Hospitals are easily identifiable as havens of health care, but most patients use outpatient services more often than they need care within the walls of a dedicated hospital. Outpatient services provide patients the care they need without having to check into a hospital room. From lab services to therapy, outpatient locations serve the needs of thousands of patients each day.

"Lee Memorial Health System Outpatient Services offer the highest quality services, in convenient locations throughout our community," says Dave Cato, director of Outpatient Services. "Our staff and providers are highly trained in their areas of expertise and provide quality care and excellent customer service. Many of our locations offer multiple services to provide a 'one-stop shop' for patients who require more than one service."

The Outpatient Center at the Sanctuary is home to primary care physicians, radiology, breast health, cardiology, lab and other services.

"We see approximately 600,000 patients at 20 locations in Lee and Collier counties each year," Dave says. "That’s an average of 1,643 visits per day. We take those numbers seriously and work to provide services that are vital to our patients, whether it’s their first visit or they come at regular intervals for ongoing care."

Construction is beginning on the newest location in Cape Coral at the corner of Surfside and Veteran’s Parkway. "We plan to build an approximately 24,000 square foot facility that will provide primary care, radiology, breast health and lab services," Dave says.

The community needed this type of facility, Dave says. "One aspect we are proud of, is that across all of our locations, we provide superior image quality," he says. "And this new location will allow us to bring that technology closer to people living in that area."

Outpatient Services will continue to grow as the Southwest Florida community evolves and the need for care increases. "Lee Memorial Health System will continue to expand our Outpatient Services, creating convenient access for patients across the community in order to provide the right care, at the right time, in the right place," Dave says. "Lee Memorial Health System is meeting our mission to the community by functioning as an integrated health care delivery system. Hospital stays are just a portion of the continuum of services that we provide."

Outpatient Services include:

- ALS Care
- Asthma Management
- Behavioral Health
- Blood Donations
- Breast Health
- Cardiac Services
- Diabetes Care Services
- Diagnostic Imaging/Radiology
- Infusion Therapy
- Lab Services
- Medical Nutrition Therapy
- Neurodiagnostic Services
- Pain Management
- Pulmonary Services
- Rehabilitation Services
- Sleep Disorder Services
- Spine Center
- Wellness Centers
- Wound Care & Hyperbaric Medicine

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- Spine Center
- Wellness Centers
- Wound Care & Hyperbaric Medicine
July 19 Tournament is Labor of Love

Accidents happen. When they do, Lee Memorial Health System’s Trauma Center—the only trauma center between Tampa and Miami—is ready to help. Now, you can help the Trauma Center by taking part in the 11th Annual David Lee Root, Jr. Memorial Fishing Tournament on Saturday, July 19 at D & D Bait and Tackle in Matlacha. D & D Bait and Tackle owners Dave and Debbie Root generously organize and host the event each year in memory of their son, David, Jr. Proceeds benefit the Lee Memorial Health System Trauma Center.

David, Jr., then 18, never made it to the Trauma Center. Involved in a terrible car crash on Pine Island, he was transferred to another hospital, where he died that night.

One year later, his brother, Dustin, then age 15, also suffered a traumatic injury in an automobile accident. Airlifted to the Trauma Center at Lee Memorial Hospital, his life was saved by the trauma team.

The “catch and release” event offers a fun—and affordable—way to help a great cause. Adults can take part for just $50 per person, while the cost for an angler age 12 and younger is only $25. Sponsorship opportunities also are available.

Along with the chance to compete for tournament prizes, participants will enjoy great food and drink at the barbecue, which follows the fishing fun. Those in attendance also will have the chance to compete for drawing prizes, including gift cards, fishing equipment, merchandise and more.

To register, contact Justin Murphy of Lee Memorial Health System Foundation at 239-343-6066 or Justin.Murphy@LeeMemorial.org. You also can email event organizers at RootMemorialFishingTournament@yahoo.com for detailed rules and event information.

Giving Made Easy

It happens to many people. They wish to support Lee Memorial Health System but don’t want to deplete current assets. There is a simple solution—name Lee Memorial Health System Foundation as a beneficiary of your will.

After consulting with your attorney and making sure the needs of your family and other loved ones will be met, consider leaving a specific dollar amount or asset (home, stock, etc.), a percentage of your estate or the remainder—or percentage of the remainder—to Lee Memorial Health System Foundation. Upon your death, your gift will be used to support our mission.

The official bequest language for Lee Memorial Health System Foundation is:

“I [name], of [city, state, ZIP] give, devise and bequeath to Lee Memorial Health System Foundation, Inc., a Florida non-profit corporation, located in Lee County, Florida, [written amount or percentage of the estate or description of property] for its unrestricted use and purpose.”

You also can direct your gift to support a specific service or department within Lee Memorial Health System. In such cases, we ask that you contact us in advance to be sure we can carry out your wishes.

As everyone’s situation is unique and based upon personal circumstances, you should be sure to consult with your tax professional, financial, legal or other trusted advisor before naming Lee Memorial Health System Foundation as a beneficiary of your will or estate plan.

Make a Difference

Learn more about making a gift through your will. Simply visit www.LeeMemorial.org/Foundation and click on “Planned Giving” or call Linda Kelly at 239-343-6064.
TAVR Heart Valve Procedure Performed under Conscious Sedation

In November 2011, the United States Food & Drug Administration approved the use of a nonsurgical alternative to open-heart surgery called transcatheter aortic valve replacement, or TAVR, for the treatment of severe aortic stenosis. A team of cardiothoracic surgeons and interventional cardiologists at HealthPark Medical Center was the first in Florida—outside of clinical trials—to offer this procedure. Now, the team has the ability—for those patients who qualify—to perform TAVR under conscious sedation, rather than general anesthesia.

“This is a game changer,” says Brian Hummel, M.D., cardiothoracic surgeon. “Patients with aortic stenosis are generally elderly and have other health conditions that make them too weak to undergo open-heart surgery. Even general anesthesia may be a significant incremental risk in some patients, thus the potential option of sedation is welcome.”

Under conscious sedation, the patient is awake and able to communicate with the physicians during the procedure. Once the sedation wears off, the patient has no memory of the surgery. The lighter anesthesia can mean less recovery time and a shorter hospital stay.

An age-related disease that affects approximately 300,000 Americans, aortic stenosis causes chest pain or tightness, fatigue, dizziness, shortness of breath and heart palpitations. The result of calcium deposits in the heart valve that cause it to narrow and stiffen, aortic stenosis makes it hard for the heart to pump blood to the rest of the body. Without aortic valve replacement and with symptoms left untreated, patients face a 50 percent mortality rate at three years after the onset of symptoms.

Prior to TAVR, patients are usually very weak, struggling to move between rooms in their homes,” Dr. Hummel says. “But, after TAVR, they are able to enjoy life again and get back to the things they want to do; and many report feeling 10 or 20 years younger.”

The TAVR procedure involves feeding an artificial valve by catheter through an artery in the groin or the chest to the heart. Once placed in the correct position, the artificial valve is opened and begins to function.

“Prior to TAVR, patients are usually very weak, struggling to move between rooms in their homes,” Dr. Hummel says. “But, after TAVR, they are able to enjoy life again and get back to the things they want to do; and many report feeling 10 or 20 years younger.”

Bladder Cancer Treatable but May Have Severe Consequences

The first signs and symptoms of bladder cancer may be painful and include frequent urination or blood in the urine, but many people do not have any indication that cancer is present.

To determine if cancer is present, a urologist conducts an evaluation that includes cystoscopy and urine analysis. A CT scan and examination inside the bladder with a telescope called a cystoscope helps physicians get a better picture of the disease.

“Cessation of smoking is very important. When detected early, bladder cancer is both treatable and curable.”

Sometimes patients with more advanced cancer can be treated with chemotherapy and radiation.

“It is important to know that tumors can reoccur and close follow-up is necessary with cystoscopy and urinary cytology,” Dr. Bretton says. “Cessation of smoking is very important. When detected early, bladder cancer is both treatable and curable.”

Smoking is the No. 1 risk factor for bladder cancer. Other risk factors include:

- Working with chemicals such as benzidine or aniline (dyes used by hair stylists)
- Chronic catheter irritation
- Bladder stones
- Bladder defects at birth
- Schistosomiasis (exposure to a specific parasitic worm)

“When we diagnose a patient with bladder cancer, we always try the least invasive form of treatment first,” Dr. Bretton says. “When we catch it in its earliest stages, we remove the tumor through a telescope, then follow up with chemotherapy in the bladder for six weeks.” More advanced cancer may require removal of the bladder and the creation of a soma, to collect urine outside of the body. Some patients who have their bladder removed can undergo a procedure that creates a neobladder made out of intestine, which allows the patient to urinate normally.

Brian Hummel, M.D.
Gulfcoast Cardiothoracic & Vascular Surgeons
8010 Tamiami Lakes Drive
Suite 100
Fort Myers, FL 33907
239-344-7066

Dr. Bretton says: “Cessation of smoking is very important. When detected early, bladder cancer is both treatable and curable.”

Paul Bretton, M.D.
Southwest Florida Urologic Associates
12651 Whitehall Drive
Fort Myers, FL 33907
239-939-4444

In patients with severe aortic stenosis, buildup in the heart valve prevents normal blood flow and causes the heart to work harder to pump blood to the body.
Running, pivoting or jumping, the anterior cruciate ligament (ACL) stabilizes the knee. The recent guidelines that the American Heart Association put out really target younger women," says Wendy Bond, M.D., neurologist. "The risk for stroke is influenced by hormones, reproductive health, pregnancy and childbirth."

According to the American Heart Association, there are specific stroke risks for women and scientifically-based recommendations on how best to treat them, including:

- **Women with a history of high blood pressure before pregnancy** should be considered for low-dose aspirin and/or calcium supplement therapy to lower the risks for preeclampsia—high blood pressure and excess protein in the urine.
- **Women who have preeclampsia** have twice the risk of stroke and a four-fold risk of high blood pressure later in life. Therefore, preeclampsia should be recognized as a risk factor well after pregnancy, and other risk factors such as smoking, high cholesterol and obesity in these women should be treated early.
- **Pregnant women with moderately high blood pressure** may be considered for blood pressure medication, whereas expectant mothers with severe high blood pressure should be treated.
- **Women should be screened for high blood pressure before taking birth control pills** because the combination raises stroke risks.
- **Women who have migraine headaches with aura** should stop smoking to avoid higher stroke risks.
- **Women older than age 75** should be screened for atrial fibrillation risks due to its link to higher stroke risk.

ACL Injury Affects Young, Athletic Patients

ACL injuries are most common in young people, including professional and amateur athletes. "Most patients are younger than age 40," Dr. Heligman says. "Generally, if the ligament is completely torn, we can do a graft from the patient or a cadaver to repair it." Dr. Heligman takes the graft from the hamstring or the patella tendon.

Older patients may opt for physical therapy instead of surgery. "In addition to physical therapy, some patients opt to wear a knee brace to stabilize the ligament," Dr. Heligman says. "That's a great solution for many patients, especially if someone is older than 40 and isn't overly active."

Older patients who maintain a high level of fitness may opt for surgery. Regardless of age, the surgery is a 90-minute procedure, followed by partial weight-bearing functions for two weeks following surgery, a knee brace for 4-6 weeks after that and six months of intense physical therapy.

"It's a very involved process but not without rewards," Dr. Heligman says. "Some athletes recover enough that it doesn't affect their ability to play sports, even for a career athlete. For others, it can be career ending. Everyone is different."

Fortunately, the likelihood of the injury recurring is minimal. "Once the injury has healed, it can tear again but it's not likely," Dr. Heligman says. "It's less than 5 percent."

While no one athlete is completely safe from a knee injury, there are things everyone can do to reduce the chances, including:

- Stay active and in shape
- Stretch muscles before exercise to maintain strength and flexibility
- Maintain a strong core
- Try to avoid contact injuries
- Exercise on a regular basis—"weekend warriors" are more likely to sustain a serious ACL injury

"Staying strong and healthy helps with knee strength, but nothing is a guarantee," Dr. Heligman says. "If you do get hurt, help is available."

Other stroke risk factors include diabetes, depression and emotional stress, which often are more common in women than men," Dr. Bond says. "So, it is important for women to work with their doctors to monitor their blood pressure, as well as their cholesterol, before going on birth control. Quitting smoking is another huge factor that can help decrease the risk of stroke, as well as many other health conditions."

Runners, pivoting or jumping, the anterior cruciate ligament (ACL) stabilizes the knee.
Twenty weeks into her first pregnancy, Stacey Bulloch and her husband, Rob, went in for an ultrasound and were told that their baby measured small. A more detailed, follow-up ultrasound offered possible explanations—including intrauterine growth restriction or dwarfism, but no definitive answer. Additional testing ruled out any fatal abnormalities.

“Our doctors couldn’t really say for sure why our baby wasn’t growing,” Stacey says. “They just said we needed to keep him in there as long as possible, and we’d know more about any issues once he was born.”

At 28 weeks, Stacey was admitted to the hospital for monitoring because there were problems with blood flow through the umbilical cord. Doctors told her and Rob that they might need to deliver the baby, but after a week in the hospital, Stacey was sent home on bed rest. She continued her twice weekly doctors’ appointments until her 31st week.

“It was the Friday of my 31st week and I went in for my regular appointment,” Stacey recalls. “The doctor said that babies have died from the type of blood flow issue we were experiencing and it was time to deliver. I had an emergency C-section and Harrison was born on Oct. 5, 2012. He weighed 2 pounds, 3 ounces.”

Fortunately for the Bullochs, who live in Naples, there was an opening in the Golisano Children’s Hospital of Southwest Florida Neonatal Intensive Care Unit (NICU). “Before I had my C-section, the nurses called the NICU to see if there were any openings—thankfully a baby was being discharged and that opened a spot for us,” Stacey says. “Otherwise, we would have had to go to St. Pete or Miami.”

Harrison was in the NICU for two months. Throughout that time, Stacey made at least two, and sometimes three, trips a day to the hospital. “I wanted to be there for the morning touch times, and I would drive back to Naples to pick up Rob for the evening touch times,” she says. “It was a lot of driving, but definitely worth it. Especially, when we were able to finally hold him two weeks after he was born—that is a moment Rob and I will never forget.”

Throughout his time in the NICU, Harrison didn’t have any major setbacks—no infections, surgeries or breathing issues. “We stacked good days on top of good days,” Stacey says. “Then, on Dec. 5—which happened to be my original due date—we were able to take him home. He weighed 5 pounds, 3 ounces, so he was still small, but he didn’t require any oxygen or other special treatments.”

When she thinks back on her family’s experience in the NICU, Stacey says she is grateful for the dedication of the nurses and doctors. “The NICU is an emotionally-charged place,” she says. “I commend all of the staff because they never know what they’re walking into when they approach a family. Emotions change minute to minute, but the staff understands that and maintains their professionalism, compassion, kindness and positivity.”

Stacey says that Harrison is growing, healthy and happy. “He is doing spectacularly,” she says. “We are so fortunate. You never think something like this will happen to you—that this would become your story. Now, it seems so far away. But, we will never forget our experience and will be forever grateful.”

### Program Gives Seniors Home Care Choices

Many seniors want their independence and choose to stay in their home for as long as possible. Many others, who cannot live alone, must go to a long-term facility or into senior group living. Many seniors want their independence and choose to stay in their home for as long as possible. Some choose Senior Care Choices, a program that helps seniors remain independent in their own homes safely and comfortably for as long as they are able.

“We use a care manager model,” says Laurie Champion, Choices program manager. This program provides advocacy for the client. Care managers help clients with health, psychosocial, financial and safety needs. They complete a comprehensive assessment and make recommendations on individual needs.

“The benefits of the program include remaining in one’s own surroundings, coordination and assistance with medical appointments and medications, set up of additional resources in the home, and reassurance and updates to out-of-town family members,” Laurie says. “While the care manager oversees and coordinates each patients’ services, he or she works with the family, physicians and the client to make decisions. Each client has a great deal of input into his or her care. These are people who are still very active in their own decisions and want to be a part of the medical team.”

Choices is open to anyone who wants to participate in the fee-for-service program. Costs include an initial assessment fee and an hourly rate for services. Clients are billed monthly. “This program is not covered by insurance or Medicare, but the fees are reasonable and less expensive than similar care,” says Dawn Moore, care manager.

The Choices program has been in place for more than 25 years and has helped thousands of seniors remain independent. “Part of what makes the program so successful is the staff of nurses and social workers who advocate and work tirelessly for our clients,” Dawn says.

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Harrison Bulloch, now almost 2 years old, weighed only 2 pounds, 3 ounces at birth and spent the first two months of his life in the Golisano Children’s Hospital of Southwest Florida NICU.
The food, fireworks, and time with family makes the Fourth of July a happy and festive holiday. But, it also presents hazards that cause many trips to the Emergency Department (ED) or the walk-in clinic. Exercise caution, and know that the right care is available should you need it.

Hand and eye injuries are two of the biggest concerns and reasons for emergency department visits, says Timothy Dougherty, M.D., medical director, Cape Coral Hospital Emergency Department. “Eye injuries are usually caused by debris from fireworks, while hand injuries—like losing a finger or two—happen when someone handles the fireworks too close to the fuse,” he explains. “Alcohol often plays a role in these types of accidents, so if you are in charge of the fireworks, you should not be drinking.”

Dr. Dougherty provides the following fireworks safety tips:

- Set up fireworks in a safe area
- Know which way the wind is blowing, as this ensures that spectators are not at risk of embers flying toward them
- Before handling a sparkler to a child, explain the safety requirements—do not touch the embers or hold the sparkler too close to the face

“Another important safety measure is to keep children away from the grill,” Dr. Dougherty says. “Although mayonnaise alone is too acidic for bacteria to grow, mayonnaise–based foods need to be kept cold.

Salamonella and shigella often are present in cantaloupe and watermelon rinds, so wash/scrub the outside of the fruit before cutting into it.

Once cut, melons need to be kept cold.

Never place food on top of the ice, instead place it between ice to keep it below 40º.

Keep hot foods at 140º or hotter to prevent bacterial growth.

Do not let cold foods sit out for more than one hour. Throw out leftovers that have been left out for more than one hour.

“Common sense and a little preparation can help keep you and your family safe,” Dr. Dougherty says. “It is better to be safe than sorry so you can experience the fun and excitement of the Fourth of July with family and friends—not with doctors and nurses.”

**Hand and eye injuries are two of the biggest concerns and reasons for emergency department visits, says Timothy Dougherty, M.D., medical director, Cape Coral Hospital Emergency Department.**

**Convenient Care—walk-in medical centers—are better suited to treat the following:**

- Sprains
- Cuts
- Rashes
- Cold/flu
- Routine health issues
- Broken bones—as long as the bone has not come through the skin

**Three Convenient Care locations, open 7 a.m.-7 p.m., 7 days a week, include:**

1682 NE Pine Island Road, Cape Coral (Pine Island & Pondella Roads)
16230 Summerlin Rd., Ste. 215, Fort Myers (Summerlin & Bass Roads)
4771 S. Cleveland Ave., Fort Myers (Page Field)

**“Another important safety measure is to keep children away from the grill,” Dr. Dougherty says.**

**Heart Report Card Screens Cardiovascular Health**

Students in school work diligently to get an “A” on their academic report card. Another report card—the Heart Report Card—assesses information that indicates overall heart health. The report includes information on possible problems, including high blood pressure and enlargement of the main abdominal artery; echocardiogram results (measures heart and valve function) and electrocardiogram results (heart rate and rhythm).

“The Heart Report Card is a screening service offered for the community,” says Michelle Bierig, system director, Noninvasive Cardiovascular Services. “It helps detect blockages in the neck vessels and problems with the heart for physicians to better treat patients. It also gives patients a tangible report to better understand their heart and vascular condition.”

Patients receive the information after they have undergone a cardiac and vascular screening. “The screening does not take the place of a diagnostic evaluation but does provide information on heart and artery abnormalities,” Michelle says. “We hope that patients will be empowered and know more about their health—including the opportunity to see photos of their heart and arteries—and will be more likely to follow through with their care and to comply with their physician’s orders.”

The three-page report lists results and informs patients whether or not they fall into the normal range for particular components of the test. For example, a normal heart rate is 60-100 beats per minute. A patient who has 70 beats per minute knows immediately that his or her heart rate is within the normal range.

Each screening exam is performed by staff holding a national credential and the Heart Report Card is interpreted by a board certified cardiologist with specialty credentials in heart and vascular testing.

“Patients who do not have a primary care physician can receive a referral to a qualified physician who can help them monitor their health and seek further treatment from a specialist, if necessary.”

The Heart Report Card is another tool for patients to maintain a healthy lifestyle and address any cardiac problems that need attention. “The more each patient knows and understands his or her health, the better we can work together as a team,” Michelle says. “We want to make access to test results as easy as possible.”

The screenings are a service purchased through Lee Memorial Health System. Physician orders and insurance authorizations are not required to get a heart screening. Call 239-343-8292 to schedule a screening.

**Enjoy a Safe Fourth of July, but We’re Here if You Need Us**

“The Heart Report Card is a screening service offered for the community,” says Michelle Bierig, system director, Noninvasive Cardiovascular Services.
Be a Lifesaver – Donate Blood This Summer

Sponsors blood donations for the month of July, so those who donate blood this month also will receive a coupon for a free sub. If you are unable to attend these drives, call 239-343-2333 for the Blood Center location nearest you.

Donors must:
- Be a minimum of 16 years of age
- Weigh at least 115 pounds
- Have adequate iron levels
- Have not traveled to certain countries within the past year

Hepatitis C Affects Millions of Americans

The disease is usually silent, and many people who have hepatitis C live with it for decades before symptoms appear. Hepatitis C affects at least 1 percent of the American population.

“It’s not a condition that gets much publicity, but it’s prevalent and people need to be aware of it so they can identify and seek treatment if necessary,” says infectious disease specialist Manuel Revuelta, M.D. If left untreated, the virus can damage the liver, leading to cirrhosis and hepatocellular carcinoma.

“If you are in a high-risk category, it’s a good idea to ask your physician for a test,” Dr. Revuelta says. “An antibody test is available for screening. If you test positive, the physician will have to see if you have chronic hepatitis. About 70 percent of people who are antibody positive will develop chronic hepatitis, while 30 percent will clear the infection. A second test will confirm if the virus is active hepatitis and yet another test will identify which strain of the virus is causing the infection. Patients also owe it to their partners to let them know of their status so they can be tested, too.”

Risk factors include:
- People born between 1945 and 1965 who received a blood transfusion before mandatory testing began in 1992
- People who inject illicit drugs and have shared needles
- People who have had 10 or more sexual partners
- People with African ancestry

“Because people can carry the virus for many years before they show any symptoms, they can infect other people,” Dr. Revuelta says.

Symptoms include:
- Fatigue
- Joint pain
- Stomach pain
- Itchy skin
- Sore muscles
- Dark urine
- Jaundice (yellowish skin and eyes)

Treatment may include medication, but not every patient requires it. “Patients with this condition have to take good care of their health, including a regimen of regular exercise, eating healthy foods and avoidance of alcoholic beverages,” Dr. Revuelta says. “Avoiding alcohol and illegal drugs helps prevent further damage to the liver.”

If you receive a diagnosis of hepatitis C infection, it’s crucial to keep medical appointments with your doctor. There are many new agents to treat hepatitis C, and many more are in the research stage and will be available in the near future. “It is likely that we will be able to treat and cure most patients of this disease before it progresses to the stage where it has caused severe liver damage,” Dr. Revuelta says.

Manuel Revuelta, M.D.
Infectious Disease
Lee Physician Group
2780 Cleveland Avenue
Suite 809
Fort Myers, FL 33901
239-343-9680
tinyurl.com/DrRevuelta

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and determine the best diagnostic and/or treatment plan for the patient. Seeing a patient, but in most cases will simply help the resident assess the case to a faculty member precepting in the clinic. The faculty member may choose seeing a resident and faculty—or attending—physician is that the resident will present encounters, “ says Gary Goforth, M.D., program director. “The only difference between and imaging results, and order medicines and tests—so it is very similar to previous “Our resident physicians take a health history, perform a physical exam, check lab they are seen by a resident, a faculty physician or both.

Lee Memorial Health System. Patients can expect the same high level of care whether

The inaugural group of family medicine residents is beginning to see patients at The Florida State University College of Medicine Family Medicine Residency Program at Lee Memorial Health System. Patients can expect the same high level of care whether they are seen by a resident, a faculty physician or both.

“Our resident physicians take a health history, perform a physical exam, check lab and imaging results, and order medicines and tests—so it is very similar to previous encounters,” says Gary Goforth, M.D., program director. “The only difference between seeing a resident and faculty—or attending—physician is that the resident will present the case to a faculty member precepting in the clinic. The faculty member may choose to evaluate the patient, but in most cases will simply help the resident assess the case and determine the best diagnostic and/or treatment plan for the patient. Seeing a resident actually allows the patient to get the opinion of two physicians.”

Dr. Goforth says most patients of the Family Medicine Residency Program have been assigned to a resident. “Our family medicine model is to have patients followed by the same resident physician until the resident graduates in two or three years,” he says. “We’ll do our best to have the patient see the same doctor each visit, but if the resident or faculty physician is not in the office, then another member of their physician’s team will see them. Each team consists of two first-year residents, two second-year residents and one or two faculty physicians. Beginning in July 2015, the team will also include two third-year residents.” As a patient of the Family Medicine Residency Program, you have the opportunity to work with and help train new physicians. “Residents are young and excited about practicing medicine,” Dr. Goforth says. “Our patients can be assured that their care is also being overseen by skilled and experienced faculty physicians, who have been recognized as exemplary clinicians. Our faculty physicians are always present when procedures are being done and for complex cases.”

Family Medicine Residents Eager to Care for Patients

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Family Medicine Residents Eager to Care for Patients

The The first-year residents include:
- Alyson Lewis, M.D., Ormond Beach, Fla.
- Elizabeth Midney, M.D., Immokalee, Fla.
- Carl Nyberg, M.D., Fort Myers, Fla.
- Mohammed Ayaz Sadat, M.D., Houston

The upper-level residents include:
- Jack Arnold, M.D., Wilmington, Ohio
- Lucia Huffman, M.D., Wilmington, Ohio
- Roy Klossner, M.D., Gainesville, Fla.
- James Toldi, D.O., Syracuse, N.Y.
- Sherry Farag, M.D., Lexington, Ky.
- Kristin Miller, M.D., Wilmington, Ohio

MyChart has helped patients connect with their Lee Physician Group doctor for more than two years. Now, adults who have been patients in one of the system’s hospitals can get results from their lab work and X-ray reports as well as important discharge information including their medication list when they are ready to leave the hospital.

“When an adult patient is discharged from any hospital in Lee Memorial Health System, they receive an access code so they can look up any information they may need as they transition back home,” says Leah Lynch, M.D., internal medicine physician and Lee Physician Group’s medical director of informatics.

MyChart and other electronic health records are becoming the new standard in health care across the country because they grant patients greater access to their records, including a list of current medications, current and past medical conditions and most test results.

“The newest addition to the MyChart feature gives patients more involvement in their care, which is crucial in increasing the rate of compliance,” Dr. Lynch says. “Patients who follow medical protocols usually respond better to treatment, and ultimately recover quicker.”

Florida Neurology Group patients also have access to MyChart features and can communicate with their physician’s office and request refills, appointments or ask non-urgent medical questions. Those features are separate from the inpatient—hospital—segment of the MyChart program.

“The response to MyChart has been overwhelmingly positive,” Dr. Lynch says. “Patients who use MyChart no longer have to ask when they had a procedure or when they are due for their next scheduled appointment. They can look in MyChart and see their history and when they are due for follow up as well as important preventive services.”

Hospital Patients Gain Medical Records Access through MyChart

MyChart has helped patients connect with their Lee Physician Group doctor for more than two years. Now, adults who have been patients in one of the system’s hospitals can get results from their lab work and X-ray reports as well as important discharge information including their medication list when they are ready to leave the hospital.

“When an adult patient is discharged from any hospital in Lee Memorial Health System, they receive an access code so they can look up any information they may need as they transition back home,” says Leah Lynch, M.D., internal medicine physician and Lee Physician Group’s medical director of informatics.

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As a patient of the Family Medicine Residency Program, you have the opportunity to work with and help train new physicians. “Residents are young and excited about practicing medicine,” Dr. Goforth says. “Our patients can be assured that their care is also being overseen by skilled and experienced faculty physicians, who have been recognized as exemplary clinicians. Our faculty physicians are always present when procedures are being done and for complex cases.”

Family Medicine Office Now Accepting New Patients

Located at Lee Memorial Hospital, the family medicine practice is accepting patients of all ages, including pediatric and obstetric patients. It is the only Lee Physician Group practice that provides outpatient, inpatient, newborn and obstetric care. If patients followed by the family medicine practice are admitted to Lee Memorial Hospital, the residents and faculty will continue to manage their care.
New Treatment for Adults with Severe Asthma

The result of narrowing and swelling of the airways which causes a buildup of mucus, asthma makes breathing difficult and can trigger coughing, wheezing and shortness of breath. Without a cure, asthmatics learn to recognize the triggers that cause flare-ups and take steps to avoid them, as well as manage their condition with medications. A variety of medications are available, but if flare-ups and asthma attacks persist, bronchial thermoplasty is a new treatment option.

Performed as an outpatient procedure, bronchial thermoplasty uses mild heat to target muscles in the airways that swell and constrict during an asthma attack. The heat shrinks the muscles.

"With bronchial thermoplasty, we take a thin, flexible, fiber optic tube with a camera at its tip, from the nose into the lungs," explains Sagar Naik, M.D., pulmonologist. "We take it to each individual breathing tube and at a very low frequency we emit heat energy that allows the muscle around the breathing tubes to shrink. This weakens the muscles so they don't close down the airways so tight."

This type of treatment is not available to all patients, Dr. Naik says. "We use this technology on folks who have severe asthma and whose symptoms have not been controlled with usual medical therapy," he says. "Patients who qualify for bronchial thermoplasty undergo multiple treatments. Most patients find it limits, if not eliminates, asthma attacks."

Bronchial thermoplasty has the power to provide relief, greater peace of mind and a better quality of life for adults with the most severe cases of asthma.

Assessment Reveals Your Body’s True Age

The body and mind are often at odds when it comes to the subject of age. Fitness can be an accurate indicator of how old your body thinks you are, and sometimes the numbers indicate a more advanced age.

The Wellness Center of Cape Coral offers a Body Age Assessment that allows participants to get an idea of how their eating and exercise habits, and overall health has affected their body. The assessment calculates the "age" of each person based on science and overall fitness.

"Anyone who wants to get an idea of what their overall fitness level is and what areas of their overall fitness they should focus on improving should take this test," says Marty Robinson, wellness and fitness supervisor, Wellness Center of Cape Coral. "A Body Age Assessment uses various tests and measures an overall body age. This body age is compared to the individual's actual, or chronological age. The younger your body age, the more fit you are."

The test covers several areas, including strength, flexibility, endurance and body composition. It also provides information regarding "internal" health via examination of common health risk factors in blood chemistries, such as cholesterol, triglycerides and glucose level. "Blood chemistries are not required to complete a Body Age Assessment, however they do provide a more accurate assessment," Marty says.

For more information or to schedule a Body Age Assessment, contact the Wellness Center of Cape Coral at 239-424-3220.

To view a video on bronchial thermoplasty, go to Tinyurl.com/Thermoplasty

People who take the test get a clear picture of their strengths and weaknesses, Marty says.

"You can utilize the information obtained from a Body Age Assessment to help you determine your greatest area(s) in need of improvement regarding your overall health," he says. "With the assistance of a wellness and fitness specialist, this information can be used to tailor an exercise and dietary plan to help meet your needs."

The test costs $60 for nonmembers or $35 for Wellness Center members. "It is important to stay fit throughout our lifetime because it can reduce the risk for certain chronic diseases and illnesses, such as diabetes, hypertension and obesity, among others," Marty says. "Staying fit can also enhance one's quality of life, as it allows people to maintain or improve strength, flexibility and endurance, which can help them remain more independent and functional throughout their life."

e-Prescribing Now Available at Lee Memorial Health System Hospitals

e-Prescribing electronically communicates prescriptions to a patient's preferred pharmacy in the community. This feature has been available in Lee Physician Group offices. Now, patients discharged from Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital will have the option to have their prescriptions sent to their preferred pharmacy.

Rapid communication of prescriptions to the patients' pharmacy reduces delays with prescriptions being filled. This improves the quality and continuity of care provided to the patient. Patients also are able to obtain their prescriptions quickly so they can begin their medication treatment plan and there is not a delay in care.

Patients are offered the convenience of picking up their prescriptions at the Lee Memorial Hospital and HealthPark Medical Center Lee Pharmacy locations when they are discharged. Leaving the hospital with prescriptions in hand adds a welcome convenience to the patient.

Lee Physician Group offices recently were awarded the 2013 White Coat of Quality Award, which recognizes industry leading performance standards for clinical quality and best practices in e-Prescribing.
## Lee Physicians Group
### P H Y S I C I A N  D I R E C T O R Y

### Adult Physicians

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<tr>
<th>Specialty</th>
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<td>Occupational Health Services</td>
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### Outpatient Radiology Appointments Available

**Same day and Saturday appointments available.**

Call Center open
- **7 a.m. – 7 p.m., 7 days a week**
- **239-481-4111**

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**Outpatient Radiology Appointments Available**

**Evenings and Saturdays**

- **239-424-1499**

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**Lee Physician Group**