When Harry Muller began the 8-week weight loss exercise program at the Wellness Center – Cape Coral, his “body age” was calculated at 62 years. That was according to free body age assessment the Wellness Center offers. Harry’s real, or chronological, age was 55.

The body age assessment is a comprehensive battery of tests that helps determine your level of fitness, which is reported as your “body age.” “The better you score in the selected testing categories, the lower your body age,” says Mathieu Knapp, lead exercise specialist at the Wellness Center. “The lower your body age, the more fit you are.”

Harry recalls gaining weight after a few surgeries, which inspired him to enroll in the Wellness Center weight loss exercise program in February. The program is available for members and non-members. “I’d been a member of the Wellness Center a long time ago, but I stopped going,” Harry says. “Now, I knew I needed help.”

Determined to lose weight while improving his fitness, Harry met with health and wellness coach Sarah Mitchell to discuss his health and fitness goals. He also committed to half-hour personal training sessions with Mathieu.

“When you enroll in our two-month weight loss exercise program, you not only receive the free body age assessment, but also three lifestyle coaching sessions and four sessions with a certified personal trainer,” explains Sarah, who is also the health and wellness coordinator with Lee Health. “The program takes eight weeks to complete. We’re with you every week of your program to help you reach your goals and set new ones, too, as you progress.”

Inspired by his improved health and fitness levels, Harry kept exercising after completing the 8-week program. He joined the Wellness Center and increased his personal training sessions with Mathieu to three times a week. Ten months later, Harry reports his body age has dropped from 62 years to 51 years. “I’ve toned up, doubled my strength, and lost 5 percent of my body fat,” he says. “I feel great.”

The Wellness Center offers body age assessments to help participants track their fitness progress. Some or all of the following tests are used to calculate body age:

• Resting blood pressure and heart rate
• Height and weight
• Flexibility test
• Body composition
• Cardio-fitness test
• Muscular strength and endurance

The assessment provides a nine-page report that breaks down each part of the test. “If your body age is older than your chronological age, the report recommends an obtainable body age and tips on how to get there,” Mathieu says. “We also help by creating programs specific to each participant.”

To learn more about the Wellness Center weight loss exercise program, call Sarah Mitchell at 239-424-3231.

Community Weight Management Exercise Program Motivates in a Group Setting

The Wellness Centers, in partnership with the Healthy Life Center at Coconut Point, offers a weight management exercise program for anyone in the community. The 8-week program features a fitness instructor who leads 30 minutes of group activity. A lifestyle coach or dietitian also sparks a dynamic 30-minute discussion on nutrition and better eating habits. The program meets once a week.

The program is available only at the Healthy Life Center at Coconut Point. To learn more about the community weight management exercise program or to enroll, call Sarah Mitchell at 239-424-3231.
Pick Up Your Phone During the ‘Helping Kids with Cancer’ Radiothon

Tune in to Cat Country 107.1 FM from 6 a.m. to 6 p.m. on Jan. 12 and make a pledge to the 16th annual “Helping Kids with Cancer” Radiothon supporting Barbara’s Friends – Golisano Children’s Hospital Cancer Fund. Patients, their families and special celebrity guests will all join forces on-air to share stories of hope and healing on this day of giving.

Mel’s Diner once again serves as the presenting sponsor for the Radiothon which will broadcast from their Fort Myers location. Visit any Mel’s Diner location, enjoy a special breakfast with a $5 donation, and proceeds will benefit the Radiothon. Phone your pledge and help make miracles happen for local children. Become an “Angel” for a donation of $300 ($25/month) and receive a $100 Mel’s Diner gift card as a thank you. Plan to tune in or listen online at CatCountry1071.iHeart.com. $95.3 FM OLZ will also update listeners throughout the day.

Call 1-866-609-KIDS (5437) during the Radiothon or anytime to make your pledge or visit LeeHealthFoundation.org/Radiothon for details.

An Evening Under the Stars at the MarineMax Yacht Gala

Experience an “Evening Under the Stars” to benefit Golisano Children’s Hospital of Southwest Florida. The MarineMax Yacht Gala will take place aboard stunning yachts, under the stars with family and friends on Jan. 26 at MarineMax, Fort Myers. Enjoy an evening of cocktails, dining and entertainment, as well as live and silent auctions, with all proceeds benefiting Golisano Children’s Hospital of Southwest Florida. For more information, visit LeeHealthFoundation.org/MarineMax.

Minnesota Twins Celebrity Golf Classic Tees Off February 13 & 15

Call today and reserve your spot to golf with the Minnesota Twins at Fiddlerscreek Country Club. This charity event benefits patients at 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. Following golf, enjoy delicious food, mingle with the Twins and place your bid on some outstanding auction packages. To make reservations and learn more about great partnership opportunities, call 239-214-0819 or visit LeeHealthFoundation.org/Twins.

Golf Alongside Your Favorite Boston Red Sox Players on February 15 & 16

Be a part of something special at the 25th anniversary of the Boston Red Sox Celebrity Classic. Golf alongside your favorite Red Sox players and other celebrities at the beautiful Forest Country Club. Tournament proceeds will benefit Pediatric Behavioral Health at Golisano Children’s Hospital. The Boston Tee Party, held the night before at The Forest, will offer an opportunity to enjoy fantastic food and take home wonderful auction items. Learn more and reserve your spot by calling 239-214-0819 or visit LeeHealthFoundation.org/RedSox.

Lee Health Foundation
NEWS & EVENTS
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LeeHealth.org
This “Brain” Pacemaker Reduces Parkinson’s Tremors

Ted Chris Horn calls himself an ambassador of deep brain stimulation (DBS) therapy for people like him who have Parkinson’s disease (PD). Diagnosed with PD in 2013, the Fort Myers Beach resident suffered from tremors, memory loss, and muscle spasms, which are common symptoms of the disease.

“I tried medication to manage the PD, but I got bad nausea and the dry heaves,” Ted says. “I had to stop taking it. My symptoms continued to get worse. I couldn’t brush my teeth, I couldn’t write with a pen. My right hand was shaking like a leaf.”

Ted’s neurologist referred him to neurosurgeon Saman Javedan, M.D., who suggested him as a candidate for DBS. “Deep brain stimulation is a procedure that controls tremor, stiffness, and slow movements in people with Parkinson’s disease,” Dr. Javedan explains. “The therapy delivers a small electrical current to a very specific part of the brain continuously, relieving tremor, stiffness, and other symptoms.”

After learning all he could about the treatment, Ted decided to go for it. “I had nothing to lose,” he says. “The procedure was painless. I had no bleeding and no swelling. Dr. Javedan cleared me to go home from Gulf Coast Medical Center the day after my surgery.”

“Many patients with essential tremor and Parkinson’s disease are eligible for the procedure,” Dr. Javedan says. “The patients who benefit most from the procedure are like Ted, whose quality of life is compromised by tremor, stiffness, and movement fluctuations.”

A few days after Ted’s surgery, he says his right hand felt like it was back to normal. “If you saw me in a coffee shop, holding a cup of coffee, you would never know I have Parkinson’s disease,” Ted says. “My hand doesn’t tremble anymore. It’s unbelievable.”

Deep Brain Stimulation (DBS)

- One or more insulated wires, called leads or electrodes, are placed in the brain.
- A neurostimulator, which delivers the electric current. Similar to a heart pacemaker, it’s usually placed under the skin near the collarbone.

The therapy can be programmed to different settings depending on the changing needs of the patient. “Patients should explore this treatment option when they’re first diagnosed with either Parkinson’s disease, essential tremor, or when other movement-related symptoms begin to affect their quality of life,” Dr. Javedan says. “So many patients who receive DBS therapy tell us they wish they’d known about it and received the therapy sooner.”

Saman Javedan, M.D., FAANS
Neurosurgery
Lee Physician Group
13685 Doctor’s Way Suite 350
Fort Myers, FL 33912
239-343-3800

To learn more about DBS, go to: LeeHealth.org/Brain-Pacemaker

Risks for Ovarian Cancer

Physicians diagnose almost 22,000 new cases of ovarian cancer every year. More than 14,000 women will die from the disease. The Pap test can help early detection of cervical cancer, but, unfortunately, there’s no effective way to currently screen for ovarian cancer, which is aggressive and usually found when it’s already at an advanced stage. Health experts say women can help fight ovarian cancer by being in tune with their bodies and educating themselves on the symptoms.

Treatment for ovarian cancer is aggressive and typically involves surgery and chemotherapy. The general surgery is a hysterectomy, which removes the uterus, cervix, both fallopian tubes, and ovaries. After a four- to five-month treatment plan, about 70 percent of women go into remission.

Signs and Symptoms to Watch for:
- Significant abdominal bloating that can last months
- Getting full easily
- Weight gain or weight loss
- Family history of ovarian cancer or breast cancer
- Age is another important risk factor. Ovarian cancer mostly attacks post-menopausal women, and it’s rare to find in someone who hasn’t gone through menopause.

To learn about new treatments for ovarian cancer, go to LeeHealth.org/Ovarian-Cancer-Risks
New Burn Service Treats Kids Close to Home

Golisano Children’s Hospital of Southwest Florida, dedicated to keeping kids and family close to home for specialized medical care, offers a burn treatment service for children suffering from minor burns.

“Before we started offering this service, a child requiring treatment for a minor burn injury had to receive treatment outside the area, either in burn units in Miami or Tampa,” says Armando Llechu, chief administrative officer of the children’s hospital. “Our new medical service is limited to children who have suffered burns to less than 20 percent of their bodies, have not suffered burns to their faces or genital areas, and have not suffered major burns to their joints.”

The only accredited children’s hospital between Tampa and Miami, Golisano Children’s Hospital began offering the service in October. The children’s hospital can expect to treat 40 to 60 mild burn cases a year.

“Our pediatric surgeons evaluate and make recommendations for any burn patient,” Armando says. “Some patients with more complicated injuries or those who also have major health conditions would be better served at another facility.”

Burns are one of the most common household injuries among children. Toddlers and preschool-age children are especially at risk due to the normal curiosity of their stage in development, and their sensitive skin needs extra protection, says registered nurse Alyssa Bostwick.

Alyssa led the multi-disciplinary team that implemented the pediatric burn service at Golisano Children’s Hospital. She says minor burns can cause complications if not properly treated. “Burns destroy the skin, which is a natural barrier to infection,” she says. “For all burns, immediate and appropriate treatment can lower the risk of infection and improve healing.”

To help prevent burns in your home:
• Install smoke alarms.
• Regularly check smoke alarms and batteries to make sure they’re working.
• Place fire extinguishers in easily accessible areas.
• Teach your children about fire safety, including how to operate a fire extinguisher and show them fire escape routes.
• Teach your children to stay away from stove tops and also from grabbing hair-curling and clothes irons, oven doors, and other hot items.
• Turn pot handles toward the rear of the stove to prevent children from grabbing them.
• Keep all electrical cords out of a child’s reach.
• Set the water heater temperature at 120°F (48.8°C) or lower.

Know Where to Go When Your Family Needs Medical Care

Cold vs. Flu

You can help reduce Emergency Department overcrowding and be seen quicker by visiting a primary care physician or walk-in clinic for a non-emergency. It’s important to seek the right level of medical care based on the severity of your illness or injury. This will save you time and money, as well as open up resources for patients with true, life-threatening emergencies.

“Convenient Care is helpful for individuals who don’t have a primary care physician, and it’s a great alternative to using the emergency department for non-life-threatening medical issues—especially during winter,” explains Kris Fay, chief administrative officer of Lee Physician Group. “It gives the community immediate access to quality, hospital-affiliated health care provided by our trusted Lee Physician Group physicians and skilled nurses.”

Do you think you have a common cold or the flu? You should visit your primary care physician or closest Convenient Care for treatment. Symptoms of a cold include:
• Runny nose
• Nasal congestion
• Sneezing
• Sore throat
• Cough
• Headache

The flu can have similar symptoms to a cold, but may also include fever, muscle aches, fatigue, vomiting, and diarrhea.

You should visit the Emergency Department when you or a loved one is experiencing:
• Severe or life-threatening issues
• Trouble breathing
• Symptoms of a heart attack or stroke

Need help finding a doctor? Call 239-481-4111 or visit www.LeeHealth.org/physicians for more information.

Golisano Children’s Hospital of Southwest Florida Earns Mom’s Kudos

Julissa Angelica Melendez felt safe enough to do something she’d never done before: leave her infant daughter in the hands of the pediatric health care professionals she’d come to trust at Golisano Children’s Hospital of Southwest Florida.

Julissa first started visiting Golisano Children’s Hospital after hearing good things about the hospital. “Many of my friends were bringing their kids to the children’s hospital at HealthPark Medical Center,” she says. “I kept hearing about how professional everyone was and how compassionate they were. I had awesome experiences at the children’s hospital, too.”

When her daughter turned 5 months old, Julissa brought her to the hospital. “Selene had a small bump under her left eyebrow since she was born,” Julissa says. “I wanted to have it examined.” Pediatric general surgeon Damian Maxwell, M.D., diagnosed a cyst lesion under Selene’s eyebrow. Dr. Maxwell told Julissa that removing the cyst would require a minor outpatient surgical procedure. Julissa says that Dr. Maxwell’s detailed explanation about the procedure eased her fears.

Two months after Dr. Maxwell’s evaluation of Selene, Julissa returned with her daughter to have the surgery. They arrived at the hospital at 5 a.m. “I left Selene with the pediatric nurses,” she recalls. She admits it was the first time she had left Selene with someone other than her mother. “I felt like my daughter was in good hands the whole time.”

“Our team at the Golisano Children’s Hospital operating room is truly exceptional in their commitment to excellence every day,” Dr. Maxwell says. “Julissa’s kind words reflect that.”

Golisano Children’s Hospital of Southwest Florida

16230 Summerlin Road
Suite 215
Fort Myers, FL 33908
239-343-6050

For more information about when you should visit Convenient Care, go to LeeHealth.org/Convenient-Care-Locator

What? Do I Bug You?

To help prevent burns in your home:
• Install smoke alarms.
• Regularly check smoke alarms and batteries to make sure they’re working.
• Place fire extinguishers in easily accessible areas.
• Teach your children about fire safety, including how to operate a fire extinguisher and show them fire escape routes.
• Teach your children to stay away from stove tops and also from grabbing hair-curling and clothes irons, oven doors, and other hot items.
• Turn pot handles toward the rear of the stove to prevent children from grabbing them.
• Keep all electrical cords out of a child’s reach.
• Set the water heater temperature at 120°F (48.8°C) or lower.
Same-Day Total Joint Replacement for Arthritis

Michigan businessman Chuck Ciuni regularly received cortisone shots to help treat symptoms of severe arthritis in his right hip. When he first met orthopedic surgeon Daniel Harmon, D.O., last February, Chuck could barely walk or bend to tie his shoelaces.

“Dr. Harmon’s approach is very conservative,” Chuck says. “He told me it’s important to try all the conservative options before making the decision to go to the operating room, but because there was no cushion remaining between my bones, surgery was an option.”

Chuck had end-stage osteoarthritis of his hip and basically lost all motion of his joint, says Dr. Harmon. “Osteoarthritis is a wear-and-tear type of degenerative process,” he says. “Chuck was a great candidate. He was motivated to get better, and I’m grateful he asked me to participate in his care.”

Last spring, Chuck underwent a total hip replacement through a minimally invasive direct anterior approach where the surgeon accesses the hip joint through the front of the hip. Surgery was scheduled for 7:30 a.m., and Chuck was in his own home that evening. “I saw Dr. Harmon around 4 p.m.” Chuck recalls. “He had me walk up and down the hallway about 100 feet with a walker, which I did successfully—and I felt good so I was cleared to go home.”

Chuck had physical therapy at home for two weeks followed by outpatient therapy at Bonita Community Health Center. “The first week at home I walked with a walker and then transitioned to a cane,” he says. “After my follow-up visit with Dr. Harmon, I worked on balance and regaining my strength at the therapy center.”

Chuck’s wife encouraged him throughout his therapy while the rehabilitation team pushed him to perform daily strengthening exercises. Dr. Harmon cleared Chuck for regular activities four weeks after surgery. Since July, Chuck has been golfing, playing tennis, zip lining, horseback riding, and whitewater rafting.

“Dan has a unique way of handling patients,” Chuck says. “He has a wonderful bedside manner. Everyone I know who has knee or hip problems, I recommend to Dr. Harmon. He’s a really neat guy and one outstanding surgeon.”

Daniel Harmon, D.O.
Orthopedic Surgery
Lee Physician Group
3501 Health Center Blvd.
Suite 2180
Bonita Springs, FL 34135
239-9696

Don’t Let the Cold Stop You from Warming Someone’s Heart—Donate Blood

The gift-giving season lasts only through December, but the “season” to give blood runs all year at the Blood Centers. The need for blood remains constant, particularly in the winter months when visitors and seasonal residents visit Southwest Florida.

The blood centers supply blood to 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 Lee Health specialty hospitals—Golisano Children’s Hospital of Southwest Florida and the Rehabilitation Hospital—and patients receiving treatment at the Regional Cancer Center.

“We have our highest need for blood during January, February, and March,” says Susie Nystrom, director, Lee Health Blood Center. “The influx of more people, unfortunately, means there may be more instances of trauma and cardiac events that may require surgeries.”

Susie says the blood centers require about 2,000 units a month to meet patient needs during this time of year. “Blood has a relatively short shelf life of about 42 days, so we need to replenish it often,” she says. “Our blood is safe. We screen for the Zika virus, as well as infectious disease. Donating is safe, and it’s a good way to help the community.”

Anyone may donate if you meet the following criteria:

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

Blood Center Locations:

Summerlin Crossings (Publix shopping center)
15880 Summerlin Road
Suite 113
Fort Myers, Fl, 33908
8 a.m.-4:30 p.m., Monday, Tuesday, Thursday, Friday
8 a.m.-7 p.m., Wednesday
239-437-5061

Cape Coral Hospital
636 Del Prado Blvd.
Cape Coral, Fl, 33990
8 a.m.-4:30 p.m., Monday, Wednesday, Thursday, Friday
8 a.m.-7 p.m., Tuesday
239-424-2400

Bonita Community Center*
(south of Coconut Point)
3501 Health Center Blvd.,
Second Floor
Bonita Springs, Fl, 34135
7 a.m.-4 p.m., Monday-Friday
239-495-4370
*An outpatient department of Lee Memorial Hospital

Lee Memorial Hospital
2776 Cleveland Ave.
Fort Myers, Fl, 33901
8 a.m.-4:30 p.m., Monday-Wednesday, Friday
8 a.m.-7 p.m., Thursday
239-343-2333

For more information on joint replacements, go to LeeHealth.org/Same-Day-Joint-Replacement

“Blood has a relatively short shelf life of about 42 days, so we need to replenish it often”
Healthy Life Walking Club Boosts Morning Routine

Stride with Friends

Strap on those sneakers (make sure they have good arch support), grab a water bottle, your hat and sunscreen, and join the Healthy Life Walking Club every Wednesday morning to jump-start your day.

You can join the club to make new friends and take advantage of all the benefits of walking, which include:

- Maintaining body weight
- Improving blood pressure, cholesterol, and blood sugar levels
- Enhancing mood and mental well-being
- Improving balance, memory, and thinking skills

“We’re going to have more wellness speakers who are going to walk with the group,” says Molly Grubbs, director of the Healthy Life Center. “We’ll also have a walk with your dog day, and a lifestyle coach may join us to do some fun brain activities. It’s great because people can enjoy catching up and discussing topics related to healthy eating, stretching, smoothie making, all while exercising.”

Participants can log their miles to earn items such as a sports water bottle, a T-shirt, or a hat.

Join the club:

- 7 a.m. Wednesdays at the Wellness Center – Cape Coral, 609 SE 13th Court, Cape Coral
- 8:30 a.m. Wednesdays and Saturdays at the Healthy Life Center at Coconut Point, 23190 Fashion Dr., Suite 105, Estero

To learn more or register to participate, call 239-424-3210 or email HealthyLifeCenter@LeeHealth.org.

Memory Café Offers Fun Ways for Dementia Patients to Exercise Their Brains

Memory Café offers individuals who have mild cognitive impairments, Alzheimer’s disease, or other forms of dementia, fun social and educational activities each month. Individuals and caregivers can meet new people, learn new things, and enjoy activities such as dancing, journaling, prayer dodding, and arts and crafts in a relaxed and friendly setting.

Research shows that people who regularly engage in social interaction maintain their brain vitality. Sports, cultural activities, emotional support, and close personal relationships may protect against dementia. For those with cognitive impairment, social activities help create positive experiences and can help reduce stress, agitation, and restlessness.

“Living with, as well as caring for someone with cognitive impairments and/or dementia, can be challenging,” says Dena Kilgus, health services coordinator.

Memory Café – When and Where:

• 10 a.m.-noon, second Friday of each month, at Cape Coral Hospital, Classroom A
• 10 a.m.-noon, third Saturday of each month, at Healthy Life Center at Coconut Point

For more information, call the Healthy Life Center at Coconut Point at 239-495-4475.

Breaking More Ground to Provide the Right Care, at the Right Time, at the Right Place

Lee Health recently celebrated the groundbreaking of Gulf Coast Medical Center Skilled Nursing Unit. The 57,000-square-foot, 75-bed hospital-based skilled nursing unit represents Lee Health’s ongoing commitment to provide the highest level of care in a timely manner to Southwest Florida.

The skilled nursing unit, slated for completion in January 2019, will comprise three identical units that will feature a living room, bistro, interdisciplinary work space, and 25 patient rooms. All rooms will be private, have bathrooms equipped with roll-in showers, and offer easy access to the spacious rehabilitation gym.

“We feel that we have created an environment that promotes healing and is centered around improving our patient’s overall experience,” says Troy Churchill, administrator of HealthPark Care and Rehabilitation Center.

Lee Health President & CEO
Larry Antonucci, M.D., MBA; Chief Acute Care Officer Scott Kashman; and System Medical Director of Wellness & Employee Health Sal Lacagnina, D.O. all tout the benefits of Walking Club sessions.

For more information on changes you can make to better your health, go to LeeHealth.org/Walking-Club

LeeHealth.org
Q & A with Dr. Robert Castro:
What’s the Hype about Hep C?

The TV commercials call it the “forgotten virus” because it is not screened for in routine blood tests and it generally doesn’t produce any noticeable signs or symptoms. It is hepatitis C (hep C)—a blood-borne infection that affects the liver. Thanks to this public awareness campaign, there is a lot of hype about hep C. Many people, especially Baby Boomers, want to know more about the virus—the risk factors, testing, diagnosis, and treatment.

First, it is important to note that hep C is spread through contact with blood from an infected person. IV drug users who share needles and those who engage in risky sex have an increased risk for the virus. But it also could have been transmitted through a blood transfusion or organ transplant received before 1992, or through contact with contaminated blood in the health care environment. Since 1992, all blood and organs are screened for the virus. Additionally, universal precautions and infection control protocols adopted for medical equipment and procedures in health care environments have helped curb the transmission of the virus.

According to the Centers for Disease Control and Prevention, Baby Boomers are five times more likely to have hep C than other adults. Left undiagnosed and untreated, the virus can lead to serious, life-threatening conditions like cirrhosis (late-stage scarring of the liver), liver failure, and even liver cancer.

Is Hep C Curable?
A simple blood test—called the hepatitis C antibody test—can reveal whether you have been exposed to the virus. If this test is positive, then your doctor will order the hepatitis C RNA test, which determines whether the virus is still active and present in your body. If the hepatitis C RNA test is positive, then your doctor will look at the amount of hep C in your body, which is also known as the viral load. Your doctor can compare the viral load before, during, and after treatment to monitor your response to it and whether you are cured.

The hype about hep C is warranted because 1 in 30 Baby Boomers is infected and many don’t know it. Adults in other age groups also may be at risk. Talk to your doctor about being tested and know that treatment and a cure are possible.

Lee Health Inspiration
Leading the Way for Lee Health

Lester “Doc” Coggins, a community leader and former Lee Memorial Health System Board member, believed in always finding a better way to do things. This year, 15 Lee Health employees received the award that honors Lester’s belief: the “Doc Coggins Commitment to Excellence Award.”

Board members chose employees based on their demonstrated commitment to Lee Health’s pillars of patient experience/customer service, teamwork, and continuous improvement.

The 2017 Doc Coggins Commitment to Excellence winners:

Jacqueline Awiszus
Ultrasound Technologist
Lee Physician Group Obstetrics & Gynecology

Tiffany Blauvelt, CRN
Medical Progressive Care Unit
Gulf Coast Medical Center

Donna Davis
Information Systems Analyst, Human Resources

Lucy Davis
Patient Care Liaison Intensive Care Unit
Gulf Coast Medical Center

Susan Dawson, RN
Clinical Outcomes Improvement Specialist, Medical Staff Quality

Erica Evans, RN
Medical Progressive Care Unit
Gulf Coast Medical Center

Maite Fernandez, RN, BSN
Lee Physician Group Infectious Disease

Julio C. Irizarry, CNA
Emergency Department
Gulf Coast Medical Center

Doreen Lau
Nutrition Services Assistant, Milk Lab
Golisano Children’s Hospital of Southwest Florida

Kalli Lynch
Media Relations Specialist
Strategic Communications & Public Relations

Edward Newton, PharmD., BCCP, BCPS
Pharmacist
Lee Memorial Hospital Pharmacy

Sherri Parmar, RN, BSN
Comprehensive Progressive Care Unit
Gulf Coast Medical Center

Peggy Piiper
Administrative Specialist
Clinical Learning

Colicia Reeves
Interior Design Assistant
Facility Management

Michael Ridley
Operating Room Clerk Surgery Center
Outpatient Center at the Sanctuary

Robert Castro, M.D.
Infectious Disease
Lee Physician Group
9981 S. HealthPark Dr.
Suite 454
Fort Myers, FL 33908
239-343-9710

The hype about hep C is warranted because 1 in 30 Baby Boomers is infected and many don’t know it.
**Chronic Disease Management**  
5:30-7 p.m., Jan 31 Lee County Civic Center  
11831 Bayshore Road, North Fort Myers  
Stop by for our navigation services and stand with us for a lifetime of wellness with Lee’s Prevention.

**HEALTH FAIRS**  
**Screening**  
1-3 p.m., January 18  
Wellness Park and Recreation Center, 9 a.m.-noon  
9190 Bass Road  
**February**  
27th Place Park and Recreation Center 9 a.m.-noon  
9320 Corkscrew Palm Blvd.  
**March**  
February 3  
North Fort Myers Park and Recreation 9 a.m.-noon  
North Fort Myers  

Additional SHARE Lee/Civic Health/Local Events are listed on page 12.

**Cancer**  
*Gentle Exercise Classes*  
11 a.m.-noon, every Monday  
Regional Cancer Center, fourth floor  
Conference Room  
Registration is required. Call 239-343-9031.  
**Please bring your own towel/blanket.**  
5 per class.  

**Blood Cancer Support Group**  
3-5 p.m, first Wednesday of the month  
Regional Cancer Center  
Contact: Karen Godfrey at 239-343-9501 or kgod@comcast.net.  

**Blood Cancer Support Group**  
Time and location to be determined  
Regional Cancer Center  
Mark Berkowitz at 800-995-4572 or Seth.berkowitz135@L.org.  

**Brain Tumor Support Group**  
3:30-5:30 p.m., third Tuesday of each month  
Lee Memorial Hospital Volunteer Conference Center  
Wena Sharma, RN at 239-343-9510 or Wena.sharma@leehealth.org.

**Cancer Nutrition Seminar**  
Free monthly seminar is for oncology patients, survivors and caregivers.  
Oncology dietitians will present food demonstration, tasting and recipe.  
To register, call 239-343-9501.  
You must register to attend classes and also have a physician referral.  
For more information, call 239-424-4317.  

**Prevention and Pregnancy Program**  
An educational program for expectant mothers and their partners.  
The program is available in English or Spanish.  
To register, call 239-424-5272.  

**Diabetes**  
Diabetes Self-Management Classes  
Mending and evening classes are available at Cape Coral Hospital, Healthpark Medical Center, and the Outpatient Center.  
At Cape Coral, the program is covered for Medicare and most commercial insurances.  
You must register to attend classes and also have a physician referral.  
For more information, call 239-343-9027.

**Exercise and Heart Health**  
11 a.m.-1 p.m, Jan. 23  
North Fort Myers Recreation Park 9 a.m.-noon  
North Fort Myers  
Provided by Golisano Children’s Hospital of Southwest Florida in collaboration with the Greater Naples YMCA  
Lorena.Rodriguez@LeeHealth.org.

**Weight Management**  
Individualized weight loss counseling with a registered dietitian.  
Weekly counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center and Lee Memorial Hospital  
The program is available for adult and pediatric patients.  
To register, call 239-424-5272.

**Wellness**  
Individualized nutrition counseling with a registered dietitian for a variety of health conditions.  
Weekly counseling sessions are available for adult and pediatric patients.  
To register, call 239-424-5272.

**Weight Management Exercise Program**  
Individualized weight loss counseling with a registered dietitian.  
Weekly counseling sessions are available for adult and pediatric patients.  
To register, call 239-424-5272.

**Wellness**  
Patients learn how to focus on their strengths, and appropriate expectations for their children.  
Classes meet once a week for 2½ hours.  
For more information, call 239-424-5272.

**Breast Cancer Support Group**  
The Breast Cancer Support Group is facilitated by a licensed psychologist.  
3-5 p.m., first Monday of the month, Regional Cancer Center  
Contact: Patricia Tironi, LCSW at 239-343-9500.

**Abdominal Surgery Pre-Op Education Class**  
A class designed for the surgical oncology patient.  
Learn how to prepare for abdominal surgery, and what you can do to reduce post-surgical discomfort.  
Contact Bobbi Marino at 239-343-9502 or Bobbi.marino@leehealth.org.

**Gastro-Eosophageal Cancer Support Group**  
Second Tuesday of every new month, Regional Cancer Center  
Contact: Patricia Tironi, LCSW at 239-343-9500.

**Diabetes**  
Diabetes Self-Management Classes  
Mending and evening classes are available at Cape Coral Hospital, Healthpark Medical Center, and the Outpatient Center.  
At Cape Coral, the program is covered for Medicare and most commercial insurances.  
You must register to attend classes and also have a physician referral.  
For more information, call 239-343-9027.

**Pregnancy/Parenting**  
**Pregnancy & Diabetes Program – Available in Spanish**  
This one-time class helps expectant parents become more comfortable and confident in their role during pregnancy and helps parents how to property use and install child research.  
Classes take place throughout the year at Cape Coral Hospital, Gulf Coast Medical Center and Healthpark Medical Center.  
For more information, call 239-343-5271 or visit LeeHealth.org/BirthEd.  

**Baby Care & Car Seat Safety**  
This one-time class helps expectant parents and their partners become more comfortable and confident in their role during pregnancy and helps parents how to property use and install child research.  
Classes take place throughout the year at Cape Coral Hospital, Gulf Coast Medical Center and Healthpark Medical Center.  
For more information, call 239-343-5271 or visit LeeHealth.org/BirthEd.  

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Lee Health Hospitals

Convenient Care locations

Additional locations listed on pages 12 and 13

An outpatient department of Lee Memorial Hospital

Cape Coral

Cape Coral Hospital ................................... 239-424-2000
Blood Center Location
635 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
Open 7 days a week

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

Convenient Care .................................. 239-343-9800
4771 S. Cleveland Ave., Fort Myers, FL 33907
Open 7 days a week

Convenient Care .................................. 239-481-4111
13340 Metro Parkway, Suite 100, Fort Myers, FL 33966
Open 7 days a week

Fort Myers

Lee Health Hospitals

Convenient Care locations

Additional locations listed on pages 12 and 13

An outpatient department of Lee Memorial Hospital

Fort Myers 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
Open 7 days a week

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

Convenient Care .................................. 239-343-9800
4771 S. Cleveland Ave., Fort Myers, FL 33907
Open 7 days a week

Convenient Care .................................. 239-481-4111
13340 Metro Parkway, Suite 100, Fort Myers, FL 33966
Open 7 days a week

Naples

Healthy Life Center at Coconut Point Mall

YMCA Naples
Children’s Rehabilitation Center

Golisano/Nicklaus Children’s Health Center

Lee Health Hospitals

Convenient Care locations

Additional locations listed on pages 12 and 13

An outpatient department of Lee Memorial Hospital

Bonita Springs

Bonita Springs Hospital .................................. 239-424-1655
1682 NE Pine Island Road, Cape Coral, FL 33909
Open 7 days a week
Coconut Point
23190 Fashion Drive, Suite 105, Estero, FL 33928 For reservations call 239-495-4475.

Wellness Center—Cape Coral
609 SE 13th Court, Cape Coral, FL 33990 For reservations call 239-424-3210.

Open House and Health & Wellness Fairs:
Thursday, January 18
Wa-Ke Hatchee Park and Recreation Center 9 a.m.-noon
16760 Bass Rd.
Fort Myers

Friday, January 5
Line Dancing Your Way to Health 4 Week Series - (1/5, 1/12, 1/19, 1/26)
5-6 p.m. RSVP

Saturday, January 6
Mummy and Me Yoga
9:10 a.m. RSVP

Monday, January 8
Preventing Chronic Health Conditions: You Can Do It!
10–11 a.m. RSVP
Meal Planning for Healthy Eating
2-3 p.m. RSVP

Tuesday, January 9
Stress Management to Prevent Depression
11 a.m.-noon RSVP

Wednesday, January 10
2018 Walking Club Kick-off Celebration
8:30–9:30 a.m.
New Advances in the Diagnosis and Treatment of Shoulder Problems
Noon-1 p.m. RSVP
Dr. John Melahil, orthopedic surgeon

Thursday, January 11
Out With the Bad; In With the Good - A New Year’s Detox into Health
4-5 p.m. RSVP
Dr. Heather Auld, integrative medicine

Advocacy Solutions for Weight Loss
5-6 p.m. RSVP

Friday, January 12
Cooking Demo: Smoothie Sailing into the New Year
11 a.m.-noon RSVP

Monday, January 15
Brain Boosters: Train your brain like any other part of your body
10–11 a.m. RSVP

Tuesday, January 16
Overall Benefits of a Lifestyle Management Program
12:30-3:30 p.m. RSVP
Dr. Salvatore Lacagnina, internal medicine

Wednesday, January 17
Advances and Treatments of Atrial Fibrillation
4:30 p.m. RSVP
Dr. Paul Diliberti, cardiothoracic surgeon
Dr. Arun Agarwal, cardiologist

Acupunture Solutions for Weight Loss
5-6 p.m. RSVP

Friday, January 18
Fourth Trimester Club - Moms and children under 1 year
10-11 a.m. RSVP
Location: Waiting Room Family Birth Place
Dr. Michael J. Collins, ophthalmologist

Wednesday, January 24
Lee Health Coconut Point Project Update
10-11 a.m. RSVP

Lunch and Learn Laser Cataract Surgery Seminar & Screening
12:30-2 p.m. RSVP
Dr. Michael J. Collins, ophthalmologist

Thursday, January 25
Author: Neal D. Barnard, M.D.
9-11 a.m. RSVP

What is Vein Disease -Causes, Symptoms and Treatments
4:30-5:30 p.m. RSVP
Dr. Ronnie Word, vascular surgeon

Friday, January 26
What’s New with Ears? Hearing Aid Panel
2:30-3:30 p.m. RSVP

Hearing Screenings
3:30-4:30 p.m. RSVP
Dr. Ann Rasmussen, audiologist

Monday, January 29
Dizziness, Vertigo or Balance Problems?—How a Registered Dietitian Can Help
4-5 p.m. RSVP

Monday, January 29
What’s New with Ears? Hearing Aid Panel
10-11 a.m. RSVP

Hearing Screenings
11 a.m.-noon RSVP
Dr. Ann Rasmussen, audiologist

Monday, January 29
Parkinson’s Series: Voice and Communication: Let Yourself Be Heard
10-11 a.m. RSVP

Seeing Yourself the Way Others See You...
10-11 a.m. RSVP

How to Project Confidence in Yourself & in Your Body
12-1 p.m. RSVP

Basic Self Defense
2-3 p.m.

Sunday, January 30
Mini Memory Screenings
9 a.m.-4:30 p.m. RSVP

Author: Neal D. Barnard, M.D.
1-3 p.m. RSVP

Computer and Technology Classes
Cape Coral Hospital Computer Lab
Call 239-424-3210 for information and pricing

Healthy Lee Caring People. Inspiring Health.