The holiday season is meant to be fun, but the joy can take a painful, even deadly turn, if children attempt to use toys that are not age-appropriate or develop bad habits.

“One of the biggest things to think about is your child's age,” says pediatrician, Pierre Loredo, M.D. “Packages have warning labels with an age range, but you also have to take into consideration children with special needs—children who are autistic might need something more sensory that helps develop social skills, or something calming.”

Young children can be at risk for suffocation or strangulation from strings, straps and cords; or burns from caps guns or other flammable items. “Parents don’t think about it, but objects with sharp points or edges, things that make loud sounds or projectiles are things that have the potential to harm,” Dr. Loredo says.

Dr. Loredo suggests toys that develop motor skills for young children. “A tricycle or bicycle is a great gift, but get a helmet, too,” he says. “Avoid something like a pet because that’s a lot of responsibility and many children are not ready for that.”

Older children can benefit from intellectual toys, including electronic games and tablets that include memory games and ways to enhance learning. “Monitor what your children watch and how they are engaged with other people,” Dr. Loredo cautions. “You always want to know what they are doing online and who is communicating with them.”

Extended holiday breaks are a chance for children to spend more time in recreational activities and eat foods that are only available for a limited time. “It’s fine to indulge, but within reason,” Dr. Loredo says. “Talk to your children about making choices.”

Special foods should be consumed in moderation. “Talk to your kids about choices and what to eat in smaller portions,” he says. “Also, I know kids want to stay up later, and that happens, but be sure to get back on a routine bed schedule several days before schools start.”

The payoff is healthy children and teens who head into the New Year with a positive attitude, ready to go back to school. The possible consequence is illness. Viral infections increase during the holiday season. “Hand-washing is critical,” Dr. Loredo says. “I recommend using soap and water when possible. Antibacterial wipes or gels fight bacteria but they will not kill a virus.”
**Golisano GOAL Surpassed**

A communitywide effort, hundreds of businesses, organizations and individuals contributed to the $100 million campaign goal to build the new Golisano Children’s Hospital of Southwest Florida. This is the hospital that YOU built for OUR community!

To continue support of the Golisano Children’s Hospital and new ways to ensure high quality pediatric care for children in Southwest Florida, contact the Lee Health Foundation at 239-214-0819.

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**HaVen Toy Drive**

**Bell Tower Shops, Fort Myers 6-9 p.m., Dec. 17**

Come out to the courtyard at Bell Tower Shops (Daniels Parkway & US 41 in Fort Myers), 6-9 p.m., Dec. 17 for the 2nd Annual HaVen Toy drive, sponsored by Cozza Investment Group. This holiday-themed celebration will feature carolers, live music, delicious hors d’oeuvres and fine spirits for all to enjoy. Admission is a $10 donation to the children’s hospital, so come enjoy the festivities and support our new Golisano Children’s Hospital of Southwest Florida. Happy Holidays!

For more information, please contact Elena Prieston at elena@thecozzateam.com.

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**Ways to Give**

As you begin to map out your year-end charitable giving plans, please consider these ways to support Lee Health’s lifesaving mission:

- **Capital Campaign** – Consider making a gift to help build the new outpatient center, Lee Health - Coconut Point.

- **Unrestricted Gift** – Your unrestricted gift allows Lee Health to direct your donation to meet our most urgent needs.

- **Honor a Loved One** – Show you care by making a gift to celebrate his/her accomplishments, memory or milestone event.

- **Stock** – Donating appreciated stock may allow you to make a charitable donation while improving your capital gains tax situation.

- **Will and Estate Gifts** – Name Lee Health as a beneficiary of your will, trust or other estate plan.

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To discuss with someone who can help you with your giving plans, email Foundation@LeeHealth.org or call 239-214-0819.
Spine,” Brian says. “Advanced osteoarthritis is the most common in hands, knees, hips and fingers. It damages the cartilage in the joints. Any process or injury, whether from an accident or trauma that occurs during daily activities, can cause osteoarthritis. Osteoarthritis can be caused by the aging process, weight-bearing or non-weight-bearing activities, and may be caused by obesity or other conditions.

Osteoarthritis is the most common form of arthritis. The risk of osteoarthritis increases with age, and may be caused by obesity or other conditions. The risk of osteoarthritis increases with age, and may be caused by obesity or other conditions. The risk of osteoarthritis increases with age, and may be caused by obesity or other conditions. The risk of osteoarthritis increases with age, and may be caused by obesity or other conditions.

In recent years we have invested in strengthening our community’s joint health through Healthy Lee—Lee County’s impressive community-wide initiative that is focused on education, coordination of care, prevention and improving the overall health and well-being of our community. Through Healthy Lee, more than 300 organizations and thousands of local residents have gained access to education, inspiration and opportunities to improve personal and community health.

The vision for Lee Health is one that embraces positive change and innovation in order to help everyone in our community live healthier, more active lives.

Learning Lessens Anxiety Surrounding Joint Surgery

Pain and stiffness of the joints are often signs of osteoarthritis, the most common form of arthritis. The risk of osteoarthritis increases with age, and may be caused by obesity or traumatic injury.

“Lee Health offers many options for treating osteoarthritis,” says Brian Carmichael, RN. Brian is part of the orthopedic surgical team at Gulf Coast Medical Center. “When physicians determine that surgery is the best option, we have a pre-op class that helps patients prepare for the procedure and helps lessen the fear for this type of surgery.”

Osteoarthritis can be caused by the aging process or from an accident or trauma that damages the cartilage in the joints. “Any joint can be affected but osteoarthritis is most common in hands, knees, hips and spine,” Brian says. “Advanced osteoarthritis in the knee or hip often requires total joint replacement.”

“Many patients manage these symptoms for months or years before seeking medical help,” Brian says. “There is no need to suffer for a long time. When daily tasks become difficult or you can’t walk or work without pain, see a physician.”

“I would encourage patients to talk to their physician, and if surgery is the best choice, and surgery is scheduled, participate in the free pre-op class offered at Cape Coral Hospital, Gulf Coast Medical Center and Lee Memorial Hospital,” Brian says. “A nurse, orthopedic nurse navigator and physical therapist teach the class. We educate patients on what to expect after surgery, which helps reduce or eliminate the fear.”

Signs and symptoms of osteoarthritis include:
- Pain
- Tenderness
- Stiffness
- Loss of flexibility

Treatment options include:
- Over-the-counter medications
- Occupational therapy
- Injections
- Physical therapy

Preoperative Joint Replacement Class

Tuesdays, Cape Coral Hospital
Wednesdays, Lee Memorial Hospital
Fridays, Gulf Coast Medical Center

Call 239-424-1499 for information.

The Healthy Life Center at Coconut Point opened last December as a means to connect residents to valuable health screenings, lectures, programs and services, as well as appropriate health care providers. All of the offerings and activities available at the Healthy Life Center are designed to support and inspire healthy lifestyles, early detection of disease and chronic disease management. Our outreach team, which is made up of physicians and Lee Health staff, participate in health fairs at churches and in communities and businesses throughout Southwest Florida. They provide education, medical screenings and answer health-related questions.

We also have implemented a variety of community programs— including “It’s All About You” chronic disease self-management program, the Chronic Pain Self-Management Program, the Lee Health Solutions Diabetes Self-Management Class and others have begun or are in the developmental stage—to empower people to take control of their own health. Additionally, support groups for a variety of conditions connect people with others who understand and can aid them in their health journey. Though not a new program, SHARE Club has helped thousands of residents age 50 and older maintain personal connections, socialize, stay active and remain engaged, energized and healthy.

Now, moving forward as Lee Health, we have a renewed purpose kicking off our second century of service to be joined in health. This means that we have an even greater commitment to connecting with our community and creating a culture of healthy lifestyles throughout Southwest Florida.

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Shingles and Chicken Pox Closely Related

Chicken pox is often a childhood disease but its after-effects can last a lifetime. Shingles, caused by the varicella zoster virus, is the same virus that causes chickenpox. It often strikes in middle age.

Once a person recovers from chicken pox the virus remains dormant in the body. About one in three people will get shingles once in their lifetime, usually after the age of 60. The reason the virus reactivates is unclear, but may be the result of weakening immune response with age. People with weakened immunity, like HIV and cancer patients, are also at greater risk for developing shingles. In rare cases a person can develop shingles two or three times.

Shingles symptoms include:

- Pain
- Hypersensitivity
- Headache
- Numbness
- Burning and tingling before a rash develops

“The rash will blister and scab in about one week,” says infectious disease specialist Manuel Revuelta, M.D. “Treatment usually involves the antiviral drugs acyclovir and valacyclovir, and occasionally steroids. To be most effective these medications should be taken immediately. Pain medication, oatmeal baths, and calamine lotion may also be helpful.”

Individuals from areas with low incidence of chicken pox, like the Caribbean, should be particularly cautious when living in the United States, where the disease is widespread. “Shingles is not contagious to those who have previously had chicken pox,” Dr. Revuelta says. “However, individuals with no immunity should avoid contact with anyone who has active lesions, because it is possible for them to become infected with the virus.”

Chicken pox immunization began in 1995, and is the best way to avoid the disease. The Centers for Disease Control and Prevention (CDC) recommends two doses of the vaccine for anyone who has not had chicken pox. According to the CDC, before the vaccine about 10,600 people were hospitalized and 100 to 150 died each year as a result of chickenpox. There is also a shingles vaccine, Zostavax, which is recommended for those 60 and older. The vaccine won’t prevent shingles, but it helps to lessen the severity and duration of the rash.

Low Dose Technology Makes Scans Safer

Physicians use CAT scans to help diagnose conditions ranging from sinusitis and appendicitis to kidney stones. Some CAT scans emit lower doses of radiation, limiting the exposure patients receive during the scan.

CAT scans create an image of internal organs, which assists physicians in diagnosing medical injuries and conditions. Lee Health provides CAT systems with advanced iterative reconstruction or “low-dose” technology.

“These scans are safer for patients because they reduce the exposure to radiation,” says Mark Williams, director of Outpatient Imaging for Lee Health. “Depending on what type of scan, the dose can be reduced by as much as 50 percent, which is significant.”

Patients can ask their physician about the lower-dose technology. “When it comes to medical imaging, the benefit obtained by having the procedure should outweigh the risk one has from receiving a dose of radiation,” Mark says. “Less radiation exposure is always better if you can still provide a high quality scan.”

Many radiology providers do not have this advanced “low dose” CAT technology, so if a patient’s physician wants him or her to have a CAT scan, they can ask to be sent to a radiology provider that does offer a CAT scanner with low-dose technology. Patients can choose where they want to go for scans.

To schedule an appointment for a low-dose scan, call 424-1499.
Hole in the Heart Can Be Normal

A hole in the heart sounds like a serious defect, but it’s a condition that every baby has at birth. The opening between the left and right atria (upper chambers) of the heart allows blood to flow until the baby is born and can get air to the lungs.

The opening typically closes within hours after a baby takes the first breath. However, for about 25% of babies, the hole does not close, resulting in a condition known as a patent foramen ovale (PFO).

“Most people who have this condition never know it,” says cardiologist Jihad Khalil, M.D. “They live a normal life, and despite a small amount of blood leaking from one side of their heart to the other, they are fine.”

A small percentage of patients will develop a larger problem, often well into adulthood. “Everything can be fine for a long time, but if a clot develops in the blood, the hole allows it to travel to the brain,” Dr. Khalil says. “From there, stroke is a common result.”

People often have clots in their blood but they are filtered out by the lungs. While the PFO does not cause the clot, it prevents the body’s filtering system from working effectively, allowing the clot to get to the brain.

“When someone has a stroke for what is seemingly an unknown reason, PFO may be the culprit,” Dr. Khalil says. “We investigate every avenue possible because we want to prevent future strokes.”

There is no cure for PFO, though blood thinners help control the clots and reduce the likelihood of a first or subsequent stroke. “Surgery is also available for some patients who qualify,” Dr. Khalil says. “For the majority of patients who receive this diagnosis, blood thinners are a good option.”

“Most people who have this condition never know it.”

Navigating the Breast Cancer Journey

Christy Cantrell was on a family vacation when she recognized a change in her breast. She returned home and shared the news with one of her closest friends.

“She told me not to ignore it and she made me call my doctor right then and there,” Christy shares. “Days later, following a mammogram, ultrasound, lab work and two biopsies, I was diagnosed with stage 3 breast cancer at the age of 43. I was shocked.”

Through the Regional Cancer Center, Christy met a caring team, including a breast cancer navigator—a nurse who is specially trained to help patients with everything from understanding a diagnosis to filling out insurance forms.

Christy also attended the Multidisciplinary Breast Clinic, which brings specialists together in one place, in one visit, to develop a treatment plan. The clinic includes one-on-one assessments with the medical oncologist, surgeon and the radiation oncologist. Following these appointments, the patient and family are treated to lunch while the medical team meets to discuss the case in a round-table tumor board.

Along with the physicians, the tumor board includes:

- Breast cancer nurse navigator
- Pathologist
- Radiologist
- Genetic counselor
- Clinical oncology pharmacist
- Oncology dietitian
- Cancer Rehabilitation Program navigator
- Plastic surgeon, if necessary

In Christy’s case, the team determined that the cancer was invasive lobular carcinoma that had spread to her lymph nodes. A 5.50-centimeter tumor in her breast needed to be removed and she required chemotherapy and radiation. Also, because the cancer is estrogen-positive which can increase her chance of gynecologic cancer, a total hysterectomy was part of the treatment plan.

“I felt very comfortable during and after the meetings with the specialists,” Christy says. “I knew what my options were and was supported in my choices by the medical team and my family. I opted for a double mastectomy because I did not want to spend my life worried about my other breast.”

Following the mastectomy, chemotherapy and radiation, Christy started working through the Cancer Rehabilitation Program, which connected her with physical therapy and acupuncture to help with her pain. Through this program, she also plans to work with a nutritionist following her hysterectomy and breast reconstruction.

As Christy hits the one-year mark of her diagnosis, her advice to women is to perform the breast self-exams and get the appropriate screenings; and if you are diagnosed with breast cancer, let people help you, stay positive and make every day count.

For more information on nurse navigation, call Tammy Zinn, RN at 239-343-9546.

Christy Cantrell, breast cancer patient
Where’s Larry?
With the Outpatient Center at Bass Road

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

Larry recently spent time with the physical therapy staff at the Outpatient Center at Bass Road. He toured the facility and worked with therapists on the AlterG® anti-gravity treadmill and completed Pilates exercises that are designed to help patients recover from injury, maintain health and learn proper form.

“I’m impressed with the evolution of physical therapy over the past 30 years,” Larry said “It’s unbelievable.” Larry wore special shorts that allowed him to walk on the AlterG® treadmill. The treadmill is in an enclosed area, surrounded by air that the therapist pumps in, to help remove body weight from the user. The AlterG® is used by many types of patients, from athletes who are recovering from an injury, to stroke patients who are still unsteady on their feet.

Larry walked on the AlterG® treadmill, which was designed by NASA to accommodate astronauts returning to earth from space and allow them to slowly re-acclimate to being on earth again. The treadmill allows patients to walk without the effects of gravity, and essentially feel as if they are walking on the moon. Patients are zipped into an apron on the treadmill, which calibrates specifically to each person. The apron then fills with air and uses the air pressure to un-weight the person and decrease his or her body weight.

This allows patients to recover from injuries or walk pain free and return to their prior level of function much quicker.

Physical therapist Brandie Redman worked with Larry on the Graston technique, a method that uses a set of specifically designed instruments to manipulate soft tissues. The goal of the Graston technique is to help patients heal quicker and return to their prior level of activities quicker. “I feel taller,” Larry said after the treatment.

Larry performed a series of Pilates Rehabilitation exercises on the Reformer and Trapeze Table to promote core strengthening. Physical therapist Kim Pires said that rehabilitation using Pilates principles is an effective way to develop use of breath with core activation with effortless strain.

Happy Holidays from Cookies Place Boutique
30% off one Christmas Item
Sale ends Dec. 31.
Bring in this coupon and save on cards, candles, mugs, jewelry, trees, angels, snowmen, throws, handmade primitive dolls, owls, squirrels, party goods, holiday gifts and more.*

Chocolatte’s Offers More than just a Cup of Coffee
For employees, patients and visitors to Lee Health hospitals, Chocolatte’s coffee shops offer a sweet respite from the stresses of health care. Owners Chris and Lisa Wilson opened the first Chocolatte’s at HealthPark Medical Center in 2003.

Since then, they have expanded to Cape Coral Hospital, Gulf Coast Medical Center, Lee Memorial Hospital and the Outpatient Center at Surfside. “We are proud to part of the Lee Health family,” Chris says. “Our main priority is offering great coffee.”

Lisa trained as a barista in her native Wisconsin and searched for local roasters when the couple moved to Fort Myers. “I wanted to make sure that we were offering the best product available,” Lisa says. “Consistency leads to customer loyalty. Our customers expect great flavor when they order one of our drinks and we want every cup of coffee or other drink to be as good today as the first time they ordered it.”

Chocolatte’s is different from other coffee shops in its commitment to philanthropy. The business donates money from each sale to the hospital auxiliaries. The money funds purchases for new medical equipment and educational programs for employees and students who are interested in health care careers.

Chocolatte’s Specialties
• Dark roast coffee
• Toffee coffee
• Coffee cubes (ice cubes made from coffee)
• Stuff-A-Bagel (made in Cape Coral)
• Frozen hot chocolate
• Fresh fruit smoothies
• Ice cream, made locally by Love Boat

“Consistency leads to customer loyalty. Our customers expect great flavor when they order one of our drinks and we want every cup of coffee or other drink to be as good today as the first time they ordered it.”

Many of the students who have worked at Chocolatte’s throughout the years are in college, pursuing their own dreams. Some may return, standing on the other side as customers and health care providers. “Many of the baristas we hire are working their first job and we take the responsibility of teaching them a great work ethic very seriously,” Chris says. “We would love to see some of them come back and work in one of the hospitals.”

Try one of our special holiday drinks
Gingerbread Latte
Peppermint
Dark Chocolate Mocha
Snowy Mocha
Gingerbread Chai
Peppermint
Hot Chocolate

All drinks can be hot or iced, prices vary.

Chocolatte’s manager Greg Capellan, left, and owners Lisa and Chris Wilson

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Bring in this coupon and save on cards, candles, mugs, jewelry, trees, angels, snowmen, throws, handmade primitive dolls, owls, squirrels, party goods, 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.

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Lifestyle Coaches are there for the Extra Miles

Most people are familiar with how a personal trainer or nutritionist can help them become healthier, but what about a lifestyle coach? Lifestyle coaches bridge the gap between promises made to yourself in a gym or mirror and achieving them in the real world.

“Success comes from truly understanding someone’s motivation and readiness, and it’s why I always start with listening,” says Sarah Mitchell, certified life coach, and health and wellness coordinator at the Wellness Center – Cape Coral. “Lifestyle coaching is really about bringing self-awareness to each person, and I work with clients to help them discover and create clarity to what they want to accomplish and why it’s important to them. When the client understands this, we can develop a plan that will work because it starts with the steps we have determined they are truly ready to take.”

The first few lifestyle coaching sessions focus on gaining an understanding of the client’s motivation and readiness. “This way we can create a wellness plan that the client feels good about and is specific and achievable,” Sarah says. “After we create a long-term plan, we work to create smaller, actionable goals ranging from days to weeks, or even months.”

Goals may be something as simple as walking for 10 minutes, three times a week; or learning something new. “Between sessions, we often set up weekly check-ins via text, email or quick phone calls.” Sarah says.

Lee Health offers lifestyle coaching packages ranging from six to 15 sessions. The first few sessions are focused on creating a 30- or 90-day wellness vision that brings a more statement or thought to life in writing or pictures.

“Seeing clients grow to find ways to stay on track and continue working toward their goal, even if it’s not exactly how it was outlined, is very rewarding to the client and the coach,” Sarah says. “Clients are ultimately responsible for achieving the goal, and it is that knowledge and confidence that often helps them stay the course long after sessions are complete. It’s also what creates a true (lifestyle change for overall wellness, not just a fitness plan.”

Call 239-424-3231 for more information on lifestyle coaching.

Transplant Center Offers Hope for Kidney Patients

Chronic Kidney Disease (CKD) is a condition that causes reduced kidney function over a period of time. It is an irreversible and progressive disease, that has various stages in its manifestation. End-Stage Renal Disease (ESRD) is when there is total and permanent kidney failure. Its incidence and prevalence is growing most rapidly in the people ages 60 and older. There are more than 871,000 people in United States being treated for ESRD.

Patients with ESRD need some form of dialysis to survive and have few options for treatment. Dialysis is an effective treatment, but is not a cure and may require many hours of treatment sessions each week for the rest of their lives. There are more than 400,000 patients in the United States undergoing some form of dialysis for their kidney failure.

“Kidney transplant is the single most effective treatment for patients with irreversible chronic kidney disease or end stage renal disease,” says transplant surgeon Jacfranz Guiteau, M.D. “It not only provides extraordinary advantages to a patient’s quality of life, but more importantly, it has also been shown to vastly improve patient survival.”

Lee Health has a viable transplant program since 1990. In keeping with this tradition of serving this community, the transplant center is focused on taking care of patients with chronic kidney disease. “Being the only option for kidney transplantation between Miami and Tampa, we serve a community of patients that may not have the time or means to drive to these other centers,” Dr. Guiteau says. “By streamlining the process of evaluation and providing centralized transplant care, we believe that the kidney transplant center at Gulf Coast Medical Center will provide accessible patient-centered care, as well as a personable experience in a state-of-the-art setting.”

The program plans to be fully operational for deceased donors in late 2016 to early 2017 and will include living donors shortly thereafter. More than 100,000 patients are on the kidney transplant waitlist and only 16,000 kidney transplants are performed in the United States each year.

“Receiving a transplant helps these people return to a normal life and eliminates the need for dialysis,” Dr. Mogilishetty says. “Kidney transplantation doubles the patient’s life expectancy as compared to being on dialysis.”

The goals for the Lee Health transplant program are to provide state-of-the-art transplant services to residents of Southwest Florida and others who travel here for care,” says Lynsey Blond, M.D. transplant center director. “We follow best practices for the transplant community, while continuing to improve our methods with the latest available research,” she says. “Our doors are open to anyone who would like to talk, whether that be a patient, physician, friend, relative or community member. The transplant program must first act as a family/safe haven for our patients in order to provide comprehensive care. We all know the saying ‘it takes a village and nowhere is that more true than in transplant.”

JDRF One Walk

Join us for the JDRF One Walk to help fight juvenile diabetes
Dec. 3, North Collier Regional Park, 1500 Livingston Road, Naples
Registration begins at 8 a.m. The walk begins at 9:30 a.m.
Enjoy a one-mile trail walk, nestled along a beautiful lake, then over the pristine nature preserve bridge.
Join more than 300 JDRF families and friends for a morning of sharing and walking together to turn Type One to Type None.
Register at www.walkjdrf.org

End-Stage Renal Disease (ESRD) is when there is total and permanent irreversible chronic kidney disease, that has various stages in its manifestation. Chronic Kidney Disease (CKD) is a condition that causes reduced kidney function, that has various stages in its manifestation.
Colorectal Cancer Support Group 3:30-4:30 p.m., third Tuesday of each month at Gulf Coast Medical Center, 14550 Executive Road, Fort Myers. Contact 239-343-9503. Located at your HealthPark Medical Center, 15650 Doctor's Way, Suite 250, Fort Myers. Call 239-343-9503. A support group for individuals considering or who have had an ostomy (colostomy, ileostomy, or urostomy) and the spouses or caregivers of these individuals. Classes are available for infants and toddlers. Call 239-353-2805.

Pregnancy & Diabetes Program An educational program for expectant mothers with diabetes or gestational diabetes. The program is offered in English and Spanish. Weekly classes are available at Call 239-342-3127.

Weight Loss Weight Management Individualized weight loss counseling with a registered dietitian. Weekly counseling sessions are available at Cape Coral Hospital, 2500 Cleveland Ave., Cape Coral. HealthPark Medical Center and Lee Memorial Hospital. Contact 239-342-3127.

Healthy Living Lecture Series This series of lectures is offered by Lee Health. For more information, call 239-424-3565 or visit LeeHealth.org.

Lee Health Calendar

Please call to register and for more information.
Cape Coral Hospital........................239-424-2000  
Blood Center Location  
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-KIDS (5437)  
9981 S. HealthPark Dr., Fort Myers, FL 33908  
(Summerlin and Bass Road)  

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

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

Convenient Care........................239-343-7450  
16230 Summerlin Road, Fort Myers, FL 33908  
7 a.m. - 7 p.m., 7 days a week  

Convenient Care........................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
Lozzi Mehado, ARNP
Mariah Ogilvie, ARNP
Teresa Thompson, ARNP
Kathy Udell, ARNP
Kimberly Vogelbach, ARNP
65 6960 Colonial Center Dr. Ste. 206
Fort Myers, FL 33907
239-343-4980

Pulmonology
Nelson Adinadi, M.D.
Lazaro Bravo, M.D.
Brian Horne, D.O.
Adam Markos, M.D.
Raga Meena, M.D.
Suri Pannati, M.D.
Stephen Wilczynski, M.D.
Doan Abu Aloul, Pa-C
Dona Nersessian, Pa-C
Ann Brok, Pa-C
Maya Gopi, ARNP
Pamela Ledwith, Pa-C
David Lykvis, Pa-C
Chris Malik, Pa-C
George Mitchell, Pa-C

27 3762 Plantation Rd.
Building 4, Ste. 201
Fort Myers, FL 33902
239-343-1015

Rahul Chauhan, M.D.
Vijay Das, M.D.
Abhishek Gori, M.D.
Abby Hayes, M.D.

239-343-0762
239-343-8260

Coldwell Banker

Cape Coral, FL 33990
239-343-0454

Rahul Challapalli, M.D.
Vijay Das, M.D.
Razak Dosani, M.D.
Abusayeed Feroz, M.D.
Sagar Naik, M.D.
Parmeet Saini, M.D.

21 13782 Plantation Rd.
Fort Myers, FL 33908
239-343-1105
239-343-9560

Stuart Morgenstein, D.O.
Andreas Werle, M.D.

10 9981 S. HealthPark Drive, Ste. 156
Fort Myers, FL 33912
239-343-9301
239-343-9203

Jennifer Vega, ARNP
Pam Bolton, ARNP

15 16281 Bass Road, Ste. 304
Fort Myers, FL 33912
239-343-9633
239-343-8260

Suying Lam, M.D.
Pediatric Cardiology

15 15910 Bass Road, Ste. 108
Fort Myers, FL 33912
239-343-4980

Adrienne Steckler, M.D.
Developmental Medicine
Pediatric Behavioral and Developmental Medicine

15 15901 Bass Road, Ste. 104
Fort Myers, FL 33919
239-343-9600

Krisna Matar, M.D.
Pediatric Sleep Medicine

239-343-7490

Kim Marvalyn DeCambre, M.D.
Pediatric urology

Pierre Loredo, M.D.
Anthony Pietroniro, M.D.
Thomas Schiller, M.D.
Lindsay Schwandner, M.D.
Marianne Kujawa, M.D.
Alfredo Romanelli, M.D.

17 13601 Plantation Road
Fort Myers, FL 33908
239-343-5333
239-343-6050

Kristen Mareno, ARNP
Robert Minkes, M.D.
Pediatric Surgery

239-343-9888
239-343-0762

Kim Shimoda, Ph.D.
Pediatric Psychology

15 15821 Hollyfern Ct.
Fort Myers, FL 33919
239-343-6050

Asjad Khan, M.D.
Pediatric Sleep Medicine

239-343-9500

Bonita Springs, FL 34134
239-437-5101

Marcia Davis, M.D.
Developmental Medicine
Pediatric behavioral and Developmental Medicine

13 650 Del Prado Blvd., Ste. 107
Naples, FL 34104
239-254-4270

Dr. M. at College Parkway

13 650 Del Prado Blvd.
Cape Coral, FL 33990
239-343-6050

Outpatient Center at Plantation

17 13601 Plantation Road
Fort Myers, FL 33908
239-343-0762

Outpatient Center at the Sanctuary

29 26800 South Tamiami Tr., Suite 330
Fort Myers, FL 33912
239-343-8850

Wound Care & Hyperbaric Medicine

29 26800 South Tamiami Tr., Suite 330
Fort Myers, FL 33912
239-343-4980

Get ½ off the cost of the enrollment fee when you join the Wellness Centers in December.

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

Wellness Center – Fort Myers
3114 Cleveland Ave.
Fort Myers, FL 33901
239-343-4980

Bring in this coupon to redeem this offer.

Get ½ off the cost of the enrollment fee when you join the Wellness Centers in December.
**Every Monday**

Yoga - all level welcome, please bring a mat!
5-6 p.m. RSVP

**Every Wednesday and Saturday**

Walking Club
8:30-9:30 a.m.

**Every Friday**

SWFL Produce Box Pickup
4-6 p.m.
To place an order visit swflproduce.net

**Thursday, December 1**

Gifting to Inspire Health in 2017
10-11 a.m. RSVP

**Saturday, December 3**

Pediatric EKG Screening for Middle School and High School Aged Children
10 a.m. – 1 p.m.
Call 239-495-4475 to RSVP

Dance Your Way to Better Health: Basic Dance Instruction
2-2:45 p.m. RSVP

**Monday, December 5**

Brain Booster: Train your brain like you would any other part of your body
10-11 a.m. RSVP
$5 Fee

Is Your Brain on Overload? How to Manage Stress!
11:30 a.m.-12:30 p.m. RSVP

Arts In Healthcare: Create Gift Tags
1-2 p.m. RSVP

**Tuesday, December 6**

Ingredient Swaps for Healthy Recipes
10-11 a.m. RSVP

Alzheimer’s Disease - Know the 10 Warning Signs/Early Detection Matters
3-4 p.m. RSVP

**Wednesday, December 7**

Managing Holiday Stress
10:30-11:30 a.m.
RSVP
Dr. Salvatore Lacagnina, internal medicine

Free Vision Screening
12:30-1 p.m. and
1:30-2 p.m.
Call 239-495-4475 to RSVP

Don’t Discount Your Eyes
1-1:30 p.m. RSVP
Dr. Brad Snead, ophthalmologist

**Saturday, December 10**

Dance Your Way to Better Health: Basic Dance Instruction
2-2:45 p.m. RSVP

**Monday, December 12**

Arts In Healthcare: Creating Beautiful Bows
(Bring 2 spools wired ribbon)
1-2 p.m. RSVP

Minimizing Lower Back Pain
3:30-4:30 p.m. RSVP
Dr. Vivian Ebert, chiropractor

**Tuesday, December 13**

Heart Report Card
10:30 a.m. - 3:30 p.m.
Call 239-424-1499 for fees and to make an appointment.

MyChart Demonstration: Managing Your Health One Click at a Time
3:30-4:30 p.m. RSVP

**Wednesday, December 14**

Gait Analysis Screening
9:30-10:30 a.m.
Call 239-495-4475 to RSVP

Healthy Holiday Eating Cooking Demo
11 a.m.-noon RSVP

**Wednesday, December 15**

Ingredient Swaps for Healthy Recipes
10-11 a.m. RSVP

Alzheimer’s Disease - Know the 10 Warning Signs/Early Detection Matters
3-4 p.m. RSVP

**Thursday, December 15**

Dance Your Way to Better Health: Basic Dance Instruction
2-2:45 p.m. RSVP

**Saturday, December 10**

Dance Your Way to Better Health: Basic Dance Instruction
2-2:45 p.m. RSVP

**Monday, December 12**

Arts In Healthcare: Creating Beautiful Bows
(Bring 2 spools wired ribbon)
1-2 p.m. RSVP

Minimizing Lower Back Pain
3:30-4:30 p.m. RSVP
Dr. Vivian Ebert, chiropractor

**Tuesday, December 13**

Heart Report Card
10:30 a.m. - 3:30 p.m.
Call 239-424-1499 for fees and to make an appointment.

MyChart Demonstration: Managing Your Health One Click at a Time
3:30-4:30 p.m. RSVP

**Monday, December 19**

Make It and Take It: Essential Oil Perfume Spray
Cost: $10/participant and includes perfume spray
1-2:30 p.m. RSVP

**Tuesday, December 20**

Living Strong with a Weak Heart: Basics of Heart Failure
10:30-11:30 a.m. RSVP

For information, call 239-495-4475

For upcoming events, go to LeeHealth.org/HealthyLifeCenter