Driving alone, on her way home from work, Lehigh Acres resident Auriel Williams saw the lights of another car in her lane, heading straight for her. She swerved to avoid an oncoming collision and crashed into a tree.

Her airbags deployed and smoke filled the car. “I knew I needed to get out of the car,” Auriel says. “I was afraid it could catch on fire.” Despite searing pain in her hip, she opened the car door and got out. Her pain was intense and she could not walk. Instead, she crawled away from the car and collapsed, face down in the grass.

“I was yelling, hoping someone would hear me,” she says. Because it was after midnight in a residential area, Auriel had to wait 30 minutes before another driver saw her situation and stopped. The good Samaritan called 911 and summoned an ambulance, which transported her to the Lee Memorial Health System Trauma Center.

Once there, Auriel was diagnosed with a fractured rib, fluid in her lungs, a dislocated hip, internal bleeding and lacerated pancreas, spleen and liver. Exploratory surgery resulted in the removal of half of her pancreas, along with drains for her pancreas and lungs. She also had nasogastric intubation because she could not eat for several weeks.

Despite her serious condition, Auriel refused to give up hope. “I smiled throughout the entire thing because I had my family with me and the people who work there saved my life,” she says. “The nurses and CNAs (certified nursing assistant) helped me with daily tasks, from bathing to brushing my teeth.”

Physician assistant Wendy Featherstone, P.A., was part of Auriel’s care team. “Despite her initial critical injuries, and numerous ‘bumps in the road’ during her recovery, she remained positive about her recovery,” Wendy says. “In addition to her amazing attitude, she truly was a model patient. She followed instructions regarding her care and took a proactive approach to her own healing.”

Wendy expects Auriel to fully recover and continue with her life, leaving the crash in her past. “It felt great to tell Auriel, ‘you’re better,’ and give her a farewell hug during her last office visit,” she says.

Six months after her crash, effects of the crash still linger. Auriel’s physical scars are reminders of the night she almost died, but the memories led her down a path she never considered prior to the accident. She graduates this month with a degree in child and youth studies. In January, she has decided to start classes to be a nurse. “Now, I want to work with kids in trauma or something like that,” she says. “I know what it’s like to be in that situation and I know how much other people helped me. I want to help someone, too.”

Auriel Williams’ dog, King, has helped her keep a positive attitude on her recovery from a car crash last summer.

“Now, I want to work with kids in trauma or something like that. I know what it’s like to be in that situation and I know how much other people helped me. I want to help someone, too.”
Give the Gift of Good Health

Bright lights, gatherings with family and friends, decorations . . . as thoughts of holiday giving begin, consider giving the gift of good health by making a tax-deductible donation to Lee Memorial Health System Foundation. Along with making a lifesaving gift this holiday season, you may be able to reduce the amount of taxes you have to pay next April if you complete your charitable giving by Dec. 31.

Making a gift by donating appreciated stock may allow you to deduct the fair market value of the stock (if owned for longer than one year) and at the same time bypass capital gains tax that might be due if the assets were sold outright.

Considering what to give that person on your list who already has everything? Make a gift in his or her honor to support lifesaving care at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center, Lee Memorial Hospital or Golisano Children’s Hospital of Southwest Florida.

Call Lee Memorial Health System Foundation at 239-343-6053 to make a gift over the telephone or request more information. To donate online, simply visit www.LeeMemorial.org/Foundation and click on “Donate Now” on the center of the page.

Happy Holidays!

Help Holidays Happen Dec. 11

Join scores of fashion conscious supporters of Golisano Children’s Hospital of Southwest Florida on Friday, Dec. 11 at Hyatt Regency Coconut Point Resort & Spa as the 6th Annual Charity Fashion Show Luncheon & Auction sets out to “Help Holidays Happen” for young hospital patients. Proceeds will provide equipment for the new hospital’s healing garden.

Chairperson Pat Smart invites you to join Gold Runway Sponsors Kathy & Mike Pratko and Lee Sar Cooperative Services at this holiday themed event that is sure to please. Children’s hospital patients and local celebrities will take to the runway to model the latest fashions presented by Trish Williams Productions.

Guests will have the chance to take home wonderful auction prizes and enjoy a delicious lunch, as well. To reserve your tickets, cost is just $100 per person; contact Pat Smart at 239-495-8295 or chfashionshow@comcast.net.

Don’t miss . . .

Feb. 18
14th Annual Cat Country “Helping Kids with Cancer” Radiothon

Tune to Cat Country 107.1 FM or 95.3 FM, The River, from 6 a.m. to 6 p.m. or listen online at www.catcountryonline.com, then call 1-866-609-KIDS (5437) and make your pledge to “Helping Kids with Cancer.”

Feb. 21
13th Annual Barbara’s Friends Charity Classic

Hit the links at beautiful Lexington Country Club and help save the lives of kids battling cancer. Great golf, wonderful food, unique auction items and outstanding company make this event a must. Call 239-437-0404 to register and for complete details and sponsorship information.

Farmers on Saturday evening, Jan. 23 to experience an evening of southern charm, all to support patients and caregivers at the Lee Memorial Health System ALS Clinic in Fort Myers. Join other guests who will savor a wonderful farm-to-table dinner served under a majestic canopy of native oaks. Guests will also enjoy wine, acoustic music, a diamond champagne toast and the chance to take home wonderful auction lots.

Seating is limited and the event is expected to sell out. Tickets are $85 per person and reservations are required. Call Nancy Bailey at 239-841-9376 to reserve your spot.

Wishful Thinking . . .

Feb. 24 & 25
18th Annual Minnesota Twins Celebrity Classic

Golf alongside Minnesota Twins players at Fiddleticks Country Club, while supporting lifesaving care at the Regional Cancer Center. Visit www.LeeMemorial.org/go/Twins for full details or call 239-343-6106. Great partnership opportunities are available.

Feb. 25 & 26
23rd Annual Boston Red Sox Celebrity Classic

Here’s your chance to meet, mix and golf with members of the Boston Red Sox at the beautiful Forest Country Club. Proceeds support Golisano Children’s Hospital of Southwest Florida. Get full details by calling 239-343-6076 or visiting www.LeeMemorial.org/go/RedSox.

Feb. 26 & 27
Southwest Florida Wine & Food Fest

Help provide lifesaving care for kids treated at Golisano Children’s Hospital of Southwest Florida while enjoying the finest in wine and gourmet dining. Visit www.swfwinemefest.org, email info@swfwinemefest.org or call 239-267-2638 for complete information.
A lung disease that impedes airflow from the lungs, chronic obstructive pulmonary disease (COPD) requires significant education, support and self-management to maintain one’s health and improve their quality of life.

"COPD, if not properly managed, results in hospitalizations and frequent readmissions," explains Teresa Summe, coordinator, COPD management. "To help patients understand their condition and remain healthier at home, Lee Memorial Health System programs and services work together to bridge the care gaps and ensure that every patient has access to appropriate care and education, regardless of financial or mobility limitations."

Patients who are hospitalized for breathing difficulties or for possible COPD diagnosis receive a visit from the COPD management team, including respiratory therapists and pharmacists who teach the patient proper nebulizer and inhaler use and medication management. The team also discusses the schedule for follow up after discharge. A COPD educator helps coordinate the patient’s care.

“Our team makes sure that the patient sees his or her primary care doctor one week after leaving the hospital,” Teresa says. “Then, two weeks post-discharge, we have them come see us in the COPD management program and we perform a pulmonary function test (PFT), which is the only way to get a definitive COPD diagnosis. Many patients have never had a PFT—in fact, many patients are labeled COPD because they are short of breath and/or smoke. One week after the PFT is completed, the patient has an appointment with a pulmonologist to review the test results and determine the diagnosis.”

After appropriate diagnosis, the patient continues his or her visits with the COPD management program. “We start working with our patients on pursed lip breathing, coordination exercises, medication management and assistance, and we discuss pulmonary rehabilitation,” Teresa says. “Our goal is to get every patient to pulmonary rehabilitation if they are a candidate, and we work with each patient’s pulmonologist to ensure that the timing is right to start the rehabilitation program so that the patient is as successful as possible.”

Pulmonary rehabilitation helps COPD patients—and people living with other chronic lung conditions—get stronger and remain independent through education, low-impace strengthening and support. There are three phases of pulmonary rehabilitation, including:

• Phase one is initiated by a physician during hospitalization. Pulmonary rehabilitation therapists speak to the patient about proper breathing, walk with him or her and document the walk.

• Phase two, which requires a physician’s order and begins after discharge from the hospital, meets twice per week and involves a maximum of 18, two-hour sessions with a variety of educational components and scheduled low-impace exercise.

• Phase three is an optional maintenance program. Patients who choose to join phase three engage three to five times per week with treadmill, stationary bikes, rowing machines and upper body weight machines.

“Our goal in pulmonary rehabilitation is to build relationships, and partner with our patients to help them confidently manage their condition,” says Nayda Agosto, RRT, lead respiratory therapist. “Damage to the lungs can’t be reversed, so our program teaches patients how to stay as healthy as possible to reduce exacerbations and trips to the hospital.”

Some COPD patients may also qualify for visits from Care Transitions, which includes an in-home visit 2-3 days after discharge from the hospital, followed by weekly follow-up phone calls. “Care Transitions is for Medicare or charity patients in Lee County who are discharged from the hospital without any post-acute care,” explains Lisa Levy, supervisor, Care Transitions. “Our program begins while the patient is still in the hospital, when we perform a bedside consultation to assess the patient’s baseline knowledge of his or her illness. From there we create a teaching plan, which we follow through on at our home visit. We perform a comprehensive, holistic assessment while in the home, which focuses on individualized disease education, red flags and action plans for patients. Our multidisciplinary team consists of registered nurses (RN), respiratory therapists (RTs) and medical social workers (MSWs). We follow each COPD patient for 30 days after discharge from the hospital.”

Homebound COPD patients also have access to care through Home Health. “The homebound COPD patient usually has more health care needs and our COPD Care Coordination program is designed to assist the patient and his or her caregivers,” explains TJ Pennsy, system director, Home Health. “Our team of nurses and physical, occupational and respiratory therapists work to help them get to a functional place and keep them there through care management and education. Our goal, like the other aspects of COPD management, is to get patients to pulmonary rehabilitation because that is where they will gain the knowledge to recognize when their health is failing and the skills to improve it.”

Across all programs and services, COPD management aims to educate patients and keep them out of the hospital. “Quality of life for COPD patients is only going to improve with what they do at home,” TJ says. “Across this collaboration, we are all COPD navigators working to provide the individualized care each patient needs to take ownership of his or her condition and remain healthier at home.”

For more information about COPD management, call Teresa Summe at 239-343-1043.

Collaboration Keeps COPD Patients Healthier at Home

Anthony Anfuso, M.D.
21st Century Oncology
4571 Colonial Blvd.
Suite 210
Fort Myers, FL 33966
239-333-0772

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4571 Colonial Blvd.
Suite 210
Fort Myers, FL 33966
239-333-0772

“HPV Oral Cancer Tied to Behavior, Not Smoking”

Lung cancer is often associated with smoking, and many people believe the same for cancer that occurs in the mouth and throat. However, cancer related to HPV (human papilloma virus), not cigarettes, is the cause for a prevalent type of oral cancer.

“Just because someone is not a heavy drinker or smoker does not mean he or she cannot get oral or throat cancer,” says otolaryngologist oncologist Anthony Anfuso, M.D.

HPV oral cancer is spread several ways, including sexual contact and oral sex. Having sex with someone who has had multiple partners also increases the risk. People with weakened immune systems are also at a greater risk for contracting this type of cancer.

“Many people have HPV and do not know it,” Dr. Anfuso says. “For many people, the virus will never develop. It’s not clear why some people develop cancerous cells and others do not.”

Signs and symptoms of oral cancer include:

• Pain in the throat
• Difficulty or painful swallowing
• Coughing or throwing up blood

“A mass or lump in the neck is often the first sign,” Dr. Anfuso says. “Unfortunately, there is no prescreening test for oral-pharyngeal cancer in the same way there is for cervical cancer.”

The prognosis for patients with HPV oral cancer is better than non-HPV (smoking related) oral cancer patients, if the disease is caught early. “If we diagnose the cancer in its early stage, there is an 80-90 percent survival rate after five years,” Dr. Anfuso says. “If the cancer has spread to the lymph nodes, we still have a high survival rate—above 75 percent; but if the cancer has progressed to the lungs, the prognosis is poor.”

Dr. Anfuso suggests having protected sex and limited sexual activity. He also encourages young patients to get an HPV vaccine. These vaccines are available to girls and women ages 11-26 and for boys and men ages 9-26. “Hopefully, with increased use of these vaccines, we will see a decreased incidence of this type of cancer occurring in young people,” he says.
Rotator Cuff Tears: Common, Treatable

The rotator cuff is the group of muscles and tendons that surround the shoulder joint. Rotator cuff injuries can happen slowly over time or suddenly after lifting a heavy object or experiencing a fall. James Bynum, M.D., orthopedic surgeon, explains the condition and the options for treatment.

"While acute tears can happen suddenly, most rotator cuff tears are chronic, meaning they happen slowly with normal wear and tear," Dr. Bynum explains. "The patients who experience chronic tears are usually older than the age of 40 and have pain that slowly worsens over months or years. Anyone can experience shoulder pain due to rotator cuff problems, but patients who are heavy smokers are at a greater risk for rotator cuff tears."

Dr. Bynum says the most common complaint is shoulder pain that is worse at night and with overhead activity. "Patients with large rotator cuff tears will describe weakness with lifting the arm, and some cannot even lift their arm at all," he says. "These injuries are very obvious on physical examination. The partial and small tears are more challenging. These patients often complain of pain with reaching into the backseat of a car or with reaching for their wallet in their back pocket. They still have good motion and strength, but their pain does not improve with nonoperative treatment."

The treatment depends on the size of the tear and the health of the patient. Chronic tears can usually be treated with anti-inflammatory medications, steroid injections and physical therapy to strengthen the remaining rotator cuff muscles. "Patients who fail to improve after 6-8 weeks of this type of treatment may require surgery to fix the tears," Dr. Bynum says. "Patients with large tears and weakness usually do better with earlier surgery."

If surgery is the route for treatment, it can be done arthroscopically—meaning the surgery can be performed with three or more small ½-inch incisions instead of a single large incision. "Advances in instrumentation and techniques over the last 15 years have made it possible to fix almost all of these tears arthroscopically," Dr. Bynum says. "A small camera and specialized instruments are used to repair the tendon back to the bone."

The recovery for rotator cuff injuries takes time, Dr. Bynum says. "Regardless of the treatment technique used, rotator cuff tendons heal pretty slowly," he says. "My patients wear a sling for six weeks and cannot lift anything heavier than a coffee cup or dinner plate for three months. Most patients return to unrestricted sports and activities by six months."

Dr. Bynum also adds that not all rotator cuff injuries cause pain. "Roughly half of all patients older than the age of 65 have some type of chronic, age-related rotator cuff tear with minimal to no pain," he says. "These tears are called ‘asymptomatic’ and usually only require treatment if they start to cause pain. Additionally, not all shoulder pain is caused by an actual tear—it could be an inflamed bursa or tendon degeneration, which are small tears on a microscopic level. A regular X-ray will not confirm a rotator cuff tear; but they are usually very obvious on MRI."

Heart Murmur Does Not Always Produce Symptoms

Heart valve disease also may be congenital, that is, present at birth, but this is less frequent. Structural abnormalities of the heart which can produce a heart murmur include "holes" or inappropriate communications between chambers of the heart, which may be the result of a surgical procedure or may be present at birth, or abnormal thickening of the heart muscle/tissue in certain areas.

"Patients who have heart murmurs that are not related to cardiac disease usually do not have signs or symptoms of the defect," Dr. Lake says. "If the murmur is related to cardiac disease, patients—even some with severe valve or certain structural disease—may not notice symptoms for a long time."

As the problems progress, however, one may experience shortness of breath, chest pain, lightheadedness, palpitations, fainting or fluid retention—usually in the legs and lungs. "The presence of these symptoms, however, is not synonymous with having a heart murmur or cardiac disease because other conditions, which may not be cardiac, can produce these same signs and symptoms," Dr. Lake says.

Some structural abnormalities have been associated with sudden cardiac death. Treatment depends on the type of lesion. Physiologic and innocent murmurs, which are not related to cardiac disease, require no cardiac intervention. If the valve is diseased—tight or leaky—surgery may be required to repair or replace the valve. In some cases, medicines alone may be appropriate to prevent worsening and to treat symptoms. Certain structural heart diseases require surgery or minimally invasive procedures to correct.

"If evaluated early in the course of treatment, patients, particularly with heart murmurs related to heart valve problems, usually do well with treatment, which can include medicines only or surgical procedures," Dr. Lake says. "The primary goal is to prevent premature death, limit progression of the disease and remodeling of the heart, and improve or reduce symptoms if already present."
Babies and Children Require Specialized Eye Care

Pediatric patients are among the most important in our health system. Whether they are visiting a physician office, receiving care as a patient in the hospital or in need of transportation for a medical condition, children are at the forefront of Lee Memorial Health System pediatric care.

To ensure that our youngest patients make it where they need to go, Golisano Children’s Hospital of Southwest Florida has two ambulances that are exclusively for use by pediatric and neonatal patients. These vehicles transport children who need to transfer from one medical facility to another, whether it is within the Southwest Florida community or to destinations in other parts of the state.

“Our most common use of the pediatric transport team is for patients who need to go to Golisano Children’s Hospital,” says Niki Shimko, supervisor, Golisano Children’s Hospital of Southwest Florida transport.

A pediatric critical care nurse, pediatric critical care respiratory therapist and paramedic or EMT staff the transport vehicle. One family member, usually a parent, is allowed to accompany the child in the ambulance. Each ambulance is decorated in child-friendly themes and an onboard iPad, DVD player and other games and toys offer a positive distraction for all ages of children.

Naples resident Kelly Fennemore rode in the ambulance last year when her daughter, Caroline, was six days old. “She was born with twisted intestines and became septic,” Kelly says. “The hospital we were in did not have a pediatric emergency department so we needed to come to Golisano Children’s Hospital.” The transport team put Kelly at ease and assured her that her daughter would receive the best care.

“The entire team was amazing,” Kelly says. “They obviously knew what they were doing. They were comforting to me.”

The pediatric team transported 976 children last year in Charlotte, Hendry, DeSoto, Glades, Collier, Sarasota and Lee counties. “It’s nice to see that during a stressful situation, the children relax and smile in the ambulance while still getting the treatment and care they need,” Niki says. “We believe in family-centered care and these vehicles are one way we can get patients to the right place for that care, as quickly and safely as possible.”
Recovery after a neurological event, such as a stroke or brain aneurysm, often requires special treatment like physical therapy or speech therapy. It also helps to have support from others who understand your experiences. Lee Memorial Health System hosts a number of support groups for a variety of conditions, including some specific to neurological conditions, including the Aphasia Group, the Brain Aneurysm Support Group and two Stroke Support Groups.

"Although the folks certainly support one another, the Aphasia Group is more of a therapy group," explains Nancy Gizzi, speech pathologist and leader of the group. "Aphasia is one type of communication disorder caused by brain damage that may result in impaired understanding or use of language. We have, on average, about eight people in the group. Some folks are relatively high functioning communicators and some have minimal communication. I adapt my remarks to each person in a manner to elicit the best response."

Nancy says the group performs automatic speech tasks, such as counting and saying the days of the week. They sing and discuss current events. Nancy also conducts language tasks, such as following directions for receptive language, and listing words related to a particular topic—like Halloween, for example—for expressive language. "We laugh and have fun," Nancy says.

The Brain Aneurysm Support Group is led by Tiffany Blauvelt, registered nurse; Allison Adelmann, neuro endovascular specialist, and Debbie Dean, physician assistant. Together they plan and host this bi-monthly support group. "We usually have a speaker with information about aneurysm procedures, coping skills or whatever information our patients request," Tiffany says. "Following the speaker, we have a group discussion. Survivors and family members are very happy to meet others going through the same thing."

Tiffany adds that the group plans social hours on the months that the support group doesn’t officially meet. “Our members usually stay in touch with each other during the month just to talk and support each other—they have all become essential to and are invested in each other,” she says. “It is so beautiful and inspiring to watch them.”

Sarah Simon, certified occupational therapy assistant, leads and organizes the Stroke Club at Cape Coral Hospital. “The group consists of exercises, education on stroke recovery, guest speakers, social support, caregiver education, and cognitive and memory activities,” Sarah explains. “We provide education on how to reduce the recurrence of another stroke, healthy habits, preventing falls, home safety and how to cope with changes in your life. Most of the information we provide comes from the National Stroke Association. We also schedule guest speakers every month or every other month who focus on stroke recovery, community resources and healthy living.”

The Stroke Club is open to all stroke survivors and their caregivers.

Another Stroke Support Group meets at Lee Memorial Hospital. This group frequently hosts guest speakers, including pharmacists, psychologists and therapists. If a guest speaker is not signed up for a particular week, RyAnn Jeffery, speech pathologist, and Zulai Grettz, physical therapist, lead the group through topics concerning stroke and stroke recovery.

“We start each meeting with celebrations (anniversaries, birthdays, accomplishments), followed by a recap of the previous presentation for those unable to attend,” RyAnn explains. "Following that week’s presentation, we end with an announcement of the next meeting’s topic and speaker. In each group meeting, we provide an opportunity to gain knowledge and access to services and resources for new and experienced stroke survivors and caregivers.”

A Team Approach Leads to Solution for 12-Year Pain

When a friend who also experienced sitting pain found success with Donna Lanthier, M.D., physiatrist, and Nancy Gizzi, physical therapist, Carole decided to follow the same path and made an appointment at Lee Memorial Health System’s Spine Center.

"Nancy was stymied, and wanted to get to the bottom of my sitting pain," Carole says. "She spent time outside of work researching reasons for my pain. She also consulted with Dr. Sebastian Kliśewicz, D.O. [Lee Memorial Physical Physiatrist], who almost immediately suggested a pudendal nerve injection. Nancy told me that I needed to schedule the injection through my physiatrist Dr. Lanthier, who told me to go home and research pudendal nerve pain. I did, and found that I met many of the criteria for this condition—I experienced nearly all of the symptoms.”

Carole had the first injection on Aug. 19, which was administered by pain management physician Gene Mahaney, M.D. “While the Novocain was still in my system, the pain was gone—100 percent,” she says. “But, when it wore off, unfortunately the pain returned. I emailed Nancy and she reviewed everything with the team. Together, they decided that I needed to be in physical therapy during this time in order to open the sitting area to allow the nerve to be released. I saw Nancy for PT on a Thursday, which was about eight days after the injection, and she gave me more exercises to do. Friday, Saturday and Sunday were not good days. But, Monday, 12 days after the injection, and combined with PT exercises, my pain diminished by 80 percent.”

That day, Carole went for her physical therapy appointment with Nancy and was thrilled to tell her that her pain was reduced. “When Nancy came to the waiting room to get me for my appointment, she found me sitting in a chair—like a normal person,” Carole says. “I was still having a hard time wrapping my head around this—that after so many years of pain, I had finally found relief. But, on Wednesday, after a morning of sitting at the bridge table nearly pain free, I became convinced.”

Carole reports that she has had another injection and continues physical therapy, but feels confident that her team at the Spine Center has found the source of her pain and will help her find long-lasting relief.

Support Groups

Support Groups are a Valuable Aid in Recovery

Depression and feelings of isolation are common following a neurological condition or event. Support groups are an important tool to combat this, and to empower survivors and caregivers to find new ways to work through the recovery and challenge themselves to thrive.

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Physical Medicine and Rehabilitation
Spine Center
9860 Colonial Center Blvd.
Suite 210
Fort Myers, FL 33905
239-343-9410
Lee Memorial Health System
Healthy Life Center
Now Open at Coconut Point

The Healthy Life Center at Coconut Point is an exciting, first-of-its-kind health information and education destination. The nearly 5,500-square-foot storefront provides room for a variety of services and education that support healthy lifestyles, early detection of disease, chronic disease management and much more. Along with connecting visitors to screenings, lectures, programs and services, the staff of personal health advocates, health services coordinators and volunteers at the Center will gauge the health and wellness needs of the people of South Lee County.

“The Healthy Life Center provides us the opportunity to create and explore programs and services in a new and unique setting,” explains Suzanne Bradach, Lee Memorial Health System director of special projects. “It is our incubator to take what we learn through the relationships we build with visitors to the Center to grow and develop programs and services that will be most beneficial to the community. These perspectives and this information will be invaluable as we progress with the development of the Lee Health Village at Coconut Point.”

Lee Memorial Health System President Jim Nathan is excited about the Healthy Life Center, as it is a wonderful opportunity to help patients navigate a complex health care environment. “Health care—both locally and nationally—is highly specialized and often fragmented, which can make it more difficult for people to find the right choices and options for prevention, effective chronic health management, and creative new products and services,” he explains. “The Healthy Life Center at Coconut Point is a place where people can learn about and access programs and services that inspire healthier lifestyles—in a welcoming, nonclinical setting.”

The Healthy Life Center is a major step in Lee Memorial Health System’s efforts to develop programs devoted to maintaining and improving health, as opposed to being more focused on treating sickness.

Molly Grubbs, personal health advocate, spent several months leading up to the opening of the Center meeting key community stakeholders to determine the potential health and wellness needs for the community. She also created a calendar of events that includes cooking demonstrations, lectures and valuable health screenings, including balance, skin cancer, memory, autism and much more.

“Our goal is to help connect individuals to the right care, programs, screenings, health information and community resources to live healthier lives,” Molly says. “By providing assistance and education, we help ensure that the residents of Southwest Florida, including patients and families, as well as potential patients, receive the right care at the right time in the right place.”

The Healthy Life Center will also showcase the design, development and services planned for the new Lee Health Village at Coconut Point, which will be built on a 34-acre site south of Coconut Point and will open in 2018.

For more information about the upcoming Healthy Life Center programs, screenings and education opportunities, call 239-343-9207 or go to www.LeeMemorial.org/HealthyLifeCenter.

Or, Visit the Healthy Life Center, located just north of Dillard’s at 23190 Fashion Drive.

Hours of Operation:
10 a.m. - 7 p.m., Monday-Friday
10 a.m. - 4 p.m., Saturday
Noon - 4 p.m., Sunday

“The Healthy Life Center at Coconut Point is a place where people can learn about and access programs and services that inspire healthier lifestyles—in a welcoming, nonclinical setting.”

Healthy Life Center

Healthy Life Center
Spark a Fitness Revolution with the Healthy Lee Million Mile Movement

Lee Memorial Health System has supported a diverse group of community leaders to actively engage the community by inspiring and empowering the people of Lee County to live healthier, more active lives. The initiative, Healthy Lee, has added a new component on the road to better health: the Million Mile Movement.

The Million Mile Movement is challenging people in Southwest Florida to get moving and keep track of their physical activity with the goal of logging a total of 1 million miles in 90 days. The Challenge ends Dec. 29.

The Million Mile Movement is a fun, inclusive way to empower everyone to move—whether walking, running, biking, swimming or any other cardiovascular activity.

The challenge is open to all Lee County residents and businesses to encourage the community to get active, thereby supporting Healthy Lee’s mission to empower and inspire the people of Lee County regarding healthy lifestyle choices through education and action.

“A healthy lifestyle—one that includes exercise and good nutrition—translates into fewer sick days and a better quality of life,” says Sally Jackson, system director, Government and Community Relations, Lee Memorial Health System. “The Million Mile Movement is about working together as a community to improve the quality of life for everyone who lives here.”

Ways to join the movement include:

• Set a personal goal for the number of miles you want to move in 90 days.
• Set a goal for your team to reach.
• Get moving and encourage others. Feel your motivation soar as you track your progress “in step” with other challengers and watch the movement build.
• Log your miles. The easy-to-use website allows you to track your healthy activities like walking, running, swimming and bicycling to show you’re “going the distance” toward a healthier lifestyle.

“If you don’t exercise regularly, use the Million Mile Movement as a jumpstart to a new routine,” Sally says. “Find something you like to do, and commit to finding the time to take care of yourself.”

As a founding partner of Healthy Lee, Lee Memorial Health System is encouraged by the diverse group of organizations that work together to improve the health of our residents. The Healthy Lee Million Mile Movement is a great step forward in creating a healthier community. We hope you’ll take advantage of every opportunity to step out and enjoy all Lee County has to offer.

Compassionate Blanket Program Gets Help from Young Volunteers

A hospital intensive care unit has the equipment and staff necessary to care for severely sick and injured patients. But, it can be a stark and cold place, especially for family members during a critical situation or when there is an unexpected outcome. Compassionate Blankets are special additions that provide much needed comfort and support for families.

The Compassionate Blanket Program includes efforts from local faith community groups and school groups to assemble the blankets. The fabric for the blanket is gifted by local foundations and the Lee Memorial Health System auxiliary boards. “The parish nurses, palliative care teams, chaplains and ICU nurses started this program in 2009 and it has grown to include all 11 ICUs throughout Lee Memorial Health System,” explains Nancy Roberts, Parish Nurse Program manager. “The ICU and palliative care teams use the blankets when death is imminent to provide a compassionate environment for families to grieve the loss of their loved ones; or to comfort families who are in shock during a crisis episode. Families may keep the blanket as a gift of compassion care.”

Sewing groups who attend churches where the parish nurses practice sew and assemble the blankets. Deb Stephens is the faith community nurse at Sunbel Community Church, which is home to a quilting group called the “Joyful Piecemakers,” as well as a large number of young families. “I noticed that there were older people whose grandchildren live out of the area and young families whose grandparents don’t live here,” Deb explains. “I noticed how both groups miss out on interacting with each other—especially grandparents passing along traditions and skills, such as sewing and handiwork. I wanted to bring these people together, so I thought an intergenerational group assembling the compassionate blankets would do it.”

Deb partnered with Kathy Cramer, director of children and family life at the church, and together they determined that 4th and 5th graders would be a great group to work with, along with their teacher Katrina Salokar. “Katrina is a great Sunday School teacher who cares for the children beyond the classroom and has planned many events throughout the year,” Kathy says. Katrina offered to help recruit her children. A group of five children—three girls and two boys—signed up to participate. Two members of the Joyful Piecemakers group, Mary Shufelt and Martha Emory, volunteered to help.

Mary and Martha worked with the children through the different stages of construction—measuring, cutting, pinning and sewing.

“It was fun and satisfying,” Deb says. “We talked about compassion, loving and caring for others, and that compassion grows from the inside out. We explained the Compassionate Blanket Program and how it comforts families when they need it most. We wrapped the children in the blanket and asked them how they felt. Together the group finished two blankets. The children were very proud and excited to help; they have the heart to help others. The older women enjoyed sharing their lobby and skills with the children—passing them on to a new generation.”

Deb says she plans to coordinate more events like this in the future. “It is amazing to see the generations working and sharing with each other,” Deb adds.

Lee Memorial Health System’s Parish Nurse Program started in 1998 and is an important health and spiritual initiative that connects the health system with the community. The Parish Nurse Program pairs nurses with faith communities to facilitate care in congregations. They participate in community health fairs, work with food pantry distributions, and coordinate immunizations and screenings. The nurses cannot deliver skilled nursing care, such as injections, but can make health assessments and referrals for resources. “Parish nurses often are the first point of contact for someone who needs to see a doctor,” Nancy says. “They also make home visits and offer comfort to people who have experienced a life-changing event, like the death of a loved one or a serious health diagnosis. They also are there to provide a simple prayer of encouragement.”

For more information about the Parish Nurse Program or the Compassionate Blanket Program, call Nancy Roberts at 239-343-5182.
Emergency departments are designed to give immediate care to people who may be in life-threatening situations. Some patients who enter the emergency department may be more suited for care in other locations.

“We want our patients to get the right care in the right place at the right time,” says System Director of Hospital Based and Surgical Services, Mark Collum. “For some patients, the emergency department is the absolute best place to be, particularly if they experience chest pain, symptoms of a stroke, suffer from a serious fall or other traumatic event. Others, whose symptoms may not be as immediate, may be better served at our Convenient Care locations or with a primary care physician.”

The Lee Memorial Health System patient access scheduler allows staff and physicians in the emergency department to assess and treat patients, and recommend follow-up care that may result in an appointment with the appropriate provider. “Prior to this, the patient may have been admitted to the hospital or he or she might leave before we could administer the proper care,” Mark says. “With this new system, we can improve the patients’ waiting times, streamline their care and hopefully prevent an emergency department visit in the future for the same condition.”

Procedures that may not require emergent care include:

• Flu and colds
• Medication refills
• Minor cuts and scrapes
• Mild sprains
• Minor cuts and scrapes

“Many patients have found an advantage with the patient access scheduling system,” Mark says. “It helps people who do not have a primary care physician connect with someone who can provide family care. We are not sending people away from the emergency department. We are helping them receive care that is appropriate for their needs. We do not want people to wait for a long period of time for a condition or illness that can be treated quicker in another location.”

Temper Holiday Fun with Common Sense

Amid the holiday packages and bright lights, one of the best gifts is safety—for yourself and those you love.

“During the holiday season, we treat an increased incidence of falls, lacerations and back strains,” says Karen Knific, Lee Physician Group advanced registered nurse practitioner (ARNP). “We generally see many falls daily that lead to skin tears and lacerations that may require several weeks of wound care.”

Fractures, sprains and other painful injuries lead to decreased ability to complete daily activities, and some require help in the home for daily chores. "Last year, one of our patients was standing on a step stool and fell backward, landing on an ornament that lacerated her lower leg," Karen says. “She waited several days before seeking treatment. By then, she had an infection that required wound care and antibiotic therapy.”

Patients who take anti-coagulant (blood-thinning) medications need to take additional precautions. Even a small fall or cut can be serious and may require hospitalization. “In addition to the obvious physical dangers, anxiety is a frequent occurrence this time of year,” Karen says. “The added pressures of holiday activities like baking, decorating and shopping, coupled with the financial and social obligations add to existing daily stress. Strained family relationships and loneliness can add to anxiety.”

To combat holiday stress:

• Take a break
• Seek support from family and friends
• Get plenty of sleep
• Eat a healthy diet
• Exercise
• Avoid drugs and alcohol
• Ask for a referral for mental health counseling, if needed

Children can experience injuries when they are out of their structured school routine. “Most of the pediatric visits I see are related to fevers, viral upper respiratory infections, ear infections or viral gastroenteritis,” Karen says. “Common injuries include sprained ankles and wrists, lacerations and fractures.”

With a few common sense pointers, holiday fun can last well into the New Year. “This time of year is about family and those we love,” Karen says. “By making good choices the holiday season can be a time to make good memories that last.”

Healthy Tips

• Parents and children should wash hands often
• Cover coughs
• Get a flu vaccine
• Eat healthy foods
• Supervise children near or on escalators and in shopping carts
• Keep sharp objects and decorations that look like candy away from small children
• Examine house plants—some are poisonous to young children and pets

Karen Knific, ARNP
Convenient Care
Lee Physician Group
1682 NE Pine Island Road
Cape Coral, FL 33909
239-481-4111
www.tinyurl.com/KarenKnificARNP
**Green Minestrone**

**Ingredients**

- 6 tablespoons olive oil, divided
- 1 leek, white and pale-green parts only, chopped
- 1/2 small fennel bulb, finely chopped
- 1/2 small yellow onion, finely chopped
- 2 celery stalks, thinly sliced
- 4 cups low-sodium vegetable or chicken broth
- 1/2 shallot, finely chopped
- 2 red pearl onions or 1/4 small red onion, thinly sliced
- Shaved Parmesan (for serving)

1 cup fresh shelled peas or fava beans (from about 1 pound pods) or frozen
- Kosher salt
- Freshly ground pepper
- 1/2 cup fregola, ditalini or other tiny pasta
- 1 1/2 cups (lightly packed) fresh flat-leaf parsley leaves
- 239-343-0107
- 239-343-9503
- 239-424-2219

**Recipe from Bon Appetit.**

Heat 2 tablespoons oil in a large heavy pot over medium heat. Cook leek, fennel, yellow onion and celery, stirring occasionally, until softened but not taking on any color, about 5 minutes. Add broth, bring to a boil, reduce heat, and simmer until vegetables are tender, 10-15 minutes. Add carrots and peas and simmer until carrots are tender, about 5 minutes; season with salt and pepper. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain and add pasta to soup. While pasta is cooking, process parsley and remaining 4 tablespoons oil in a food processor to a coarse paste, transfer to a small bowl, and mix in shallot. Season pesto with salt and pepper. Serve soup topped with pesto, pearl onions and Parmesan.

Yield: 4 servings. Calories 440 fat 21 g fiber 3 g.

**Find the Perfect Gift at Cookie’s Place and Save**

**SAVINGs**

**Find the Perfect Gift at Cookie’s Place and Save**

**SAVINGs**

**Bring in this coupon and save on all gift items,** including cards, aromatherapy items, soaps, lotions, candles, night shirts, scarves, hats, mugs, kitchen items, holiday gifts and more.*

**Cookie’s Place**

**Regional Cancer Center**

8931 Colonial Center Drive

Fort Myers, FL 33905

239-343-9503

**Hours:** 8:30 a.m.-4 p.m., Monday-Friday

*Coupon is for gift items only and does not apply to services, mastectomy products or wigs.


**Think Outside the Mall for Your Holiday Shopping**

With the holidays upon us, the stress of shopping for gifts may be zapping your festive spirit. A hassle-free, interesting and unique shopping destination—and one you may not have thought of—is our local hospitals.

All four Lee Memorial Health System hospital gift shops have a wonderful variety of unique gifts for all ages, at all prices, including ornaments and holiday trinkets; home décor; jewelry; candies, including Norman Love gourmet chocolates; toys; balloons; and flowers. Additionally, because the gift shops are run by the Lee Memorial Auxiliary, the Gulf Coast Medical Center Auxiliary and the Cape Coral Hospital Auxiliary, proceeds support programs and technology that benefit patients, families, visitors and staff.

**A hassle-free, interesting and unique shopping destination—and one you may not have thought of—is our local hospitals.**

The Bright Ideas Gift Shops, located inside HealthPark Medical Center and Lee Memorial Hospital, also house full-service U.S. Post Offices,* explains Deanna Steinberg, director of Lee Memorial Health System’s Bright Ideas Gift Shops and Bright Ideas for “U”nfirms. “You can shop for friends and family on your list and ship your gifts—all while avoiding the long lines and crowded malls.”

Cookie’s Place at Regional Cancer Center is another great option for unique gifts. A special boutique dedicated to women and men diagnosed with cancer, undergoing treatment or caring for a loved one, Cookie’s Place carries very specific items, like wigs and mastectomy garments. But, the boutique also has a wide selection of gifts, including essential oils, jewelry, soaps, lotions, home décor, candles and much more.

“What really sets us apart is the people who work here,” says Lindy French, Cookie’s Place manager. “Our professionally trained staff assists patients, caregivers, family members and friends to ensure that all visitors to the boutique feel comfortable and find what they need. The biggest thing is the personalization—that one-on-one time.”

Lindy also takes a lot of pride in decorating Cookie’s Place for the holidays. The store is transformed into a winter wonderland of twinkling lights, ornaments and trees. All of the items are available for sale individually; or the trees can be purchased fully decorated. “I love to decorate and it shows,” Lindy says. “But more than anything, I enjoy that our patients and customers get so excited.”

While you are shopping, stop by the hospitals and Cookie’s Place because you just might find the perfect gift.

**Coral Tree Gift Shop**

Cape Coral Hospital

636 Del Prado Blvd.

Cape Coral, FL 33990

239-424-2219

**Hearts & Hands Gift Shop**

Gulf Coast Medical Center

13681 Doctors Way

Fort Myers, FL 33912

239-343-0107

**Bright Ideas Gift Shop**

HealthPark Medical Center

9981 S. HealthPark Drive

Fort Myers, FL 33908

239-343-5615

**Bright Ideas Gift Shop**

Lee Memorial Hospital

2776 Cleveland Avenue

Fort Myers, FL 33901

239-239-343-2615

**Cookie’s Place**

Regional Cancer Center

8931 Colonial Center Drive

Fort Myers, FL 33905

239-343-9503

Recipe from Bon Appetit.
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 ..........239-343-8000 (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 ..............239-481-4111
1682 NE Pine Island Road, Cape Coral, FL 33909
7 a.m. - 7 p.m., 7 days a week

Convenient Care - Summerlin ..................239-481-4111
16210 Summerlin Road, Fort Myers, FL 33908
7 a.m. - 7 p.m., 7 days a week

Convenient Care - Page Field ..................239-481-4111
4771 S. Cleveland Ave., Fort Myers, FL 33907
7 a.m. - 7 p.m., 7 days a week

Healthy Life Center at Coconut Point Mall

Lee Memorial Health System Hospitals
Convenient Care locations
Additional Locations listed on page 12 and 13

An outpatient department of Lee Memorial Hospital
Events & Screenings
Free Car Seat Fitting
Gulf Coast Medical Center, Fort Myers and Cape Coral. 9 a.m.-12 p.m. Southwest Florida and Kohl’s Kids Safety & Wellness. Free car seat safety fitting and safety check. Parents and caregivers are invited to have their child’s car seat checked.
9 a.m.-12 p.m., Dec. 4
South Trail Fire & Rescue, Station 62, 22000 Sophomore Lane, Fort Myers Call 239-565-8371

Healthy Living Lecture Series with Dr. Olshavsky
The Healthy Living Lecture Series is a free, monthly program that covers a variety of health-related topics. The December topic is: “Metabolic Syndrome: Diabetes, Obesity and Osteoporosis.”
Next stop: Bonita Bay Club Lifestyle Center Conference Room, 26000 South Tamiami Trail, Bonita Springs Call 239-424-3324

Mobile Autism Screening
Gulf Coast Medical Center, Fort Myers
5 p.m.-7 p.m. December 6-7
5:30-7 p.m., fourth Tuesday of each month
5:30-7 p.m., fourth Tuesday of each month at Lee Memorial Hospital or 239-424-2317 for Cape Coral Hospital
Phone 239-343-1645

SHARE Club
Unless otherwise noted, call SHARE Club at 239-342-3765 to register for these events.
Drawing Class with Doug MacGregor
Joan Doug MacGregor, Arts in Healthcare program coordinator and local cartoonist, for this four-week, class designed for beginners. The cost is $30/SHARE Club members and $35/nonmembers.
10-11:30 a.m., Jan. 4, Jan. 11, and 18 and 25 Wednesday, Wellness Center-Cape Coral, 609 SE 13th Ct., Cape Coral

Cancer
Bladder Cancer Support Group
3-5 p.m., first Wednesday of every month
Regional Cancer Center Conference, Bladder Cancer Advocacy Network volunteer advocate at 239-566-0060 or kgod@comcast.net

Diabetes
Diabetes Self-Management Classes
A 10-week education program discussing all aspects of diabetes self-management, including meal planning, exercise, stress management, condition therapy and prevention of complications. Classes are available in English and Spanish. Wednesday morning and evening classes at Cape Coral Hospital, Lee Memorial Hospital and the Outpatient Center in Fort Myers.
Diabetes education is a covered benefit for Medicare and commercial insurances. Must be registered and a physician referral is required.
Weekly classes available
Call 239-424-3127

Weight Loss
Weight Management
Individual weight loss counseling with a registered dietitian. Weekly counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, HealthPlex at Lee Memorial and Cape Coral Hospital.
Weekly classes available
Call 239-424-3120

Weight Management Exercise Program
Commit to eight weeks. This program meets once a week for one hour. Participants work out together and then have a discussion/lecture.
Time and date vary
Wellness Center Cape Coral Contact Sarah Mitchell at 239-424-3231 or Sarah.Mitchell@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 239-424-1499 for times and appointments
Aqua Art Pool exercises for people with Parkinson’s disease.
1-2 p.m., Mondays and Wednesdays Wellness Center Cape Coral Call 239-424-3220

Aphasia Group
For those who have difficulty talking due to stroke.
9:30-10:30 a.m., Tuesdays, Cape Coral Hospital Meeting Room (located at Day Surgery Entrance) Call Nancy Gizi at 239-424-3572

Support Groups/Classes
Ostomy Support Group
For individuals considering or who have surgery (colostomy, ileostomy or ileostomy) and the spouses or other caregivers of individuals with ostomies.
12:30-1:30 p.m., first Tuesday of each month
Myerlee Manor, 1495 South Fort Myers Boulevard, Fort Myers Call Howard Weisberg at 239-482-8413

Caregiver Support Group
This group focuses on the unique needs and concerns of those caring for a loved one, regardless of their medical condition.
4:30 p.m., second Wednesday of each month
Regional Cancer Center lobby Call Mark Greene at 239-343-1126

Pulmonary Fibrosis Support Group
1-3 p.m., third Wednesday of each month
Lee Memorial Hospital Medical Office Building, Suite 705
Call Lynne Puglise at 914-875-3732

Yoga
This class is available to the general public with priority given to current cancer patients and primary caregivers. Mats, straps, blocks and aromatherapy provided by a yoga from the Junior League of Fort Myers.
9:15-10:30 a.m., every Friday
Regional Cancer Center, Fourth Floor Conference Room
Call 239-342-9500 for more information

Support Groups/Classes
Ostomy Support Group
For individuals considering or who have surgery (colostomy, ileostomy or ileostomy) and the spouses or other caregivers of individuals with ostomies.
12:30-1:30 p.m., first Tuesday of each month
Myerlee Manor, 1495 South Fort Myers Boulevard, Fort Myers Call Howard Weisberg at 239-482-8413

LIKE US On Facebook at: www.tinyurl.com/LeeBF2015

www.LeeMemorial.org

Please call to register for more information.
In March 2012, the Florida Department of Health in Lee County and Family Health Centers of Southwest Florida were selected as one of 40 communities nationwide to develop an action plan promoting a healthy lifestyle. To help fight childhood obesity; they created a program, "5210" that is now spreading throughout Lee, Hendry and Glades counties through pediatricians, schools, child care centers, WIC and many other organizations under the Healthy Lee community collaborative. According to the Centers for Disease Control (CDC), childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years. Shared family behaviors—and not genetics—are typically the issue. 5210, "A Prescription for a Healthier, Active Life" for children and families, is a collaborative best practice initiative that is now part of ongoing Healthy Lee efforts to empower and inspire the people of Lee County regarding healthy lifestyle choices through education and action. Research suggests that children today are less fit; meaning, when it comes to physical activity, kids cannot outlast their parents at that age. The same will hold true for their life expectancy if things do not change, as this is the first generation believed to have a shorter life span than their parents. The fix: Lead by example. Without parental involvement, failure is inevitable for the child. Parents are mindful of kid’s school work and who they spend time with—teaching them healthy lifestyle behaviors is just as important. Sometimes the hardest part is to realize that change needs to occur within the family, as a unit. Here are some tips to help get you started:  
• Encourage the whole family to embrace a healthy lifestyle.  
• Begin with small changes. Focus on one goal at a time if that helps.  
• Remember, you’re their number one role model. Set a good example.  
• Reward your family’s success – but not with food or treats. Food should be thought of as fuel for the body.  
You can try the 5210 challenge, a set of easy to follow guidelines presented as a prescription for healthy habits:  
5 fruits and veggies daily. Mix them with meats or alone as snacks. Eating healthy snacks can help keep you from overeating, increase your energy level and keep you alert. It’s best to plan ahead so when a “snack attack” hits, you won’t reach for sugar, potato chips or cookies.  
• Offer fruits and veggies and encourage everyone to try a few bites. It can take several tries. Don’t pressure or complain, simply try at another time.  
• Serve fruit as dessert after dinner.  
• Frozen or canned cost less than fresh and are just as good for you. Choose fruit packed in natural juices and not syrups, and canned vegetables with low or no sodium.  

2 hours maximum screen time per day. Set limits and give an incentive by allowing them to enjoy video games for an hour, but only if they participate in daily physical activities first. Here are some other ways to keep screen time in check:  
• Take a family walk after dinner.  
• Have family board game, activity or reading time.  
• Go outside. Take up kayaking or fishing—enjoy Florida!  
• Turn off the TV and other devices during meals and bed time.  
• Involve kids with household chores.  

1 hour minimum of physical activity every day. Getting at least an hour each day helps to: reduce stress; boost confidence; keep bones healthy and strong; keep a healthy weight and get quality sleep. The possibilities are endless, but here are some great activities you can do together:  
• Dance around the house  
• Create an obstacle course or scavenger hunt  
• Plant a garden  
• Walk or bike to your destination  
• Walk your pet more often.  
Overweight children have limitations that can make them uncomfortable or embarrassed. It’s important to be supportive, not demanding. Make adjustments and make it fun so they are more likely to join in. Once they begin to see changes they’ll want to do more.  
0 sugary beverages.  

For the month of December

according to the Centers for Disease Control (CDC), childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years.
Golisano Children’s Hospital of Southwest Florida

Caring People, Caring for Kids

The Only Children’s Hospital Between Tampa and Miami

Keeping Kids Close to Home

Ellana
Cancer Survivor
Immokalee, Florida

9981 S. HealthPark Drive
Fort Myers, FL 33908

www.GolisanoChildrensFlorida.org • 239-343-KIDS (5437)