Stress May Lead to a “Broken” Heart

Chest pain often signals something serious and life-threatening, like a heart attack. For some people, particularly elderly women, this type of pain can indicate a stress cardiomyopathy, known as “broken heart syndrome.”

The condition was first identified as a transient heart condition in Japan in the early 1990s. Patients experienced chest pain or shortness of breath after severe psychological or physical stress, such as an intense argument, news of the death of a loved one or a severe car accident.

“Interestingly, patients appear to have an acute heart attack, known as ‘ST elevation myocardial infarction (STEMI),’ but are found to have no blockages in the coronary arteries after cardiac catheterization,” says cardiologist Bhavin Patel, D.O. “However, there is abnormal movement of the left ventricle, including ballooning of the apex, known as takotsubo cardiomyopathy.”

The bulging ventricle resembles a takotsubo, a pot used by Japanese fishermen to trap octopuses. It is often identified on left ventriculography and confirmed by echocardiography. Patients are found to have systolic heart failure, a weakening of the heart's pump function.

"Although we do not know the exact cause behind stress cardiomyopathy, it is believed that the release of stress hormones, such as cortisol and adrenaline, results in weakness of the left ventricle," Dr. Patel says. "It predominantly affects elderly women because of the reduced levels of estrogen after menopause. It most commonly afflicts Asians and Caucasian women.”

The best way to avoid the condition is to avoid any physical or emotional stress that may have played a role in triggering the disorder.

Therefore, it is important to reduce and control stress levels by:
- Eating a heart-healthy diet
- Maintaining an ideal body weight
- Engaging in regular aerobic exercise
- Avoiding excessive alcohol

“Treatment options include routine heart failure medications, such as beta blockers, ACE and aldosterone inhibitors, along with diuretics,” Dr. Patel says. “We teach patients the importance of following a specific congestive heart failure diet, maintaining daily weights, and 1200mg sodium and fluid restrictions.”

Someone who has experienced one episode may experience future occurrences, if the condition is not treated. It can also worsen over time.

“The good news is that if identified and treated early, the systolic dysfunction and ventricle wall abnormalities improve in approximately four weeks and most patients recover fully within three months,” Dr. Patel says. “However, it is important to remain on lifelong medical therapy to avoid a reoccurrence.”

Bhavin Patel, D.O.
Cardiology
Lee Physician Group
9800 S. HealthPark Drive
Suite 320
Fort Myers, FL 33908
239-343-6359
tinyurl.com/DrBhavinPatel

For some people, particularly elderly women, this type of pain can indicate a stress cardiomyopathy, known as “broken heart syndrome.”

In This Issue
Foundation News and Events ...........................................2
Direct Anterior Approach to Hip Replacement Relieves Pain of Osteoarthritis.............................................................3
Patient Survives Double Brain Aneurysm.................................3
Congenital Heart Defects: Rare, but Possible............................4
Vision Machine Puts Life in Balance for Patients with Brain Injuries.................................................................4
New Treatment Enhances Life for Patients with Brain Tumors........5
Occupational Health Partnerships Help Companies Keep Employees Healthy.........................................................5
Local Woman Takes a More Active Role in her Health ..................6
Where’s Larry? ....................................................................6
Post Office Volunteer Gets Patrons’ Stamp of Approval...............6
Signs of the Most Common Eating Disorders................................7
Radiology Technologists Aid in Diagnosis of Internal Injuries and Diseases.................................................................8
Home Health Patients Receive Care Outside of the Hospital.........8
Home Health Helps Octogenarian Stay Independent.................8
Treating the Whole Person with Integrative Medicine....................9
Mind-Body Program Offers New Way of Thinking about Yoga ..........9
Physician Directory .............................................................10
Map ....................................................................................11
Events and Screenings .........................................................12
Red Sox Help Golisano Children’s Hospital Patients on Feb. 27

You’re invited to take part in the Boston Red Sox Children’s Hospital Celebrity Classic Event Series this February and March as your baseball heroes join together to help build a new Golisano Children’s Hospital of Southwest Florida. All event proceeds will, once again, be matched dollar for dollar by a generous long-time donor.

All the fun takes place at the beautiful Forest Country Club and JetBlue Park. Register online by visiting www.LeeMemorial.org/go/RedSox. You can also email BostonGolf@LeeMemorial.org or call 239-343-6076 to register for any or all of these events, which are sure to sell out.

Boston Tee Party
The Forest Country Club
Feb. 26

Come out to this very special “ Sox Hop”—’50s attire encouraged and welcomed—to kick off the charity events. Great company, delicious food and refreshments, and the chance to see Elvis perform make this a night to remember. Bid on autographed items from your favorite Sox players and legends, along with exclusive dining, sports and travel packages.

Golf Tournament
The Forest Country Club
Feb. 27

Tee it up with the 2013 World Series Champion Boston Red Sox at our area’s most prestigious charity golf event at the beautiful Forest Country Club. Enjoy golf, lunch, on-course beverages and more as you help save the lives of children from across Southwest Florida.

Diamond Dinner
JetBlue Park
March 26

Galeana Chrysler Dodge Jeep Ram of Fort Myers sponsors this wonderful evening that is sure to please fans of all ages. This 18th edition of the Diamond Dinner takes place right on the field at JetBlue Park in south Fort Myers. Enjoy dinner catered by Steve Tomato’s Sports Page, an autograph session and auction. The fun begins at 6 p.m., about two hours after that afternoon’s game (game tickets are not included).

Minnesota Twins Help Local Cancer Patients on Feb. 26

Come on out Twins fans! Here’s your chance to golf alongside your favorite stars and hot prospects while helping local patients who receive lifesaving care at the Regional Cancer Center.

To join your Twin City favorites at Fiddlesticks Country Club, please go to www.LeeMemorial.org/go/Twins to register today.

Minnesota Mixer
Fiddlesticks Country Club
Feb. 25

Don’t miss your chance to enjoy great food and refreshments at this evening event as golf next to your favorite Twins players as you enjoy lunch, on-course refreshments, dinner and the chance to win great prizes.

Southwest Florida Wine & Food Fest Set For Feb. 27 & 28

Co-chairs Elaine Hawkins and Dorothy Fitzgerald invite you to join scores ofphilanthropic-minded participants at the 2015 Southwest Florida Wine & Food Fest set for Feb. 27 and 28. Extraordinary chef vintner dinners held in homes from Naples to Captiva on Friday evening are followed by a Grand Tasting and Auction the next afternoon at Miromar Lakes Beach Clubhouse.

All the fun—and fine wine—supports wonderful charities serving local children, primarily Golisano Children’s Hospital of Southwest Florida. Southwest Florida Children’s Charities, host and organizer of the event, has pledged to donate $10 million to support construction of a new children’s hospital building.

LTC Global stepped up to serve as title sponsor for this year’s event, which has grown to become one of the most prestigious charity wine festivals in the United States.

For more information about sponsorship and attendance, please visit www.swflwinefest.org, email info@swflwinefest.org or call event organizers at 239-513-7990 to register today.

Feb. 26 Fashion Show Benefits Regional Cancer Center

Join friends and supporters of the Regional Cancer Center on Feb. 26 as they come out in full force to a special garden party and fashion show at Harborside Event Center in downtown Fort Myers. In addition to a preview of the very latest fashions, guests also will enjoy lunch and the chance to take home wonderful auction packages.

Southwest Florida Wine & Food Fest Set For Feb. 27 & 28
Direct Anterior Approach to Hip Replacement Relieves Pain of Osteoarthritis

In osteoarthritis of the hip, the protective cartilage wears away over time and the joint space becomes narrowed, which could result in bone rubbing on bone. This is typically a gradual process that worsens over time.

“There are many conservative measures we can use to treat osteoarthritis, including physical therapy, anti-inflammatory medications, injections, etc.,” explains orthopedic surgeon Daniel Harmon, D.O. “When these conservative measures fail, a total hip replacement is the surgical option that can predictably relieve the pain associated with bone on bone arthritis.”

Dr. Harmon says the direct anterior approach to hip replacement—which means the procedure is performed through the front of the hip—is an emerging technique and one that is performed by specially trained surgeons.

“The direct anterior approach is a muscle sparing surgery, which allows the surgeon to reach the hip joint while keeping the muscles surrounding the pelvis intact.” Dr. Harmon says. “Because they are undisturbed, the most important muscles for hip function—the gluteal muscles—remain intact,” Dr. Harmon says. “Because they are undisturbed, the most important muscles for hip function—the gluteal muscles—remain intact.”

Dr. Harmon says the direct anterior approach to hip replacement—which means the procedure is performed through the front of the hip—is an emerging technique and one that is performed by specially trained surgeons.

“The anterior approach allows us to make a small incision in the front of the hip, as opposed to the side or back,” Dr. Harmon explains.

The anterior approach allows us to make a small incision in the front of the hip, as opposed to the side or back,” Dr. Harmon explains.

Patient Survives Double Brain Aneurysm

When Myrna Oxendine, 74, woke up with dizziness and had trouble standing, she sought medical care. However, a phone call to her primary care physician yielded little help because Myrna was unable to effectively communicate her complaints.

“That’s when they told me I was going to the hospital,” Myrna says. Fortunately, she lives near Lee Memorial Hospital and received treatment soon after her symptoms developed. However, her diagnosis was unexpected. “I was surprised when they told me I had not one, but two brain aneurysms, because they were completely unrelated to the symptoms I had with the dizziness,” Myrna says.

After completing a series of tests, physicians located an aneurysm on the right and left sides of her brain. Her mother had surgery for an aneurysm 40 years ago and survived. Even so, Myrna’s diagnosis may or may not be an inherited condition, says neurosurgeon Gregory Velat, M.D.

Dr. Velat treated Myrna by coiling the aneurysm on the left side of her brain to reduce the chance that it would rupture. The coiling procedure is a minimally-invasive treatment that involves the use of a catheter that is passed through the groin and into the brain. Platinum coils are released into the aneurysm, causing it to clot off, thereby eliminating or reducing the chances of rupture. “We do not know what exactly causes intracranial aneurysms to form,” Dr. Velat says. A genetic component has been identified in some families with a high incidence of intracranial aneurysms. “It’s relatively rare for someone to have one aneurysm, and even more unusual for someone to have multiple intracranial aneurysms,” he says.

About 2-3 percent of the adult population in the United States will experience an intracranial aneurysm and of that group only a small percentage will experience two at the same time. Risk factors for the condition include uncontrolled high blood pressure and smoking. Dr. Velat did not treat the aneurysm on the right side of Myrna’s brain because it is actually located outside of the brain space at the base of her skull. He continues to follow up with her with annual exams.

“We keep track of each patient’s progress initially with scheduled diagnostic cerebral angiograms because a coiled aneurysm may return if the aneurysm coils compact over time,” Dr. Velat says. A 6-month follow-up diagnostic cerebral angiogram showed complete closure of the treated aneurysms.

“Myrna’s prognosis is good and she is back doing the things she wants to do, ” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“Myrna’s prognosis is good and she is back doing the things she wants to do,” Dr. Velat says. That includes dancing, working in the yard and spending time with her family.

“In my practice, that includes things like aerobic exercise, weight management, smoking cessation and lifestyle modifications,” Dr. Velat says. “I take aspirin and as long as I keep my blood pressure down, I should be fine. I’m just so grateful to be alive.”

Gregory Velat, M.D. Neurosurgery Lee Physician Group 13681 Doctor’s Way Suite 550 Fort Myers, FL 33912 239-343-3800

If you experience signs or symptoms of a heart condition or neurological deficiency, Dial 911, Don’t Drive.
Congenital Heart Defects: Rare, but Possible

Congenital heart defects (CHDs) occur when the heart or blood vessels near the heart do not develop normally before birth. Pediatric cardiologist Eric Eason, D.O., says they are rare, but of all the congenital defects, CHDs are the most common.

“The most common CHD we see are holes in the walls that separate chambers of the heart—called septal defect.” Dr. Eason explains. “These may occur in the upper part of the heart—atrial septal defects (ASD)—or the lower part of the heart—ventricular septal defects (VSD).”

Children with an ASD do not have any symptoms and many times, the small or moderate size holes close by themselves. If the hole is larger, the only abnormal finding may be a murmur. Large ASDs can be closed with open-heart surgery or by cardiac catheterization, where a device is inserted into the heart through a catheter to close the hole.

Dr. Eason says there is no real prevention for CHDs, but if you or another family member has a heart defect or has had a child with a heart defect, then the risk may be higher.

Identifying heart defects can be done even before the baby is born thanks to fetal echocardiograms. “We have caught a number of CHDs thanks to this technology,” Dr. Eason says. “Finding CHDs while the infant is in utero allows us to counsel and educate the family before the birth of the baby. It also allows us to have a better idea whether we can deliver and treat the baby locally or whether the baby should be delivered at a referral facility.”

CHDs should not be a concern for most people, but proper prenatal care will ensure the best health for mom and baby and allow appropriate testing to be done in order to find any issues as early as possible.

Patients who have experienced a stroke may be left with deficits once they recover.

Weakness on one side of the body, balance issues and vision problems are all effects from damage to the brain.

Lee Memorial Health System patients can take advantage of the Sanet Vision Integrator, a machine that improves visual abilities and visual-related learning problems for stroke patients, and other patients who have experienced a traumatic brain injury.

“Typical patients are our neurological patients (cerebrovascular accident, head injury), visually impaired patients, young athletes or anyone who needs to work on balance,” says Christine Breckenridge, occupational therapist. “Therapists and therapy assistants use it to address our patient’s goals in therapy.”

The machine incorporates features of a saccadic (eye movement) trainer, virtual rotator, tachistoscope (a device that displays an image for a specific amount of time) and programmable metronome. The machine speaks to each patient and gives verbal instructions, which helps improve auditory-visual integration and memory.

“This really helps our patients who have had a stroke, with scanning and promoting awareness when they have neglect of one side,” Christine says. “There are programs that address cognitive deficits, such as sequencing, and auditory and visual memory.”

The machine also incorporates balance with a balance board attachment and tests reaction time for high-level athletes. “We plan to start a vision program and use it with our visually-impaired patients, as well,” Christine says.

The machine increases attention span for patients with vision problems and allows them to read or use a computer for longer periods of time. Patient goals include:

- Improved environmental awareness if they have neglect (to prevent bumping into furniture or the ability to see the curb and avoid it)
- Improve balance (to decrease falls)
- Scanning (in order to read or drive)
- Coordination/reaction time (for athletes or patients returning to work)
- Cognitive goals to promote memory, sequencing and attention span (in order to promote more function in daily tasks)

To view a demonstration of the Sanet Vision Integrator, visit www.svivision.com. For more information, email Kirsten.Williams@LeeMemorial.org.
New Treatment Enhances Life for Patients with Brain Tumors

Glioblastoma is the most aggressive and deadliest form of brain cancer. A new treatment option—electric field therapy, or EFT—is offering hope for patients to live longer and more comfortable lives.

“EFT uses tiny devices that are placed on the scalp of a patient, which create an electrical field that is aimed at and deposited into tumors in the brain,” explains Constantine Mantz, M.D., radiation oncologist. “The electrical field stuns the cancer cells and works to prevent them from multiplying. In many cases, the tumor stops growing. And, in some cases, the tumor diminishes.”

A very exciting aspect of this treatment is that it doesn’t appear to cause permanent damage to the brain or other tissue, and doesn’t have the toxicity and side effects of chemotherapy and other treatments.

Dr. Mantz adds that the typical course of treatment using EFT is 4-6 weeks. An MRI is done after treatment and continued every three months to keep tabs on the tumors.

“This is not a cure, but it does offer an opportunity to control a brain tumor where other therapies have failed,” Dr. Mantz says. “Especially in the case of glioblastoma, which can be deadly in a few short months, this technology may allow a patient a chance at preserving his or her quality of life longer than otherwise possible, and perhaps enjoy greater longevity.”

EFT is available at the Regional Cancer Center, and is not offered anywhere else in Southwest Florida.

“We are taking this technology a step further by opening a clinical study to treat other types of malignant brain tumors, in addition to glioblastoma,” Dr. Mantz says. “We plan to enroll as many as 80 patients to this study.”

If you or a loved one is interested in learning more about EFT, call 239-936-0382 and request an EFT consultation with Dr. Mantz.

Occupational Health Partnerships Help Companies Keep Employees Healthy

We go to the doctor's office or the hospital when we need medical care, but occupational health takes the practice of medicine into the workplace. Occupational health is dedicated to championing the health and safety of employees and employers.

“We aim to prevent injury or illness in the workplace, and if such an incident were to occur, then we treat those injuries or illness,” says Andrew Singh, M.D. ”Occupational health is a preventive medicine specialty and we strive to help employers create a healthy workplace.”

Many people think of occupational health workers as the medical providers for drug screens or worker's compensation injuries. “While these are indeed our services, we offer much more than that,” Dr. Singh says. “We ensure school bus and commercial motor vehicle drivers are sufficiently healthy to be driving, thereby protecting the general public. We certify that workers, such as firefighters and police, are able to meet the physical demands of their job, or jobs that require special protective equipment, such as respirators.”

Dr. Singh and his staff assist employers with numerous federal regulations, whether it is noise in the workplace or working with hazardous substances. Dr. Singh is specifically trained in reducing workplace dangers and increasing worker safety.

Workplace wellness programs have become more prevalent in recent years. Numerous studies have shown that engaging employees in healthy lifestyles at work, via health assessments, tobacco cessation, exercise, nutrition programs or a myriad of other programs, can provide dramatic results. These programs not only improve the health of the employee, but also improve company morale, increase productivity and decrease health care costs.

Dr. Singh has worked with different types of companies in Lee County to provide workplace wellness programs. "Our most popular service is to provide a computer questionnaire to employees to gauge their health, and conduct on-site health screenings compromised of blood pressure, body mass indexes and instant blood work, including blood sugar and cholesterol screening for common diseases," Dr. Singh says. "Each participant meets with an advanced registered nurse practitioner or physician to discuss his or her results and discuss lifestyle changes that would improve his or her overall health.”

One company in particular, Markham Norton Mosteller Wright & Company, a local certified public accountant and consulting firm, has been very successful at improving its overall health of employees. Partner Gail Markham initiated her company's partnership with Lee Memorial Health System two years ago after attending an Imagine Solutions Conference and through her involvement in the Horizon Council—both initiatives that tackled obesity, with a goal of a healthier workforce and local population.

“I’ve always been interested in health and nutrition,” Gail says. Working with Dr. Singh, Gail, her three partners, and most of their 36 employees tracked their cholesterol, blood pressure, weight and other basic health information.

“We made it a fun contest,” Gail says. “We looked at our numbers before and after and the winner won something special, like a weekend at Useppa Island or a major theme park.”

The results benefit all the participants. “As a result, we continue to be more healthy, health conscious and we really enjoyed the team-building exercises,” Gail says. “Good health makes our entire team more productive and happier.”

“EFT uses tiny devices that are placed on the scalp of a patient, which create an electrical field that is aimed at and deposited into tumors in the brain,” explains Constantine Mantz, M.D.

“WE aim to prevent injury or illness in the workplace, and if such an incident were to occur, then we treat those injuries or illness,” says Andrew Singh, M.D.

Andrew Singh, M.D.
Occupational Medicine
Lee Physician Group
4771 S. Cleveland Ave.
Fort Myers, FL 33907
239-343-9841
tinyurl.com/DrSingh

To view a video on occupational health, go to www.tinyurl.com/EmpHealth

To view a video on electro-field therapy, go to tinyurl.com/EFieldTherapy
Local Woman Takes a More Active Role in Her Health

When Trish Smith was diagnosed with diabetes, she knew very little about the condition and the ways to manage it. A member of Mount Hermon Church, Trish learned about a chronic disease management class from a fellow church member and quickly signed up to attend. The class—It’s All About You—is a free, research-based, six-week program offered by Lee Memorial Health System. The program was developed by Dr. Kate Lorig of Stanford University.

“I was dumbfounded when I joined the class because I was new to everything—I didn’t know what I was doing or what I was supposed to do,” Trish says. “It’s All About You really taught me how to control and manage my diabetes and to not let it control me. I learned about the importance of consistently checking my blood sugar and how exercise can help control my blood sugar. I have asthma, too, but my main concern was the diabetes. Everything the instructors taught us was good for us, and I didn’t miss a class.”

It’s All About You empowers people with any type of chronic condition to take better care of themselves by taking a more active role in their health.

The program covers:
- An overview of self-management and chronic health conditions
- Using your mind to manage symptoms
- Getting a good night’s sleep
- Making an action plan
- Feedback and problem-solving
- Dealing with difficult emotions
- Physical activity and exercise
- Preventing falls
- Making decisions
- Pain and fatigue management
- An overview of self-management and chronic health conditions
- Using your mind to manage symptoms
- Getting a good night’s sleep
- Making an action plan
- Feedback and problem-solving
- Dealing with difficult emotions
- Physical activity and exercise
- Preventing falls
- Making decisions
- Pain and fatigue management
- Arthritis
- Asthma
- Anxiety
- Cancer
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Epilepsy
- Fibromyalgia
- Heart disease
- High blood pressure
- Kidney disease
- Lupus
- Parkinson’s disease

Diane Spears, RN, a nursing director at Lee Memorial Hospital, told Trish about It’s All About You. She helped Trish even more by referring her to Lee Community Healthcare, Inc., Lee Memorial Health System’s community health centers that serve uninsured and underinsured patients. “Diane kept telling me that I needed a new doctor and that I should make an appointment at the North Fort Myers office,” Trish says. “I did, and I started seeing Dr. [Luzan] Philpotts. She is really good—she changed my medications and gave me a referral to the [Lee Health Solutions] diabetes self-management class, so I can learn even more about controlling my diabetes.”

Between It’s All About You, a diabetes-specific self-management class and a better rapport with her doctor, Trish is feeling good, more empowered and better able to manage her chronic conditions.

Where’s Larry?

At the Rehabilitation Hospital

Larry Antonucci, M.D., Lee Memorial Health System’s chief operating officer and former practicing obstetrician has spent countless hours in the exam room, the operating room and the boardroom. Now, he is spending time each month working in various jobs to better understand and appreciate the jobs and roles of every employee throughout the health system.

Larry recently spent time in the Rehabilitation Hospital at Lee Memorial Hospital where patients regain their basic, daily functions after a stroke, cancer, serious fracture or other traumatic injury. Larry rounded with Luann Hospital where patients regain their basic, daily functions after a stroke, cancer, serious fracture or other traumatic injury. Larry recently spent time in the Rehabilitation Hospital at Lee Memorial and roles of every employee throughout the health system.

Larry watches as Dan Fowler, physical therapist, and Whitney Walsh, occupational therapist, work with Earl Villier. Earl is recovering from a stroke. An avid fisherman, Earl is using rubber worms, a tackle box and a fishing rod in his therapy. The therapists personalize the therapy by using items that are meaningful to the patients.

It’s All About You is a great program for people age 18 and older with any type of chronic condition, including, but not limited to:
- Arthritis
- Asthma
- Anxiety
- Cancer
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Epilepsy
- Fibromyalgia
- Heart disease
- High blood pressure
- Kidney disease
- Lupus
- Parkinson’s disease
- Arthritis
- Asthma
- Anxiety
- Cancer
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Epilepsy
- Fibromyalgia
- Heart disease
- High blood pressure
- Kidney disease
- Lupus
- Parkinson’s disease

It’s All About You is supported, in part, by a grant from the Southwest Florida Community Foundation. Sessions are held at locations throughout our community. Call 239-424-3122 or visit Facebook.com/LeeMemorialHealthSystem and click on “Events.”

It’s All About You empowers people with any type of chronic condition to take better care of themselves by taking a more active role in their health.

Post Office Volunteer Gets Patrons’ Stamp of Approval

Patrons who purchase stamps at the post office inside the Lee Memorial Hospital gift shop get something a little extra when they leave. Volunteer Bill Kendall, 90, dispenses a little goodwill. “You have a wonderful day,” he says to most customers.

Bill has been a Monday morning fixture for 19 years, putting postage on envelopes, weighing packages and helping customers who aren’t adept at taping their boxes closed the correct way. “He’s always so friendly and sweet to me,” says Denise Anderson, RN, director of surgical services, Lee Memorial Hospital. “If I have a package, he makes sure it’s nice and secure.”

Bill, who had prior volunteer experience as a board member for his condominium community, made the switch to the Lee Memorial Auxiliary because he wanted to be part of the hospital community. “It gives me something to do,” he says. “The hospital gets a benefit and I like to do something for the community.”

The job is a perfect fit because it allows Bill to sit part of the time, and stand when he needs to reach for something or deposit a package in the area behind the desk. “At my age I can’t stand all the time,” he says.

Bill serves as many as 15 customers per hour, and runs low on change when he has completed numerous transactions. That’s when gift shop store clerk and volunteer Brian Anderson steps in. Brian gets change, helps when the computer system develops a glitch and when Bill needs something but cannot leave his post.

“He’s a very interesting guy,” Brian says. “The customers love him. If he’s not here, they ask about him and want to know where he is.”

Bill plans to stay on the job for another year before sending his last customer package. “I want to get 20 years in,” he says. “And I really like seeing the people every day. I like helping them.”

Lee Memorial Hospital post office volunteer Bill Kendall sells stamps to Denise Anderson, R.N.

Bill Kendall, 90, dispenses a little goodwill. “You have a wonderful day,” he says to most customers.

www.LeeMemorial.org
Eating disorders are complex illnesses that cause a preoccupation with food and weight. The Lee Memorial Health System Behavioral Health Center treats eating disorders, most commonly binge eating disorder (BED), anorexia nervosa (AN) and bulimia (BL).

“BED is the most common eating disorder we see,” explains Daniel Englund, LCSW, social worker and clinical coordinator at the Behavioral Health Center.

Daniel says that there is some genetic component to BED, but it is impacted by the environmental stressors of low self-esteem, interpersonal problems, being bullied and weight stigma. “Frequently, binging occurs with other disorders, such as depression, anxiety or bipolar disorder,” Daniel says. “Treatment for BED involves finding alternatives to binging to satisfy a person’s needs to be happy, productive and healthy.”

Binge eating disorder (BED) is where a person eats a large portion of food in a short timeframe—usually in isolation—and with high levels of shame, guilt and distress.”

There are a number of warning signs that may indicate BED, including:

- Person eats “normal sized” meals, but stashes food and eats alone, even if not hungry
- Finding wrappers or other evidence of food in bedrooms, bathrooms, cars or other places where food is not ordinarily kept
- Person becomes more isolated or withdrawn

Anorexia nervosa (AN) is another common eating disorder where people try to maintain a weight that is far below what is normal for age and height. Signs that may indicate AN include:

- Inadequate food intake, resulting in very low—possibly dangerously low—body weight
- Strong fear of gaining weight—even what others may see as healthy weight
- Persistent efforts to restrict food intake
- Person’s self-esteem is tied directly—maybe even completely—to body image
- Person is unable to understand the seriousness of what is, in essence, starvation
- There may be some binging and purging over several months’ time or a person may only restrict food intake, or there may be a period of either behavior

Bulimia (BL) causes people to eat large amounts of food—called binging—and then purge—self-induced vomiting or abusing laxatives—to eliminate the extra calories. Signs that may indicate BL include:

- Frequent episodes of consuming very large amounts of food, then trying to eliminate that food by purging
- Feeling that the eating is getting out of control
- Person’s self-esteem is overly related to body image

If you recognize signs of an eating disorder, Daniel recommends expressing your concerns about what you have noticed going on and let your loved one know that it is perfectly acceptable for them to tell you whatever they want. “There is often shame and guilt felt by those with an eating disorder,” he says. “So, please avoid any talk of blame or lack of self-control or any other statements so that person feels free to open up to you.”

Mental health professionals can be very helpful, especially if there is underlying depression or anxiety. “Therapists who are trained in cognitive behavioral therapy or dialectical behavioral therapy can help address issues of guilt, self-esteem and thought distortions,” Daniel says. “Sometimes medications may be in order, and an evaluation by a psychiatrist or a psychiatric nurse practitioner can determine if medications are warranted. Nutritionists also can help plan menus and teach the whole family what is needed for a healthy diet, as well as supportive strategies for recovery.”

Daniel reminds loved ones to assure those with problems that eating issues do not make you a “bad” or “weak” person, and remember, help and support is available.

For those susceptible to eating disorders, risk factors include:

- Dieting – When people lose weight, others compliment them on their appearance. Fear of losing the positive reinforcement or getting even more attention can lead to eating disorders.
- Transitions in life – Moving, going to college, a new job or a breakup may be triggers for eating disorders.
- Occupations or extracurricular activities – Certain occupations where appearance is very important—like model, actor, etc.—may contribute to eating disorders.
- Sports—like wrestling, gymnastics, running and ballet—may also lead to issues if the athlete is pressured to “cut weight.”

This month, the Wellness Centers are offering a 2-for-1 enrollment fee special—two individuals can join the Wellness Centers for the price of one. Show your love with the gift of wellness.

We also offer gift certificates for personal training, lifestyle coaching, memberships, the Café/Pro Shop and massage.

Wellness Centers
Cape Coral
609 SE 13th Ct.
Cape Coral, FL 33990
239-424-3220

Fort Myers
2070 Carrell Road
Fort Myers, FL 33901
239-418-2000

Cape Coral
609 SE 13th Ct.
Cape Coral, FL 33990
239-424-3220

Fort Myers
2070 Carrell Road
Fort Myers, FL 33901
239-418-2000

Beverly Hil
Cambridge Manor Pl
Palm Harbor
Cape Coral
Fort Myers
are trusted by leaders in the orthopedic community, " Jonathan says. "We offer orthopedic services and use imaging technology. X-rays, Cat scans, MRI, nuclear medicine and ultrasounds are all tools available to the physician in diagnosing a wide range of diseases.

"Patients of all ages require our services," says Robin Healey, lead radiology technologist, Gulf Coast Medical Center. "For example, kids who fall off the monkey bars at school and possibly fracture their arm, teenagers who may have scoliosis, football players with dislocated shoulders, adults with shortness of breath or chest pain, and geriatric patients who have fallen and broken their hip can all benefit from radiology technology."

While most patients are conscious and understand the process, some patients need extra attention, something Robin and her co-workers are happy to provide. "I had an elderly patient with altered mental status who needed a naso-gastric tube placed in her nose as a way to get nutrition to her stomach," Robin says. "Her daughter was distraught and saddened by the current state of her mother and all the commotion her mother had to endure. It was my responsibility to reassure her that we were doing the best thing for her mother for her mother."

The patient made it through the procedure with no negative consequences and began to improve. "The next day her daughter thanked me for helping her through an emotionally stressful time," Robin says. "Not only do we perform these radiologic procedures, but all of us see family members coping with foreign situations on a daily basis. Our goal is to provide comfort to our patients, but also to be there to ease family members and help answer any questions that they have."

Home Health Patients Receive Care Outside of the Hospital

Patients who spend time in the hospital receive around-the-clock care. When those patients go home, their need for care continues, even as their health continues to improve. Home Health is available to make sure these patients get the high-quality care they need.

"Home Health patients must participate in their care," says Jonathan Hollander, clinical director, Home Health. "They are able to learn self-management and remain out of the hospital. This helps the community by reducing expensive care, which ultimately incurs costs for everyone. Also, Home Health allows for safe discharges to the community, which provides more hospital beds for patients who need inpatient care."

Home Health helps the patient become self-sufficient in his or her own environment, which allows for improved learning without disruptions.

The number of patients receiving home care varies, from about 300 during the summer months to more than 450 in the peak of winter season. In addition, Home Health has a growth plan to increase those numbers to more than 500 in the future.

"Our typical client is a 79-year-old white female with a circulatory problem," Jonathan says. However, Home Health provides services to a diverse population and varied disease processes.

Home Health also provides cardiac care with telehealth, a home-based monitoring system that allows patients to take their vital signs each day and convey the information to health professionals. If the information indicates the patient has a health issue, a nurse will call him or her to discuss.

"We offer ostomy/wound care with certified wound care nurses, and also collaborate with Lee Memorial Health System's Wound Care & Hyperbaric Medicine," Jonathan says. "We offer orthopedic services and are trusted by leaders in the orthopedic community."

Other services include infusion therapy, diabetes management, enteral nutrition therapy, pediatric services, Healthy Start (perinatal) and pulmonary services, as well as a geriatric care management program known as Choices.

"In addition, we offer Lifeline emergency response services and Lifeline Medication Management system," says Cathy Ready, clinical manager. "Finally, Home Health works in close collaboration with the physician driven House Calls program for those who do not have the ability to visit a physician outside of their home."

The program is covered by Medicare, Medicaid and most insurance plans, and has served Lee County since 1976.

Telehealth Nurse Manager Cathy Brady and Clarence Maustellar play with his cat. Clarence needed Home Health Services after he broke his leg.

Home Health Helps Octogenarian Stay Independent

When Raymond Trickler, 80, began experiencing problems with his heart and kidneys, his physician recommended telehealth services—part of Home Health—as a way to track vital signs and make note of any changes.

"The box greets me at 8 a.m., every single morning," Raymond says. "It says, 'It's time for your vital signs—step on the scale!' Raymond registers his weight, blood pressure, heart rate and oxygen levels. He also takes his temperature, just for his own peace of mind. Every three days he measures his blood sugar.

"An automated call tells me the results of my vital signs within 5-10 minutes," Raymond says. "Then, a nurse comes to see me about once a week."

The Home Health telehealth monitoring helps Raymond stay independent, without having to make frequent trips to his doctors' offices—he has three separate physicians he visits on a regular basis—and allows health care providers to keep tabs on his health. "I like the program because I can still live at home," Raymond says. "My mom, my brother and my sister all died in their 60s from heart attacks so I'm doing better, despite my family's history."

Radiology Technologists Aid in Diagnosis of Internal Injuries and Diseases

Radiology technologists provide diagnostic images under the supervision of the radiologist (physician) who interprets these images, which then help the patient’s physician plan for the care of the patient.

The focus of the technologist is the safety and comfort of the patient, as well as the quality of the images provided to the physician. Technologists also strive to protect themselves, the community, patients and visitors while working with radiation. When a physician cannot view an injury with the naked eye, they rely on imaging technology: X-rays, Cat scans, MRI, nuclear medicine and ultrasounds are all tools available to the physician in diagnosing a wide range of diseases.

"Our typical client is a 79-year-old white female with a circulatory problem," Jonathan says. However, Home Health provides services to a diverse population and varied disease processes.

Home Health also provides services to a diverse population and varied disease processes.

Home Health also provides cardiac care with telehealth, a home-based monitoring system that allows patients to take their vital signs each day and convey the information to health professionals. If the information indicates the patient has a health issue, a nurse will call him or her to discuss.

"We offer ostomy/wound care with certified wound care nurses, and also collaborate with Lee Memorial Health System’s Wound Care & Hyperbaric Medicine," Jonathan says. "We offer orthopedic services and are trusted by leaders in the orthopedic community."

Other services include infusion therapy, diabetes management, enteral nutrition therapy, pediatric services, Healthy Start (perinatal) and pulmonary services, as well as a geriatric care management program known as Choices.

"In addition, we offer Lifeline emergency response services and Lifeline Medication Management system," says Cathy Ready, clinical manager. "Finally, Home Health works in close collaboration with the physician driven House Calls program for those who do not have the ability to visit a physician outside of their home."

The program is covered by Medicare, Medicaid and most insurance plans, and has served Lee County since 1976.

Technologists are engaged in continuing education, training in new practices, and peer review. "We are not just ‘button pushers,’" Robin says. "Practicing radiation safety is our No. 1 concern. One size does not fit all and it is up to the technologist to use experience and logic when we administer each scan. We also do more than bones. Other studies include visualizing all aspects of the gastrointestinal tract and the urinary system with contrast. We must know our anatomy very well in order to get the best visualizations of each part we are X-raying."
Examples of the various modalities, or treatment options, used in IM include:

- Acupuncture
- Guided imagery
- Essential oils
- Herbal medicine
- Massage therapy
- Traditional Chinese and Indian medicine

"I think people are attracted to the concept of IM because they want to take charge of their own health, which many people do through the use of supplements and herbs to treat various symptoms," Dr. Auld says. "Integrative doctors are trained to deal with the safety and efficacy of herbs and dietary supplements and their interaction with prescription medications—the combination of conventional and alternative medicine. Additionally, integrative doctors reinforce the fact that food remains the most important medicine at our disposal and stress that following a healthy diet, exercising regularly and reducing stress can dramatically reduce cancer, cardiovascular disease and diabetes. Through the practice of integrative medicine and by partnering with our patients, we, IM doctors, are making this a reality."

Mind-Body Program Offers New Way of Thinking about Yoga

The movement begins with a something as simple as paying attention to your breath and ends with a deep sense of relaxation and improved physical health. The mind and body program at Lee Memorial Health System's Wellness Center–Cape Coral offers the promise of better health and less stress.

"We have completely redone the yoga studio with new flooring, a relaxing color scheme and a beautiful new mural," says Sarah Mitchell, health and wellness coordinator. "We wanted to create a space of calm, with a sense of purpose."

A large hand-painted tree mural graces two perpendicular walls, lending a focal point when needed. The Wellness Center–Cape Coral has added new mind and body classes to its winter and spring calendar as a way to help class members reconnect with their physical and mental health needs. Classes include Barre, Yoga Nidra, Brain FITness, and mind and body classes.

"We want people, especially those who have not tried yoga, to come into the yoga room," Sarah says. "So many won't come in because they have never tried yoga and think they cannot do a pose."

This class is for people of all ages and fitness levels, Patrick says. "Because it's a guided exercise, there is no struggle with concentration that is often associated with meditation. It's about relaxing the brain, which can be challenging. We have lifelong habits that fight that. This type of yoga engages the parasympathetic nervous system so you can't immediately summon things that stress you."

All of the new and existing yoga classes are designed to help participants relax and manage everyday stress. "Yoga is really just about listening to your internal voice," Patrick says. "That's the voice that guides you to better health, from curbing food cravings to moving more, to dropping the mental habits that cause you stress. This type of yoga helps restore health and a sense of internal balance. It allows the mind and body to align."

To learn more about yoga programs available at the Wellness Center–Cape Coral, call 239-424-3220. Membership is not required to attend yoga classes. A 14-visit pass is available for $99. This pass allows users to attend yoga classes and take advantage of the rest of the center's amenities. Visits do not have to be on consecutive days.
Call Center available evenings and weekends to make appointments.

7 a.m.-7 p.m., 7 days a week 239-481-4111
**Events & Screenings**

**February 19**

**Diabetes**

- **Diabetes Self-Management Classes**
  - A four-week program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

- **Weight Management**
  - Individualized weight loss counseling with a registered dietitian. Dietitians will give you a diet that works for you.
  - Registration and for More Information: Call 239-343-9122


**February 20**

**Diabetes**

- **Diabetes Prevention and Treatment**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

**February 21**

**Diabetes**

- **Diabetes Education**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

**February 22**

**Diabetes**

- **Diabetes Prevention and Treatment**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

**February 23**

**Diabetes**

- **Diabetes Education**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

**February 24**

**Diabetes**

- **Diabetes Education**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

**February 25**

**Diabetes**

- **Diabetes Education**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

**February 26**

**Diabetes**

- **Diabetes Education**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

**February 27**

**Diabetes**

- **Diabetes Education**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592

**February 28**

**Diabetes**

- **Diabetes Education**
  - A program designed to help people manage common types of diabetes, including managing daily activities, nutrition, exercise, medication, and prevention of complications. Courses are available in English and Spanish.
  - Time: 9:30 a.m.
  - Location: Lee Health-Imagery Center, 2320 Keewaydin Road, Fort Myers
  - Registration and for More Information: Call 239-424-9592