
**Talking Books for the Visually Impaired**
10-11 a.m. (RSVP)

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RSVPs ARE REQUIRED. For reservations call 239-495-4475 or email HealthyLifeCenter@LeeMemorial.org.

Light refreshments provided.

Open: 9 a.m.-6 p.m., Monday-Friday
9 a.m.-4 p.m., Saturday

23190 Fashion Drive, Suite 105, Estero, FL 33928

For information, call 239-495-4475 or visit www.LeeMemorial.org/HealthyLifeCenter