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January 2016

2016 marks our 100th anniversary.

Share your stories, photos and memories with us at www.tinyurl.com/LeeFB2015.

Lee Memorial Health System

100 Years of Caring

The first patient in the 100-year history of Lee Memorial Health System was a man with appendicitis from LaBelle named Sam Thompson. What he needed to do and how the hospital responded set patterns of care and commitment that haven’t wavered in 100 years and counting, as the hospital nears its 100th birthday on Oct. 3.

Sam was in the woods south of LaBelle on a fall day in 1916 when he was gripped with pain. He rode his horse 50 miles to a new Fort Myers hospital, which wasn’t yet finished. He needed help. He needed expert medical care. He knew where to go to get both; to that new hospital. Planning for the new hospital began in 1912, but it took four years for the much-needed medical facility to come to fruition.

The only available surgeon when the hospital opened was Dr. David McSwain of Arcadia. Word reached the doctor by telegram or telephone that a man needed help in Fort Myers. Dr. McSwain boarded a train in Arcadia around 10 p.m. He arrived at the hospital about an hour later, and using kerosene lamps for light, operated on Sam. Then, at 7 a.m., Dr. McSwain boarded a train for the return trip to Arcadia.

In the 100 years since Sam, certainly in pain, endured that long horseback ride from the woods, countless thousands of patients have walked or limped or been wheeled or carried through the hospital’s doors.

Like Sam, the other patients who entered into what evolved into Lee Memorial Health System, knew they could rely on the men and women, the doctors, nurses, administrators and volunteers who make the system run. Whether appendicitis or childbirth or heart surgery or broken fingers, they’ve trooped through the doors of the hospital, either at its first location or one of the current locations, from HealthPark Medical Center to Cape Coral Hospital to Gulf Coast Medical Center; and the new Golisano Children’s Hospital of Southwest Florida and more.

Nothing like these sparkling medical palaces existed when Sam Thompson arrived in 1916. Unlike today’s gleaming buildings with high-tech gizmos, that first hospital was a two-story building with screened porches, four rooms for patients and no delivery room.

Within two years, two wings were added to the original structure, expanding the size to 16 rooms, with space for 22 patients and a new operating room.

We are proud of our past, and will spend 2016 celebrating 100 years of caring for our community.

Lee Memorial Hospital circa 1916

Dr. David McSwain

Theo Ellis, nurse 1922-1967

Early 1900s Lee Memorial Hospital ambulance

Nurse caring for a patient in the original Jewett wing

We are proud of our past, and will spend 2016 celebrating 100 years of caring for our community.
Help Golisano Children’s patients by golfing with your favorite Red Sox stars at The Forest Country Club on Friday, Feb. 26.

$1 Million Grant Helps Local Children. The Board of Trustees of the Richard M. Schulze Family Foundation recently awarded a grant of $1 million to Lee Memorial Health System Foundation. This generous gift will be used to name the infusion unit in the Barbara’s Friends Hematology/Oncology Center within Golisano Children’s Hospital of Southwest Florida. The infusion unit will ensure that children from across Southwest Florida who are battling cancer will have access to the lifesaving medications and procedures vital to their recovery. The new hospital building is set to open in early 2017.

Minneapolis Twins Golf Event Supports Regional Cancer Center on Feb. 25

Fiddleticks Country Club in Fort Myers is the place to be on Thursday, Feb. 25 as the Minneapolis Twins come out to full force to help patients at our Regional Cancer Center. Be sure to register now to golf alongside your favorite Twins players. Twins turning out for past tournaments include the likes of Paul Molitor, Rod Carew, Kent Hrbek, Bert Blyleven, Joe Mauer and Torii Hunter, to name just a few.

Your day will include lunch, golf, dinner and more at the 18th annual edition of this lifesaving event. Start your fun the evening before at the Minnesota Mixer on Feb. 24; admission is included with your golf registration. Enjoy great food and drink, an outstanding auction and a question-and-answer session with Terry Ryan, executive vice president and general manager of the Twins.

Corporate partnership opportunities and individual golf slots are available. Learn more by emailing TwinsGolf@LeeMemorial.org or calling 239-343-6106.
Symptoms of pancreatic cancer include:

• Abdominal or back pain
• Jaundice
• Nausea
• Vomiting
• Weight loss

The difference maker in pancreatic cancer is whether or not it is localized enough to allow for surgery to adequately remove it. If the cancer attaches to nearby blood vessels, surgery to remove it becomes more technically difficult but possible.

“We’ve learned over the years that we can do these big operations with shorter time in the operating room, fewer blood transfusions, virtually no intensive care unit stay and a shorter overall hospital stay,” Dr. Bloomston says. “This means safer surgery and better outcomes, even in elderly patients.”

Gains are also being made in drug therapies that may ultimately affect cure rates.

“Newer research has identified certain types of chemotherapy treatments that allows us to offer hope to patients who we would never have considered for surgery in the past, making them potentially curable,” Dr. Bloomston says. “I am optimistic about what the future holds for pancreatic cancer patients.”
5 Tips to Help You Commit to a Heart-Healthy 2016

New Year's resolutions offer us an opportunity to change things that are in our control. When it comes to our health, especially our heart health, we can make changes to reduce our risk of disease. This year, take control and take care of your heart. Cardiologist Karla Quevedo, M.D., offers tips and information to help you set heart-healthy goals.

1. **Consume a healthy diet.**
   - a. Fruits and vegetables
   - b. Fiber
   - c. Foods with a low glycemic index and low glycemic load, which have less of an impact on blood sugar and insulin levels
   - d. Monounsaturated fat rather than trans fatty acids or saturated fats
   - e. Omega-3 fatty acids, which can be found in fish, plant sources or supplements

2. **Quit smoking.**
   - The benefits of smoking cessation begin to appear after only a few months and reach that of a nonsmoker in several years.

3. **Control your blood pressure.**
   - a. Start with appropriate diagnosis.
   - b. Hypertension is defined as a systolic pressure (the top number) greater than or equal to 140 mmHg and/or diastolic pressure (bottom number) greater than or equal to 90 mmHg. Prehypertension is defined as 120/80 to 139/89 mmHg.
   - c. Talk to your doctor to determine what your goal blood pressure should be—this is determined according to age and other health conditions.
   - d. If prescribed, take your blood pressure medication every day.

4. **Exercise.**
   - a. Commit to 150 minutes of moderate intensity exercise each week and 75 minutes of vigorous intensity exercise each week.
   - b. If you have other health conditions that limit your capacity for exercise, you should stay as physically active as your condition allows.

5. **Maintain a healthy weight.**
   - a. Abdominal obesity is defined as a waist circumference greater than or equal to 102 centimeters—or 40 inches—in men and greater than or equal to 88 centimeters—or 35 inches—in women.
   - Belly fat increases your risk of heart disease.

   “There also is a link between psychological stress and atherosclerosis—which is the buildup of plaque in the arteries and a condition that can lead to heart attack or stroke,” Dr. Quevedo says. “The link may be both direct via damage to the endothelium—or lining of the blood vessels—and indirect via aggravation of traditional risk factors, such as smoking, consuming too much alcohol and high blood pressure. There is a correlation between depression, anger and stress and cardiovascular outcomes. Addressing those issues is another way you can positively impact your heart health.”

   Commit to incorporating these tips into your new year—your heart health will improve, and so will your mood, energy, strength, endurance and vitality.

Food is Medicine:

**An Anti-Inflammatory Diet for Arthritis**

Osteoarthritis is a chronic degenerative disorder that causes pain and stiffness of the joints. It can affect any joint—the most commonly involved joints are the knees, hips, spine and hands.

Inflammation of the joints causes pain and stiffness. The level of inflammation within the joint reflects the total inflammation within the body. Multiple studies have shown that the amount of inflammation found in the body and joints is directly correlated with the amount of pain one experiences, regardless of the severity of joint damage on X-ray.

“Non-steroidal anti-inflammatory drugs (NSAIDs)—ibuprofen and Aleve®—are most commonly used to decrease inflammation and treat the symptoms of arthritis,” says physiatrist Sebastian Klisiewicz, D.O. “These medications come packed with side effects, including stomach ulcers, kidney damage and increased risk for heart attack.”

There is a better and safer way to treat inflammation, which starts in the stomach. “We need to understand that inflammation starts in the gut,” Dr. Klisiewicz says. “Every bite we take can either increase or decrease inflammation.”

The Standard American Diet (SAD) is one of the most inflammatory diets in the world. Also called the “sweet and meat” diet, SAD is high on sugar, processed carbohydrates, and fat. Foods that are high in sugar (such as soda) and foods high in animal protein and fat actually have been shown to increase inflammation, arthritis pain and progression of joint space loss.

“Instead of NSAIDs, I recommend an anti-inflammatory diet that includes daily intake of green leafy vegetables, fruits, beans and lentils, and healthy fats like those found in avocado, olive oil and small wild caught fish,” Dr. Klisiewicz says. “This diet excludes sugars and processed simple carbohydrates, including breads and cookies.”

One should avoid animal fats, fried foods and processed foods (most foods in bags and boxes). Instead, focus on real, whole foods, such as organic vegetables and fruits.

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“Every bite we take can either increase or decrease inflammation.”
Telemedicine Brings High-Tech Services to Babies in Southwest Florida

The distance between Southwest Florida and Miami can be the longest distance imaginable for parents who make the drive for a child who is in the hospital on the east coast.

A new telemedicine program now makes it possible for more sick children to stay at Golisano Children’s Hospital of Southwest Florida instead of traveling to a larger hospital system. Physicians from Nicklaus Children’s Hospital in Miami appear on a screen and communicate with local physicians on a patient’s care. The remote physician can view the patient and see conditions and illnesses close-up, via a computer screen.

“Telemedicine is an example of how technology can benefit people by bringing them closer together,” says neonatologist William Binder, M.D. “The telemedicine set-up is essentially ‘FaceTime on steroids’, and allows the off-site specialist in Miami to come to the bedside, examine a patient and discuss his or her assessment and plan, with care provided to the family in a virtual world. It’s really very similar to having the specialist in the hospital.”

Golisano Children’s Hospital physicians use the telemedicine services in the neonatal intensive care unit (NICU) for genetics and metabolic disease consultation. This specialty is particularly well-suited to this application because pediatric geneticists are more of a rare specialty, and their practices require high population-to-specialist ratios.

“The first patient we used the telemedicine system for was a baby in the NICU who had a congenital anomaly that can be genetically caused,” Dr. Binder says. “The mother had a C-section was the only choice for Shirley and her baby boy. And can lead to significant, life-threatening complications for the mother. Emergency the contractions and prevent infection for me and the baby,” Shirley says. “That care was moved from room to room.

Punta Gorda resident Shirley Bartholomew was 23 weeks pregnant when she went into labor. The hospital closest to her home was not equipped to provide the level of care she and her unborn baby needed.

“I was transferred to HealthPark Medical Center where I was given medication to stop Prince was discharged from the hospital with an apnea monitor, which detects pauses in breathing—a common occurrence with premature babies. The monitor alerted Shirley, her husband Corwin, and Shirley’s teenaged stepdaughter A-Zia, when Prince experienced an episode of apnea. Gentle stimulation was all he needed to resume breathing normally.

Additional therapies, including physical therapy and speech therapy, helped Prince as he grew.

“Prince is such a miracle,” Shirley says. “He has come such a long, long way. I am happy to share his story—I hope it provides encouragement and hope for other families in this same situation.”
Physical Therapy Helps Patient Heal

When the pain in her left hip became unbearable, Bonita Springs resident Barbara Phillips sought medical help. The diagnosis: a degenerative hip. Barbara needed hip replacement surgery. She had surgery in September 2015, followed by two weeks of home therapy. When she transitioned to an outpatient setting, Barbara knew where she wanted to go. “I chose the Bonita Bay location because it’s so easy to get to from where we live,” she says.

Once at the center, Barbara connected with physical therapist Kristen Byers, DPT, who helped her regain her mobility. Their therapy started with basic functions and progressed to more complex tasks. “Barbara had limited range of motion,” Kristen says. “Initially, she had trouble with simple tasks, such as putting on her socks and shoes, to getting out of a chair. We progressed beyond that with more challenging exercises that incorporated balance, resistance training and functional movements.”

Physical therapy is an important part of the recovery process for joint replacement patients. “Regaining range of motion, strength and balance is critical in order to minimize fall risk,” Kristen says. “My goal for Barbara, and for all of my patients, is to facilitate independence with her home program and management of symptoms.”

Kristen says there is no “quick fix” for physical therapy patients. “You have to put in the work,” she says. “It’s rewarding to see people improve.”

Barbara is pleased with her progress. “Physical therapy was so good,” she says. “They make you work and do things you would never do on your own. I’ve always been a walker and golfer and I’m doing both again.”

Outpatient Rehabilitation at Bonita Bay Club Lifestyle Center
26800 S. Tamiami Trail
Suite 300
Bonita Springs, FL 34134
239-424-1499

Parathyroid Gland Often Mistaken for Thyroid

Hormones rule many aspects of our lives, from regulating the growth of the body from childhood into adulthood, to metabolism and sexual function.

“The hormonal control of this gland is important for cellular growth, brain growth and intelligence, and the overall well-being of the person,” says endocrinologist Heitham Ajlouni, M.D. “A deficit causes hypoparathyroidism (parathyroid working too slow), and an excess causes hyperparathyroidism (parathyroid working too fast).”

The parathyroid is often a target for tumors, which range from benign to highly malignant, affecting many decades of life.

“The cause of primary hyperparathyroidism in unknown,” Dr. Ajlouni says. “A genetic factor may be involved. Women age 50 and older are most likely to have issues with their parathyroid.”

The parathyroid is often mistaken for the thyroid glands. The thyroid is a single gland, and the parathyroids are four or more separate glands. “The thyroid gland is controlled by the hypothalamopituitary axis, but the parathyroid is controlled by Ca + sensors on the gland,” Dr. Ajlouni says. “The thyroid hormones have an effect in almost all the cells in the body, whereas parathyroid hormones are limited to a few tissues. The occurrence of malignancies is very common in the thyroid gland, whereas it is very rare in the parathyroid glands.”

Symptoms of a parathyroid problem include:

- Muscle weakness
- Fatigue
- Abdominal pain, nausea, vomiting, peptic ulcer and pancreatitis
- Hypertension
- Anemia
- Depression, decreased concentration and confusion

“Patients with symptomatic primary hyperparathyroidism (and have any other indications for surgery like high calcium levels, kidney stones, osteoporosis, renal impairment, age younger than 50 years or high urinary calcium) should have parathyroid surgery, which is the only definitive therapy,” Dr. Ajlouni says. “Parathyroidectomy (removal of the gland) is an effective therapy that cures the disease, decreases the risk of kidney stones, improves bone mineral density, and may decrease fracture risk and might improve some quality of life measurements.”

Patients who do not have symptoms, and do not need surgery are monitored every 6-12 months and undergo a bone density scan every two years. Dr. Ajlouni recommends drinking at least 6-8 glasses of water per day and taking calcium as ways to keep the parathyroid gland healthy. Patients with hyperparathyroidism should maintain a low calcium diet.

“Patients with this condition are at increased risk for bone fractures, high blood pressure, kidney stones and osteitis fibrosa (weak bones),” Dr. Ajlouni says. “I try to minimize those risks and keep my patients healthy.”
Mona Lisa Touch Helps Post-Menopausal Women

There are some health topics few patients are comfortable discussing, and one of those is the issue of sex. However, one of the most common issues facing post-menopausal women is now one of the easiest to correct for most patients.

“The Mona Lisa Touch is an office laser procedure performed to treat symptoms of genitourinary syndrome,” says obstetrician/gynecologist Rex Stubbs, M.D. "The symptoms include vaginal dryness and sensitivity, painful intercourse, itching and urinary frequency, and typically occur within four years after menopause. The symptoms gradually worsen over time.”

Women undergoing treatment for breast cancer often experience severe symptoms, regardless of age. The Mona Lisa Touch reverses the tissue changes that create the dryness. Clinical studies demonstrate a success rate of 84 percent. “There is a significantly higher success rate than medical therapy with estrogens, and eliminates the potential risks of estrogen therapy,” Dr. Stubbs says. “Estrogen therapy is typically not indicated in patients with a diagnosis of breast cancer.”

The Mona Lisa Touch requires no anesthesia and includes three treatment sessions over a 12-week interval. “This is a nice option because it’s not medically invasive, it’s not hormonal and there is no risk,” says obstetrician/gynecologist Kevin Fleishman, M.D. “After the initial three treatments, it just requires follow-up once a year. The procedure takes about five minutes and is next to painless.”

Many patients notice a difference after the first session, but others see dramatic change after the second or third treatments. “One of the best things about this procedure is that the patient does not have to follow up with creams or a prescription, where compliance is variable. This way, they can get back to their life and not have to think about dryness every time they are in an intimate moment.”

Mona Lisa Touch has been available in Europe for five years and was FDA approved in the United States in 2014.

Palliative Care Supports Patients and Families

Along with the physical pain and symptoms of serious illness come the emotional and psychological stresses that affect both the patient and his or her family. Palliative care is a special team of caregivers who help patients—and their families—living with life-limiting illnesses.

“Palliative care focuses on relief from symptoms and provides assistance with coordination of care, making difficult medical decisions and helping patients reach their quality-of-life goals,” explains Colleen Tallen, M.D., medical director, Palliative Care. “This is an important element of care. It is appropriate at any age and at any stage of a serious illness, and can be provided with curative treatment.”

Lee Memorial Health System offers palliative care services at all four hospitals, including Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital. There is a palliative care team at HealthPark Care & Rehabilitation Center, a skilled nursing facility. There also is an outpatient palliative care clinic specifically created for cancer patients, which offers complementary services, including acupuncture.

The Lee Memorial Health System palliative care teams include advanced registered nurse practitioners (ARNPs), doctors and social workers. “As part of the palliative care team, we can spend more time with the patient and the family,” says Sara Newman, M.D., palliative care physician. “We get to know the patient and family and understand what is important to them. We can also participate in important conversations regarding advance directives, decision-making, coordination of care, and goals for treatment and symptom management.”

Palliative care is available for patients with life-limiting illnesses, including, but not limited to:

- Cancer
- Heart disease, such as congestive heart failure
- Pulmonary diseases, like chronic obstructive pulmonary disease
- Kidney disease
- Parkinson’s disease
- Dementia
- Many of these life-limiting conditions cause symptoms, such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, difficulty sleeping and depression,” Dr. Newman says. “Symptom management is a big part of what we do, and a lot of patients can benefit from this type of care.”

Palliative care provides an extra layer of support and embraces the whole family. If you or a loved one is interested in learning more, speak to your doctor about a palliative care consultation.

Colleen Tallen, M.D.
www.tinyurl.com/DrTallen

Sara Newman, M.D.

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Sara Newman, M.D.
Hospitalists Enhance Patient Care and Experience

Hospitalists are the physicians who specialize in the comprehensive care and treatment of hospitalized patients. These physicians play a vital role in patients’ care, experience and satisfaction.

Most hospitalists are board-certified internists who have undergone the same training as other internal or family medicine physicians, including medical school, residency training and board certification. Some hospitalists are family practice physicians or other medical subspecialists—including intensive care physicians, pulmonologists or nephrologists—who opt to work in a hospital instead of an office setting.

Hospitalists work with other physicians, including the patients’ primary care physician and other specialty physicians and providers who care for patients while they are in the hospital. This allows the hospitalist to serve as the point of contact for family members who want updates on a loved one. Hospitalists spend their work days in the hospital, and can visit patients more often, which helps them detect changes in a patient’s health, as well as order tests and track results more quickly.

Lee Physician Group employs 40 hospitalists. The focus of the hospitalist practice is to provide comprehensive, 24/7 coverage in order to:

- improve safety and quality of care
- increase efficiency and appropriateness of care
- improve coordination of care for patients throughout their hospital stay
- enhance communication between primary care physicians, specialists and other hospital care providers

Hospitalists enable a smooth hospital experience with the goal of a seamless transition back to the patient’s primary care physician.

Free ½-Hour Personal Training Session

Bring in this coupon to either Lee Memorial Health System Wellness Center and get a free ½-hour personal training session with each annual membership purchased during the month of January.

Visit www.LeeMemorial.org/Wellness to learn more about our Wellness Centers.

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

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

Offer expires Jan. 31, 2016
*An outpatient center of Lee Memorial Hospital

www.LeeMemorial.org
Support and Encouragement Aid in Rehabilitative Success

Joyce Carta arrived at HealthPark Care & Rehabilitation Center after a nearly eight month hospital stay that involved spinal fusion surgery, ulcers, stomach surgery and other health complications. She says the support and encouragement she received during her three-month stay at HealthPark Care & Rehabilitation Center helped her overcome fears and find the motivation she needed for her recovery.

“Prior to my arrival at HealthPark Care & Rehabilitation Center, my health was like a snowball running downhill—everything started going,” Joyce says. “It had already been a long road before I arrived [at HealthPark Care & Rehabilitation Center], and I was basically a quadriplegic. I was in a bleak place when I got there.”

But, Joyce says the positive environment and the one-on-one therapy she received gave her hope that she would get through. “In the beginning, I was like a head on a pillow,” she says. “The wonderful people there never let me down, and they were so positive, supportive and encouraging. They pushed me to sit up and use my hands and legs more. They helped me overcome fears and take steps again.”

Joyce says the positivity and encouragement didn’t just come from her therapists and care team—it came from everyone. “I attribute my success to all of the wonderful people who work at HealthPark Care & Rehabilitation Center,” she says. “These people aren’t just doing a job—it is more than that to them. It was a remarkable experience.”

HealthPark Care & Rehabilitation is a 112-bed skilled nursing facility that combines the latest rehabilitative treatments with compassionate, patient-centered care. The Center’s population is split between those receiving long-term and short-term rehabilitation services. Short-term care typically lasts 20 days. This comprehensive rehabilitation program assists patients in a successful transition back to their home.

The staff includes a team of registered nurses (RNs), licensed practical nurses (LPNs), certified nursing assistants (CNAs), physical therapists, occupational therapists and speech therapists. These specialized therapists are certified in multiple areas, such as balance management, wound care, and stroke and cardiac rehabilitation. The center also employs registered dietitians, who work collaboratively with clinical and therapy teams to develop menus and specialized diets. An activity coordinator, social workers and clinical admission coordinators interact with residents on a daily basis.

The Centers for Medicare & Medicaid Services recognized the high quality care provided at HealthPark Care & Rehabilitation Center by awarding the center the 5-Star award for quality measures, which is the CMS’ highest distinction.

Healthy Mothers Increase Odds for Healthy Babies

All expectant parents want healthy babies, and most receive happy news when their baby is born. However, parents whose babies are born with health issues may face months or years of treatment for their infant.

Approximately 3 percent of babies born in the United States have a birth defect. Most birth defects cannot be prevented because they are not detectable. “The most common birth defects appear in babies who are born with chromosomal types, in particular, trisomy 21 or Down syndrome,” says obstetrician/gynecologist Chadwick Leo, D.O. “These defects are sometimes apparent before the mother gives birth.”

Other birth defects include:

- Central nervous system
- Cardiovascular system
- Orofacial defects
- Gastrointestinal defects
- Musculoskeletal defects
- Chromosomal defects

“Birth defects can be caused by problems with chromosomes, problems with a gene that is passed down to the baby or because of exposure to certain harmful agents, certain medications or infections,” Dr. Leo says. “The most important thing a woman can do is to speak with her obstetrician before getting pregnant.”

Together, they can discuss risk factors, which may include:

- Mother’s age
- Family history
- Having another child with birth defects
- Use of certain medications around the time of conception and during pregnancy
- Other medical conditions
- Recreational drug use

“Taking a prenatal vitamin daily, and maintaining a healthy lifestyle are important,” Dr. Leo says. “And avoid recreational or illegal drugs. Talk to your doctor about any medications, prior to taking them.”

Chadwick Leo, D.O.
Obstetrics & Gynecology
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239-424-1600
Know the Difference Between Cold and Flu

The feeling often begins with fatigue or fever. From fall until spring, colds and flu cause more doctor visits and missed days from work and school than any other illness.

Antibiotics do not help heal any virus, and common over-the-counter medications may help with the symptoms, but often won’t shorten the course of the illness.

“There are many different viruses that cause the common cold, but the most common is Rhinovirus,” says family medicine physician Victoria Yorke, M.D. “The flu, on the other hand, can be much more serious and can lead to more dangerous complications.”

Dr. Yorke says a cold can last a few days to a week, but the flu often holds on much longer and can be much more debilitating.

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<thead>
<tr>
<th>Cold symptoms include:</th>
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<tbody>
<tr>
<td>Sore throat</td>
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<tr>
<td>Runny nose</td>
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<td>Congestion</td>
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<table>
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<tr>
<th>Flu symptoms include:</th>
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<tr>
<td>Fever, often higher than 100 degrees</td>
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<tr>
<td>Severe sore throat and congestion</td>
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<tr>
<td>Headache</td>
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<td>Severe muscle aches</td>
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<td>Cough</td>
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One may feel much more run down with the flu, and complications, such as pneumonia, are more common in the very young and the elderly.

Over-the-counter treatments often include decongestants and analgesics that can help with the symptoms. “Always use good hand washing techniques, as this is the best way to prevent contamination with cold or the flu,” Dr. Yorke says. “The flu vaccine will help prevent some strains of the flu but will not prevent the common cold. We do not have a vaccine for the many strains of colds that occur during the winter.”

Instead of a vaccine, many foods help fight viruses, Dr. Yorke says. “Turns out grandma’s chicken soup really does have ingredients to help with viruses,” she says.

Other natural remedies include:

- Garlic—has allicin, which helps strengthen your immune response to the cold
- Raw honey—has antibacterial and antiviral agents which can help decrease the course of a cold
- Green tea—helps prevent colds
- Licorice—is a natural demulcent and helps with congestion and sore throat
- Red bell peppers—high in vitamin C and help boost immunity
- Chili peppers—open sinus membranes
- Maitake and shiitake mushrooms—contain beta glycans to help with colds and even with some forms of cancer
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There are other herbal remedies that have been shown to shorten the course of colds and flu,” Dr. Yorke says. “I will often suggest that patients keep a supply of UMCKA in their medicine cabinet. It has an herb, pelargonium plant that works like Tamiflu to help prevent replication of viral particles. I suggest taking it for a few days at the very onset of the cold or flu and often it will shorten the actual course of the virus by several days. It is even safe for children.”

Dr. Yorke recommends purchasing the foods and natural ingredients that can actually help shorten or even prevent many of the viruses we see today.

Outpatient Center at Surfside in Cape Coral

The Outpatient Center at Surfside is a 27,000-square-foot facility devoted to:

- Primary care, including Lee Physician Group Internal Medicine and Lee Physician Group Family Medicine
- Imaging, including MRI, CT, X-ray and ultrasound
- Breast Health Center, which offers biopsies, needle placements, mammography, bone density testing and breast MRI
- Lab services

Dave Cato, chief administrative officer of Outpatient Services, says the Outpatient Center at Surfside is Lee Memorial Health System’s first Lean-designed facility, which means that it was designed for optimal patient flow and efficiency. “We built the space so care teams are in pods, which enables better communication between providers on behalf of patients,” he says. “We are also piloting self check-in kiosks to enhance efficiency. The space also allows for future growth and additional specialty care without the need to renovate—it is a flexible and adaptable facility.”

The Outpatient Center at Surfside is another access point to ensure patients receive the right care at the right time in the right place.

To schedule an appointment with Lee Physician Group, call 239-481-4111. For all other appointments, call Outpatient Central Scheduling at 239-424-1499.
Lee Memorial Health System Hospitals

Convenient Care locations

Additional Locations listed on page 12 and 13

Cape Coral Hospital ............................................. 239-424-2000
636 Del Prado Blvd., Cape Coral, FL 33990

Gulf Coast Medical Center ...................................... 239-343-1000
13681 Doctor's Way, Fort Myers, FL 33912
(Daniels and Metro Parkway)

HealthPark Medical Center .................................... 239-343-5000
Golisano Children’s Hospital of Southwest Florida .................. 239-343-KIDS (5437)
9891 S. HealthPark Dr., Fort Myers, FL 33908
(Summerlin and Bass Road)

Lee Memorial Hospital .................................... 239-343-2000
Rehabilitation Hospital ........................................ 239-343-3100
Blood Center Location
2276 Cleveland Ave., Fort Myers, FL 33901

Convenient Care - Pine Island Road ..................... 239-481-4111
1682 NE Pine Island Road, Cape Coral, FL 33990
7 a.m. - 7 p.m., 7 days a week

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

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

An outpatient department of Lee Memorial Hospital

Healthy Life Center at Coconut Point Mall

Fort Myers

Estero

Bonita Springs

Naples
Take Time to Enjoy Real Meals

Q: We’re always on the go. Is eating on the run really bad for you?

A: As a society we seem to be losing our attentiveness to the act of eating. We’re in such a hurry, running late, or we make ourselves so busy that eating often becomes a nuisance. While on the go we look for quick, convenient solutions in fast food, frozen entrees, even the nearest gas station. This leads to poor nutrition and our bodies suffer because of it.

Wherever we are, it’s important that we take the time to take care of ourselves. Slow down. Better yet, sit at a table with family or friends and no distractions. When was the last time you had a meal without the television, the computer or smart phones on?

When we take the time to enjoy real meals, we start interacting with food differently. We can also take advantage of the opportunity to reconnect with the important people in our lives. As we become more thoughtful of the people around us and about what we choose to nourish our bodies with, we can improve our overall health and well-being. Take your time and enjoy your meal and each other.

Jennifer Vargo, registered dietitian and weight management coordinator
Lee Health Solutions
239-424-3120

Slow down. Better yet, sit at a table with family or friends and no distractions.
Your destination for services and education to support a healthy lifestyle

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

### Saturday, Jan. 2
**Saturday Walking Club**
9:30–10:15 a.m.

### Monday, Jan. 4
**Lifestyle Practices to Prevent Treatment**
5 – 6 p.m.

### Tuesday, Jan. 5
**Yoga Demonstration**
11 a.m. – 12 noon
**Introduction to Pickleball**
3 – 3:30 p.m.

### Thursday, Jan. 7
**Tips for Early Heart Attack/Heart Failure Prevention**
11 a.m. – 12 noon
**Sleep and Wellness**
1 – 2:15 p.m. (RSVP)

**Jose Colon, M.D., sleep medicine specialist**

**Affordable Care Act Health Insurance Marketplace – Information and Assistance**
4 – 6 p.m. (RSVP)

### Friday, Jan. 8
**Home Health Job Fair**
2 – 6 p.m.

### Saturday, Jan. 9
**Saturday Walking Club**
9:30–10:15 a.m.
**What’s New in Hip and Knee Replacement**
10 – 11 a.m. (RSVP)

**Dr. Edward T. Humbert, orthopedic surgeon**

### Monday, Jan. 11
**Youth Sports Injury Prevention**
6 – 7 p.m.

### Tuesday, Jan. 12
**Heart Report Card Screening**
10:30 a.m. – 4 p.m.
**Fee information and appointments call 239-424-1499**

### Wednesday, Jan. 13
**Weight Management Cooking Demonstration**
11 a.m. – 12 noon (RSVP)
**Outpatient Shoulder Replacement**
12:30 – 1:30 p.m. (RSVP)

**Dr. John Mehaliak, orthopedic surgeon**

**Your Path to the Healthy You**
5-6 p.m.

### Thursday, Jan. 14
**Early Heart Attack/Heart Failure Prevention**
11 a.m. – 12 noon
**Exploring Paleo, Vegan, Detox, and Clean Eating Trends**
2 – 3 p.m.

**Grand Opening Reception**
5:30 – 7 p.m.

### Friday, Jan. 15
**Walk Wise Lee**
11 a.m. – 12 noon
**New Year’s Resolution versus Solution**
1 – 2:30 p.m.

Talk followed by free 15 min. consultations - call 495-4475

### Saturday, Jan. 16
**Saturday Walking Club**
9:30 – 10:15 a.m.
**Traffic Safety Matters**
10 – 11:15 a.m.

### Monday, Jan. 18
**It’s All About You, Chronic Disease Self-Management**
2 – 3 p.m.

### Tuesday, Jan. 19
**Basics of Heart Failure**
2 – 3 p.m.
**Keeping Kids Safe at Home**
5:30 – 7 p.m.

### Wednesday, Jan. 20
**Body Composition Testing and Guidance**
10 a.m. – 12 noon

### Thursday, Jan. 21
**Balance Screening**
10 a.m. – 12 noon

### Friday, Jan. 22
**Integrative Medicine and Family Medicine**
3:30 – 4:30 p.m. (RSVP)

**Dr. Victoria Yorke, family medicine, Dr. Heather Auld, integrative medicine and Teresa Spano, naturopathic consultant**

### Saturday, Jan. 23
**Saturday Walking Club**
9:30 – 10:15 a.m.
**Affordable Care Act Health Insurance Marketplace – Information and Assistance**
10:30 a.m. – 1 p.m. (RSVP)
**Advances in Hip Replacement Techniques**
2 – 3 p.m. (RSVP)

**Dr. Daniel J. Harmon, orthopedic surgeon**

### Monday, Jan. 25
**The Benefits of an Anti-Aging Approach to Healthcare**
10:30 – 11:30 a.m. (RSVP)
**Dr. Sal Lacagnina**

**Weight Management Cooking Demonstration**
5 – 6 p.m. (RSVP)

### Tuesday, Jan. 26
**A Spotlight on Memory**
3 – 4 p.m.

### Thursday, Jan. 28
**Tools to Monitor your Health at Home and Blood Pressure Screening**
10 a.m. – 1 p.m.

### Friday, Jan. 29
**Sleep Better—Exploring Basic Sleep Disorders**
11 – 11:45 a.m.
**Sleep Assessments**
11:45 a.m. – 2 p.m.

### Saturday, Jan. 30
**Saturday Walking Club**
9:30 – 10:15 a.m.

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For reservations call 239-343-9207 or email HealthyLifeCenter@LeeMemorial.org.

Open: 10 a.m. – 7 p.m., Mon. – Fri.
10 a.m. – 4 p.m., Sat. – Noon – 4 p.m., Sun.

23190 Fashion Drive, Suite 105, Estero, FL 33928

For information call 239-343-9207 or visit www.LeeMemorial.org/HealthyLifeCenter