More than five million adults in the United States have heart failure, which occurs when the heart cannot pump enough blood and oxygen to support the body’s needs. Heart failure is the result of diseases that damage the heart, such as coronary artery disease, diabetes or high blood pressure. To ensure the appropriate, timely and efficient care of heart failure patients in Southwest Florida, all Lee Health hospitals—including Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital—pursued and received full heart failure accreditation from the Society of Cardiovascular Patient Care (SCPC) and American College of Cardiology. Lee Health has the only hospitals in the Southwest Florida to earn this accreditation.

“Having all of our hospitals earn the SCPC heart failure accreditation confirms Lee Health’s dedication to quality care, innovation and continuous improvement,” says Larry Antonucci, M.D., Lee Health chief operating officer. “Each hospital implemented evidence-based science, quality initiatives, clinical best practices and the latest American College of Cardiology and American Heart Association guidelines into their cardiovascular care processes.”

Additionally, a transition clinic has been created at HealthPark Medical Center as a pilot program that will expand to Lee Physician Group and Lee Community Healthcare offices. The transition clinic serves heart failure patients who cannot get a follow-up appointment with their cardiologist or primary care physician within three to five days after being discharged from the hospital.

“Lee Health has shown a genuine dedication to improving the care of their heart failure patients,” says Maghee Disch, MSn, SCPC heart failure service line specialist with the Society of Cardiovascular Patient Care. “By achieving Heart Failure Accreditation they have truly examined, improved and standardized their process as a system. The alignment of leadership, services and goals is unmatched. Their hard work and commitment have already been seen through improved patient care outcomes and there is no doubt that their success will only continue to grow in the future.”

**Standardized heart failure care across Lee Health includes:**

- **The employment of a heart failure coordinator at each hospital:** This person brings a multidisciplinary team to the bedside to educate patients on heart failure and create a plan of care post-discharge.

- **The installation of an outpatient rapid diuresis clinic at each hospital** to treat patients with abnormal fluid retention. What previously required a three-day inpatient stay now is completed in a few hours in an outpatient setting.

- **A toll-free number is provided for patients to call with non-emergent questions.** This allows the heart failure coordinator to educate the patient, coach behaviors and direct care.
5 Initiatives to Enhance the Health of Our Community

Lee Health Foundation has identified five initiatives that focus on enhancing the health of the Southwest Florida community as priorities through the year 2021. This progressive approach aims to improve the overall health of our community while continuing to serve those in need with the highest quality care possible. Lee Health Foundation will focus on raising awareness and philanthropic support in the following strategic areas:

- **Golisano Children’s Hospital of Southwest Florida** – Through 2021, our focus is raising funds to address critical pediatric care areas, including children’s behavioral health services and outpatient care, at locations in Lee, Charlotte and Collier counties. Donate to support The Little Red Wagon Fund in support of children’s services at Golisano Children’s Hospital.

- **Health & Wellness** – Through programs and partnerships with Healthy Lee, physicians’ groups, local schools, social services organizations and our varied neighborhoods, we are taking a grassroots approach to education with healthy living programs.

- **Lee Health – Coconut Point** – When completed in 2018, Lee Health – Coconut Point will serve as South Lee area’s most comprehensive health and wellness destination. Consider making a gift to help build the new outpatient center. Lee Health – Coconut Point.

- **Regional Cancer Center** – To continue to provide high quality comprehensive care to this growing community, Lee Health will begin a multi-million-dollar expansion of the Regional Cancer Center.

- **Shipley Cardiothoracic Center** – Focused on innovation, education and research of heart and lung diseases, The Shipley Center is at the forefront of developing techniques that will make a difference for patients and significantly improve their health and vitality.

In partnership with the Lee Health Foundation, you can help support all five initiatives or focus on your greatest passion and area of interest. Let’s work together to impact our community by investing in the health and wellness of Southwest Florida! Donate online at LeeHealthFoundation.org or call 239-214-0819 for more information.

### Minnesota Twins Celebrity Golf Classic on Feb. 16

Call today and reserve your spot to golf with the Minnesota Twins at Fiddleticks Country Club at this charity event benefiting patients at the Regional Cancer Center. Joe Mauer, Paul Molitor, Kent Hrbek, Bert Blyleven and Tony Oliva are just a few of the Twins celebrities who have graced past events. Get in the mood for fun the evening before at the Minnesota Mixer; admission is included with your golf registration or can be purchased separately. Terry Ryan, executive vice president and general manager of the Twins, will host a question and answer session during the mixer. Enjoy great food and drink and the chance to place your bids on outstanding auction packages. To make reservations and learn more about great partnership opportunities, email LeeHealthFoundation.org/Twins or call the Lee Health Foundation at 239-214-0819.

### Boston Red Sox Celebrity Golf Classic on Feb. 20 & 21

Golf alongside your favorite Red Sox players and other celebrities at the beautiful Forest Country Club as part of the Boston Red Sox Children’s Hospital Celebrity Classic golf tournament. Tournament proceeds will be matched by a generous hospital supporter and will help construct the new Golisano Children’s Hospital of Southwest Florida building, set to open in early 2017. The night before “Wizard of Oz” themed Boston Tee Party, also at The Forest, will kick-off the fun and give all in attendance the chance to enjoy fantastic food and take home wonderful auction packages. Learn more and reserve your spot by emailing LeeHealthFoundation.org/redSox, or calling the Lee Health Foundation at 239-214-0819.

### Regional Cancer Center Fashion Show

Join us March 1 as the Regional Cancer Center hosts the 10th annual fashion show and luncheon at Crown Plaza at Bell Tower Shops. Lee Health Foundation partners with Tanger Outlets to feature a fashion show along with exciting auctions and drawings! Enjoy the latest fashions presented by Tanger, House of Wu, Twistin’ Dazzle, Island Pursuit and more! Awards will also be presented to local advocates who have played a role in reshaping cancer care in our community. Tickets to the event are $50 each. Table sponsorships are also available. For more information, to nominate an advocate or to purchase seats, please call the Lee Health Foundation at 239-214-0819.

### Kids’ Minds Matter

Please join us for a special gala event on March 7 at the historic Shangri-La Springs in Bonita Springs to benefit the new pediatric behavioral health initiative at Golisano Children’s Hospital of Southwest Florida. RSVP today for an evening of cocktails, dinner, music and a live auction where we will explore “The Secret Garden - Mysteries of the Mind.” Reservations will be limited to 300 patrons, and sponsoring individuals and organizations will be recognized with their sponsorship level. Visit LeeHealthFoundation.org/KMM for more information.

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**Lee Health Foundation**

**NEWS & EVENTS**

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**LeeHealth.org**
Healthy Bones Ward Off Osteoporosis

Like a construction site, human bone cells are constantly breaking down and rebuilding themselves. Most of the time, the process runs smoothly, but when there is an imbalance in the system, the result can be osteoporosis.

“Osteoporosis can be caused by too much breakdown or inadequate new bone growth,” says orthopedic surgeon, Francesca Swartz, D.O.

There are three different types of osteoporosis:

• The most common type occurs in postmenopausal women and is related to estrogen.
• Senile osteoporosis occurs in both men and women older than age 75.
• Some medical conditions cause changes in bone metabolism that result in osteoporosis, including:
  • Diseases that affect hormone metabolism or endocrine disorders, like Cushings disease
  • Thyroid diseases
  • Diabetes
  • Malnutrition diseases that affect calcium and vitamin D absorption
  • Inflammatory arthritis, like rheumatoid or lupus
  • Kidney disease
  • Diseases that affect bone marrow, like leukemia, sickle cell or multiple myeloma

“Risk factors for osteoporosis are classified as ‘modifiable’ and ‘nonmodifiable,’” Dr. Swartz says. “Risk factors that we can control include excessive alcohol consumption, tobacco use, malnutrition, vitamin D deficiency, physical inactivity and low body weight. There are risk factors that are outside of our control. They include age, menopause, European or Asian ancestry, family history and small stature.”

Certain medications also may be related to the loss of bone density. “Steroids are a common cause of osteoporosis,” Dr. Swartz says. “Other medications with links to osteoporosis are anti-seizure medications, blood thinners, medications to treat heartburn, lithium and some diabetes medications.”

Patients who develop osteoporosis have several treatment options. Medications can help restore normal bone metabolism. “This can actually increase bone density and reverse osteoporosis,” Dr. Swartz says. “There is no specific medication that is ‘the best’ for treating osteoporosis. Some are pills and others are injectable. There are potential side effects from these medications, so patients need to consult with their physician to determine the option that is best for them.”

The best medication of all is prevention. “Prevention is the key for osteoporosis,” Dr. Swartz says. “Weight-bearing exercises, like walking, aerobics or resistance exercises are important for preventing thinning of our bones. Avoiding excessive alcohol and tobacco is important. Ensuring a balanced diet is also key. Supplementation with calcium and vitamin D will provide the building blocks to make new bone. Estrogen can be an option for post-menopausal women.”

Concussion Rehabilitation Helps Patients Manage Symptoms

Headaches, dizziness, problems with thinking and difficulty falling asleep are just a handful of symptoms associated with receiving a concussion. Some of these may take days before appearing, while others may begin immediately after a blow to the head or a sudden stop in movement, which causes the brain to hit the skull—resulting in brain cells not working as efficiently.

“Acute symptoms of a concussion can include confusion, headache, dizziness, unsteadiness and fogginess. Loss of consciousness (passing out) only occurs in fewer than 10% of cases,” says physical therapist Dawn Root.

“Physical therapy evaluations help determine a patient’s injuries. These include:

• A symptom assessment to find what activities increase or lessen the intensity of the symptoms
• Cervical (neck) range of motion testing which determines if the neck is contributing to the headaches
• Ocular motor testing of the patient’s eye movements to observe if the eyes are working together
• Vestibular system or inner ear testing to evaluate if the inner ears are causing any symptoms
• Balance assessment through standing and walking tests

Once our testing is performed, treatment will begin,” Dawn says.

Evaluating patients on managing their symptoms is a major part of the rehabilitation process. “First we focus on activity modification and show patients how they can avoid or modify activities to help them manage their symptoms,” Dawn says. “Ocular motor, vestibular and balance deficits are treated with various exercises and movements to improve the functionality of these particular systems.”

“Rehabilitation may also include exertional training, in which the patient performs activities; cardiovascular exercises on a stationary bike or elliptical machine, strengthening, stabilization and functional activities to increase the patient’s heart rate without increasing their symptoms. Depending on the patient’s symptoms, we may refer him or her to an occupational therapist to improve the coordination of eye movements, or speech language pathologist for cognitive retraining,” Dawn says.

The time it takes to recover depends on many factors including prior history of concussion and severity of symptoms. Age of the individual can also play a role; adults tend to recover quicker than children because, unlike children who are still developing, adults have fully developed brains. “The recovery process is unique for each patient,” Dawn says. “Our goal is to educate and rehabilitate our patients, so they have the tools to manage their symptoms, and feel well enough to return to work, sports activities or chores around the house.”

Concussions have a variety of symptoms. You may experience physical symptoms, such as:

• Headache
• Dizziness
• Nausea
• Vomiting

Cognitive symptoms including:

• Imbalance
• Difficulty concentrating or remembering
• Fogginess
• Changes in vision
• Problems with thinking

Emotional symptoms including:

• Changes in personality
• Moodiness

“Weight-bearing exercises, like walking, aerobics or resistance exercises are important for preventing thinning of our bones. Avoiding excessive alcohol and tobacco is important. Ensuring a balanced diet is also key. Supplementation with calcium and vitamin D will provide the building blocks to make new bone. Estrogen can be an option for post-menopausal women.”

Francesca Swartz, D.O.
Orthopedic Associates of Southwest Florida
13691 Metro Pkwy.
Suite 400
Fort Myers, FL 33912
239-768-5549
Blood Donors Always in Demand

The need for blood remains constant, especially during the winter season when so many visitors and seasonal residents visit Southwest Florida. Our blood centers have the challenge of providing the blood supply for our four acute care hospitals—Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital, which houses the only Trauma Center within a five-county radius. Blood also benefits patients at our specialty hospitals—Golisano Children’s Hospital of Southwest Florida and the Rehabilitation Hospital—and patients receiving treatment at the Regional Cancer Center.

“One in three people will need blood during their lifetime. You never know if it will be you or someone you love.”

Anyone can donate if you meet the following criteria:

- Weigh at least 115 pounds
- Age 17 or older, 16 with parental consent
- Are healthy and feel well
- First time donors must have photo ID

“One in three people will need blood during their lifetime,” Susie says. “You never know if it will be you or someone you love.”

Susie says many blood recipients have asked about the Zika virus, which is spread through mosquito bites and can cause birth defects in babies who are conceived after a parent is infected with the disease. “Our blood is safe,” Susie says. “All of our blood is tested for the Zika virus and we have not had a confirmed positive test. Donating is safe and it’s a good way to help the community. It doesn’t take much time but saves lives.”

Prevention and Treatment of Cervical Cancer

Worldwide cervical cancer remains one of the leading causes of death in women with more than 250,000 deaths reported, resulting in more than 250,000 deaths. In medically developed societies, however, due to improvements in screening technologies, specifically the advent and widespread implementation of the Pap smear, the overall number has dropped significantly. In certain populations and geographic areas in the US, cervical cancer incidence and death rates remain high due to limited access and use of routine screening.

The Pap smear allows for early detection of precancerous lesions, allowing physicians to manage the disease through careful observation, local ablation and resection (partial removal of the cervix), which rarely affects future fertility options.

Cervical cancer is the result of the Human Papilloma Virus (HPV). “HPV is felt to be related to greater than 99% of cervical disease,” says gynecologic oncologist Edward Grendys, M.D. “More than 90% of U.S. women are exposed to this virus due to sexual contact but the far majority are clinically unaffected due to the host immune response which curtails any adverse effects.”

These rates likely apply to the male population also, though clinical disease in this group is rare. Female screening is suggested to begin at but not before age 21 with routine Pap smears and the addition of HPV testing after age 30. There is currently no recommendation for male screening.

“HPV vaccine therapy to prevent initial infection (Gardasil-9) has been recommended by all major national pediatric societies as well as the National Institutes of Health, CDC and National Cancer Institute,” Dr. Grendys says. “This vaccine is highly effective in prevention of infection, as well as subsequent transmission of the majority of HPV subtypes.”

Vaccination prior to sexual debut is critical to its effectiveness and is suggested for both male and female children and is approved for administration after age 9. Wide implementation of these vaccines will likely decrease the incidence of cervical disease even further. Social acceptance and availability of the vaccine remains a challenge in underserved areas.

Cervical cancer when detected early is a highly curable (90%) process using a variety of treatment options including conservative fertility preserving procedures, radical surgery and radiation/chemotherapy combinations, depending on the clinical scenarios.

“Prevention and early detection remain the hallmark of clinical success,” Dr. Grendys says. “The application of preventive vaccination and implementation of screening needs to be strongly encouraged and is likely to be part of future quality measurements.”

Edward C. Grendys, Jr., M.D.
Director Clinical Research
Florida Gynecologic Oncology
8931 Colonial Center Drive
Suite 400
Fort Myers, FL 33905
239-334-6626
Golisano Children’s Hospital NEWS

Become a Golisano Children’s Hospital Volunteer. Call 239-343-5055

Do Childhood Ear Infections Affect Hearing?

Ear infections are common in childhood; the majority of children will have at least one ear infection by the age of 3. Fortunately, they rarely cause harm and are easily treated with antibiotics. “Some ear infections do not require treatment, but the child should be examined and observed by a pediatrician,” says pediatric otolaryngologist Stuart Morgenstein, D.O.

“There are, however, times that fluid remains behind the eardrum—sometimes for as long as three to four months. In 90% of these cases, this fluid will absorb and resolve on its own without treatment.

“This fluid, when present, can result in some hearing loss,” Dr. Morgenstein says. “However, hearing returns to normal with resolution of the fluid within that three- to four-month period.”

If the fluid persists, and there is documented hearing loss, it can easily be removed with the placement of ear ventilation tubes. This is a five-minute surgical procedure that results in the return of normal hearing.

On very rare occasions—especially with the advent of modern antibiotics—an ear infection can lead to meningitis with inflammation of the brain, which can result in permanent hearing loss. However, this is very rare.

Help Kids Lose Weight

The Safe Way

Combating childhood obesity is important because of the serious health risks associated with excess weight, including high cholesterol, fatty liver disease and an increased chance for diabetes. “When it comes to children, it’s important to try not to stress “losing weight,” says pediatrician, Denise Drago, M.D. “Instead, focus on healthy living by cutting out sugary drinks/sodas, increasing fruits and vegetables, decreasing high-calorie snacks and increasing physical activity.”

An easy-to-remember prescription for healthy living is Healthy Lee’s 5210:

5 = 5 servings of fruits and vegetables a day
2 = 2 hours or less of screen time for children older than 2 years of age
1 = 1 hour or more of physical activity a day
0 = 0 sugary drinks or soda—instead you want “0” calorie drink options, the best of which is water

Dr. Drago suggests setting non-weight goals to keep children motivated, such as a challenge among family members to see who can try the most new vegetables in a month or how much faster the child can be on the soccer field if he or she practices several times a week. “These ideas encourage the child to eat the right foods and remain active in order to achieve his or her goals of living a healthy life,” she says. “With this approach, the child develops healthy habits that last a lifetime, rather than simply losing weight.”

Denise Drago, M.D.
Golisano Children’s Hospital of Southwest Florida
4751 S. Cleveland Ave.
Fort Myers, FL 33907
239-343-9888
Cochlear Implant a Benefit for All Ages

Born with congenital hearing loss, Marina Stead went without hearing aids in the early part of her life. She was 7 years old before her parents and school administrators discovered that she was reading lips as a way to communicate.

“I didn’t speak well,” Marina says. “When I finally got hearing aids the first sounds I heard were New York City. It was amazing but it was so loud.”

Each sound was a new experience. Even her mother’s voice sounded strange. “It didn’t sound like what I imaged it would,” she says. Marina wore two hearing aids for most of her life but stopped wearing the device in her left ear because she developed a ringing sound (tinnitus). Throughout the years, she lost more hearing in her right ear.

As time went on she lost the ability to hear speech sounds, until eventually, she could no longer talk to friends and family on the phone. She decided to explore the option of a cochlear implant and had the device installed in August 2016.

“We implanted the device under the skin above her ear,” says otolaryngologist Travis Pfannenstiel, M.D. “The electrode array implanted into the cochlea sends electrical signals to her inner ear. It’s not a cure for hearing loss but rather a prosthetic which helps most patients regain the speech and hearing they did not have in the past.”

Cochlear implants are an approved and common treatment for children who are born deaf. They usually get the implant at 1 year of age. By age 5, many attend school with hearing children. Adults who have sudden or progressive hearing loss are also good candidates for the device. “Many, if not all, of the adults I treat are frustrated with hearing aids, because the hair cells of their inner ear simply can’t process sound appropriately,” Dr. Pfannenstiel says.

After placing the implant under the skin, Dr. Pfannenstiel attaches a removable exterior processor. The device can be programmed to link to a telephone and electronic devices, including televisions and tablets. “The technology continues to improve,” Dr. Pfannenstiel says.

After receiving her cochlear implant, Marina worked with a speech/language pathologist, Helen Mavrelis. Part of the therapy involved Helen presenting various words, phrases, and sentences to Marina, which she repeated. It is through this process that the brain starts recognizing the new sounds that are received through the cochlear unit. Marina was not permitted to read lips during therapy.

Helen is pleased with Marina’s results. “Marina is doing very well,” Helen says. “She has made great strides and is able to carry a conversation now without fearing that she will not understand what is said to her. She can even talk to her husband while she is driving without having to read his lips.”

“Aural rehabilitation with a speech pathologist is highly recommended after receiving a cochlear implant to assist the cochlear patient in recognizing the new speech sounds that are received through the cochlear unit. The therapy also identifies sounds that are most often missed by the patient so that the audiologist can make adjustments to the cochlear processor.”

Marina continues to improve and said she has no regrets about participating in the therapy. The cochlear implant completely dismissed her issues with tinnitus. “I am not so different now,” she says. “I hear more things and I can have conversations just like everyone else. I can even hear the birds chirping now.”

Art Friendship Leads to Better Health

When her anxiety felt overwhelming, Linda Finlan always turned to art. For most of her life she created on her own, without the benefit of instruction. When she celebrated her 50th birthday, everything changed.

“I thought it was probably time I learned what I was doing,” Linda says. She took classes in Cape Coral and later at the Pine Island Art Association. The classes helped her focus attention away from her anxiety; and she met art instructor Ann McCarty Sickles.

“I gave simple, basic instructions that are easy to follow,” Ann says. “I work with all levels, and we add more detail for people who are more advanced. The paintings all come out different and that’s what makes it fun, interesting and different.”

Many people who come to the classes have questions, or anxiety like Linda experienced. “This class helps them switch to the right side of the brain,” Ann says. “It’s stress-relieving.”

The last time the Healthy Life Center offered a paint and smoothie class, participants asked for more classes. “What a great opportunity to learn about something healthy, enjoy a smoothie and take home something beautiful that you made,” says Molly Grubbs, manager, Healthy Life Center at Coconut Point. “When our guests ask for something, we do our best to deliver. We want people to know that we are committed to a healthy message but that doesn’t mean we forget the fun. Healthy activities can be fun.”

Linda Finlan, right, and artist Ann McCarty Sickles, left, found common ground through art.
It’s not shiny like R2D2 from “Star Wars”, nor does it hold conversations like HAL from “2001: A Space Odyssey”, but Lee Memorial Hospital Pharmacy’s new robot, “TUG” is definitely a futuristic addition to Lee Memorial Hospital. The smart, autonomous robot helps deliver medications throughout the hospital. The Aethon robot system is mapped to the hospital and uses the facility’s wireless network to control elevators and doors. A scanning laser and 27 infrared and ultrasonic sensors detect and model the environment in real time in order to maintain accurate position and avoid obstacles. Once TUG completes the deliveries, it automatically returns to the charging dock in the Pharmacy.

Security is one of TUG’s main features; secure drawers are biometrically controlled, meaning both pharmacy employees loading the cart and nurses unloading the cart must use their fingerprint and identification number to open the drawers to retrieve the medications. Only the necessary and appropriate drawer opens for the nurse.

TUG is monitored remotely 24/7/365 by Aethon’s Pittsburgh-based support center. On-duty support staff at Lee Memorial Hospital is notified if there is an issue with TUG. Additionally, the Aethon support team can connect to TUG via the internet to assess the situation and control the robot remotely, if necessary.

Lee Memorial Hospital is the only Lee Health hospital that does not have pneumatic tubes that assist with medication, lab and other deliveries. Therefore, all pharmacy deliveries are dependent on pharmacy staff delivering medications to nursing units. During the day, deliveries are made by a full-time technician who rounds to all the units and makes the necessary deliveries every hour. The night pharmacy technician rounds on the units every two hours.

“TUG helps facilitate necessary deliveries between normal delivery times, including when the technician is rounding on units, for example,” says Larry Clark, Pharm.D., Director of Pharmacy at Lee Memorial Hospital. “TUG helps assure timely deliveries between rounds and reduces the number of times the nursing staff has to pick up medications.”

Since implementation on Sept. 27, TUG has made an average of 17 trips a day, averaging 30 unit deliveries per day. TUG has traveled more than 100 miles and averages 21 minutes per trip.

Join the MILLION MILE MOVEMENT

The fresh start of a new year inspires many of us to set resolutions to change and improve our health, wellness and lifestyle. Even with the best intentions, our resolutions often fizzle. This year, at the start of the year, Healthy Lee is challenging our community to join the Million Mile Movement—a challenge to collectively log 1,000,000 miles in less than three months. This challenge, which began Jan. 9 and runs through March 31, might be just what we all need to set a healthy goal, and to find the support and motivation to keep and reach it.

The Million Mile Movement is a fun, inclusive way to empower all of us to move. Whether you walk, run, bike, swim or participate in other aerobic activities that energize your body and mind, every step counts—for yourself and our community. Here are the steps to take so your steps count:

1. **Register to Participate**
   - The Million Mile Movement challenge is free and open to all Lee County residents—of all ages and fitness levels.
   - Visit www.HealthyLee.com/news-events/Million-Mile-Movement to register as an individual or create a team with your family, friends and co-workers. All participants will receive a weekly email newsletter with health tips and motivation throughout the 12-week challenge. If you participated last year, your registration automatically renews. Please log in to update your profile.

Where’s Larry?

With the Staff at the Neonatal Intensive Care Unit

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 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 nurses and medical social workers in the neonatal intensive care unit (NICU) at HealthPark Medical Center. He observed the smallest babies—some of whom were born months premature—not only survive, but thrive under the watchful eye of the staff.

“The NICU gives you such an appreciation for the social side of care because we tend to focus on the technical or medical side,” Larry says. “Caring for a baby is so important. They are working behind the scenes. It’s a team of people navigating the complexities of national health care together. It’s the right care, in the right place, at the right time.”

Larry visits with neonatal intensive care unit staff.

Lina Diaz-Conde, social work supervisor of Golisano Children’s Hospital of Southwest Florida, Care Management, introduced Larry to people who work with babies when their parents cannot be with them; and with nurses who work tirelessly to make sure each baby has what he or she needs to grow and improve until the day they go home.

“It was amazing having Larry here,” Lina says. “I’m glad he’s visiting so many departments because, unless you see something in person, you don’t know what it’s like to be there. It’s nice he’s taking an interest.”

Larry and Lina discuss Voalte, a new communication system that allows staff to stay in touch and care for babies in the neonatal intensive care unit.

**Larry and Lina Diaz-Conde social work supervisor, discuss procedures in the neonatal intensive care unit.**
Pre-Op Spine Class
This is a time-one class for expectant parents. The class assists parents in becoming more comfortable and confident in their parenting role following the birth of their baby. This class also teaches parents how to receive tips and child restraint classes. Classes take place throughout the year. Times and locations vary. Contact us for more information. One double infant car seat $20 per couple, $5 per additional person $140 per couple or $50 per additional person.

Motherhood
Mothers with diabetes or gestational diabetes are welcome to attend. This course includes diabetes self-management, meal planning, exercise stress management, medication therapy and prevention of complications. Classes offered at Cape Coral Hospital, Gulf Coast Medical Center and HealthPark Medical Center.

Partners in Parenting
Classes teach parents how to focus on the positive expectations for their children. Classes cover topics such as sleep for week 2 or 6 hours, day and evening locations. For more information call 275-4205 or 275-3414.

Support Groups/Classes
Balance and Vestibular Support Group
Groups meet monthly in various locations throughout Lee County. Call 242-2765 to register.

Free Balance Screening
10 a.m.-Noon, Feb. 20
April Hotel at the Sanctuary
8960 Colonial Center Drive, 2nd floor conference room
Fort Myers, FL 33905

It’s All About You! Chronic Self-Management Program
Can you—can it be done? Yes, you can—can it be done? Yes, your health can improve! This 6-week complimentary workshop will explore what you need to know to manage chronic conditions that accompany chronic illnesses, such as pain, depression, and fatigue. This is a great opportunity for participants to learn from others experiencing similar conditions, many of whom also have a chronic condition.

Time and Date: Varies.
For more information: 239-337-3924.

Nutrition Counseling
Individualized nutrition counseling with a registered dietitian. This program teaches you the tools necessary to self-manage your chronic condition. During the workshop, you will learn about foods that help with pain, inflammation and overall wellness. Free. Please call to register.

Weekly sessions available. Call 239-342-3103.

Chronic Pain Self-Management Program
Does stress or chronic pain impact your daily life, causing you to have limited energy? Do you feel overwhelmed by the tasks of everyday living? The Chronic Pain Self-Management program is designed for people suffering from chronic pain, whether it is due to arthritis, fibromyalgia, trauma, injury or another cause. It is a 6-week complimentary workshop program that provides you with the tools and skills you need to take control of your pain and improve your quality of life.

Time and Date: 9-10 a.m., Tuesdays
For more information: 239-342-3127.

Diabetes
Diabetes Self-Management Classes
A 10-hour education program designed to assist people in managing their diabetes. Participants receive weekly classes available.

Mended Hearts
Mended Hearts is a great source of support and discussion with former heart patients. Paper and to join Mended Hearts. Mended Hearts is a non-profit, national organization that provides support for people who have undergone heart surgery and for the families of children with special abilities.

Diabetes
Diabetes Self-Management Classes
A 10-hour education program designed to assist people in managing their diabetes. Participants receive weekly class size is limited; call 239-342-3127 for Lee Memorial class size. Classes take place throughout the year. Call 239-342-5652 for information.

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Diabetes
Diabetes Self-Management Classes
A 10-hour education program designed to assist people in managing their diabetes. Participants receive weekly class size is limited; call 239-342-3127 for Lee Memorial class size. Classes take place throughout the year. Call 239-342-5652 for information.

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Diabetes Self-Management Classes
A 10-hour education program designed to assist people in managing their diabetes. Participants receive weekly class size is limited; call 239-342-3127 for Lee Memorial class size. Classes take place throughout the year. Call 239-342-5652 for information.

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Lee Health
Hospitals

Convenient Care locations

Additional locations listed on page 12 and 13

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
Healthy Life Center
AT COCONUT POINT

Every Monday
Yoga-all levels welcome, bring a mat
5-6 p.m. Call 239-409-4475 to RSVP

Every Tuesday
Free Blood Pressure Screening
9 a.m.-1 p.m.
Babes and Babies Fitness Class
9-10 a.m. $5 drop in fee

Every Wednesday and Saturday
Walking Club
8:30-9:30 a.m.
Million Mile Movement Challenge
Track miles at HealthyLee.com

Every other Thursday (2/2, 2/16)
Fourth Trimester Club
12-1 p.m. moms and children under 1 year

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

Wednesday, February 8
Cooking Demo: Beans Three Ways!
11 a.m.-noon RSVP
Finding Hope and Living Well with Parkinson’s Disease
3-4 p.m. RSVP
Dizziness, Vertigo or Balance Problems? - How an Otolaryngologist Can Help
5-6 p.m. RSVP Dr. Patrick Reidy, otolaryngologist

Thursday, February 9
How to Save Money Caring for Your Pet
4:30-5:30 p.m. RSVP

Friday, February 10
Book Club and Discussion: Blood Sugar Solution
9-11 a.m. RSVP
New Advances in Hip and Knee Replacement
12-1 p.m. RSVP Dr. Dan Harmon, orthopedic surgeon

Monday, February 13
Body Composition Testing and Guidance
9 a.m.-noon RSVP for an appointment
Beginner Line Dancing
1-2 p.m. RSVP
Why Does the Bottom of My Foot Hurt?
3-4 p.m. RSVP

Tuesday, February 14
Heart Report Card
10:30 a.m.-11:30 a.m. Call 239-424-1499 for fees and to make an appointment.
This is a noninvasive screening program for those who may not have symptoms, but could be at risk for heart disease.

Wednesday, February 15
Current Treatment Options for Rotator Cuff Problems
12-1 p.m. RSVP Dr. John Mehalki, orthopedic surgeon
Medications and Nutrition for Parkinson’s Disease: Making Sense of Management
3-4 p.m. RSVP Dr. Amanda Avila, neurologist
Dizziness, Vertigo or Balance Problems? - How a Neurologist Can Help
5-6 p.m. RSVP Dr. Travis Pfannenstiel, neurologist

Thursday, February 16
Memory Screenings
9 a.m.-5 p.m. RSVP for an appointment

Friday, February 17
Balance and Fall Prevention Fair
9 a.m.-noon RSVP
Guided Meditation
1:30 p.m. RSVP
Dr. Jose Colon, sleep medicine
Living with COPD Lecture and Screening
2:30-3:30 p.m. RSVP

Saturday, February 18
Excursion: Estero Heart Walk
8:30-9:30 a.m.
Location: Estero Community Park and Recreation Center
Register: heartwalk.org, choose “The Healthy Life Center” team
Pediatric CPR & First Aid Class
9 a.m.-4 p.m.
This course covers infant/child CPR and first aid basics.
Register: www.leehealth.org/classes.asp or call 239-343-5101.

Monday, February 20
Excursion: Grocery Store Tour of Publix—Label Reading
9-11 a.m.
Call 239-424-1499 to book a half-hour small group tour with dietitian
Location: Publix at Corkscrew Village, 2120 S. Tamiami Trail Ste. 200
Cooking with Essential Oils
1-2:30 p.m. RSVP
Living Strong with a Weak Heart: Basics of Heart Failure
10:30-11:30 a.m. RSVP

Wednesday, February 22
Cut the Salt, Keep the Flavor Nutrition Talk
10-11 a.m. RSVP

Thursday, February 23
Legal Tools You Need in Your Toolbox for Estate Planning
10-11 a.m. RSVP

Functional Nutrition Series:
Mindfulness, Health & Wellness
3-4 p.m. RSVP

Friday, February 24
Diabetes: Exploring the Various Treatment Options
11 a.m.-noon RSVP
Adult Vaccines
1-2 p.m. RSVP
Bones and Joints; Motion is Lotion
3-4 p.m. RSVP

Saturday, February 25
Regenerative Medicine Options for Shoulder, Hip and Knee Pain
10-11 a.m. RSVP
Dr. David Eichten, orthopedic surgeon

Monday, February 27
Planning for Health Care Costs in Your Retirement
1-2 p.m. RSVP

Tuesday, February 28
Osteoarthritis Treatment and Lifestyle Modifications: Are They Connected?
2-3 p.m. RSVP
Prayer Doodling: An Interactive Way to Pray for Others
4-5 p.m. RSVP

Healthy Life Center
23190 Fashion Drive Suite 105
Estero, FL 33928
9 a.m.-6 p.m.
Monday-Friday
9 a.m.-4 p.m., Saturday
For information, call 239-495-4475
For upcoming events, go to LeeHealth.org/HealthyLifeCenter