Low-Dose CT Scan Best Option for Long-Term Smokers

Long-term smokers endanger their health, but Lee Memorial Health System is offering patients an advanced tool to monitor their risk of lung cancer. The low-dose CT lung screening is available to current smokers and nonsmokers who smoked at least one pack of cigarettes per day for at least 30 years.

"Long-term smokers have an increased risk of developing lung cancer," says radiologist Sharik Rathur, M.D. "Lung cancer is usually discovered in its late stages, contributing to high mortality. The idea of screening is to catch lung cancer earlier, before it spreads."

Low-dose CT (LDCT) lung screening has been shown to decrease lung cancer mortality by 20 percent in the National Lung Cancer Screening Trial. In this study, CT was better than chest X-ray at detecting lung cancer at an early stage.

Tobacco users eligible for the low-dose CT screening must meet the following criteria:

- Age 55-77 years;
- Asymptomatic (no signs or symptoms of lung cancer);
- Tobacco smoking history of at least 30 pack-years (one pack-year = smoking one pack per day for one year; 1 pack = 20 cigarettes);
- Current smoker or one who has quit smoking within the last 15 years.

"In addition to smoking, exposure to radiation has the potential to induce cancer," Dr. Rathur says. "The higher the dose of radiation, the greater the risk of cancer. Our low-dose CT decreases the amount of radiation the patient receives. The goal is for LDCT to give less than 1/4 the dose of a regular CT scan. This is important because the patient will receive yearly CT scans as part of the screening process."

The screening program also includes a smoking cessation component, which is the best option for anyone who uses tobacco. "Screening does not prevent cancer but will help to catch it earlier when the cancer can potentially be cured," Dr. Rathur says. "We expect to decrease mortality from lung cancer by 20 percent."

A negative LDCT lung screening scan does not mean that the patient does not have cancer. A small cancer could be present and only discovered by seeing growth on yearly follow-up LDCT scans.

"The CT scan is very quick and easy to do," Dr. Rathur says. "The patient needs to be able to hold his or her breath for about 10 seconds and the scan will be completed. The scan is painless and does not require an IV."

If the scan is negative the patient returns for yearly follow-up scans. Scans that are positive for nodule—about 10 percent of scans will be positive—may require more frequent follow-up, additional tests (PET, CT) or biopsy/surgery. "The vast majority of these will not be cancer, and will return to annual screening," Dr. Rathur says.
Double Your Donation through July 31

If there was a sure, risk-free way to double your money, you would certainly give it serious consideration. Now, there is.

Through July 31, 2015, every dollar you donate to our Gift of a Lifetime capital campaign will be matched, dollar for dollar, up to a total of $1.2 million; thanks to a matching challenge gift made by our generous benefactor—SWFL Children’s Charities, sponsors of the annual Southwest Florida Wine and Food Festival.

Your tax-deductible donation will go twice as far to help save the lives of children from across Southwest Florida as it is put to good use to help build the new, state-of-the-art Golisano Children’s Hospital of Southwest Florida, set to open in early 2017.

The following new gifts qualify for the matching challenge:
- Cash gifts of any size;
- Legally binding pledges booked to the campaign by July 31, 2015 and set to be paid out over a period of up to five years from the date the pledge is made;
- Donations made to special events benefiting the capital campaign, including sponsorships, ticket purchases and direct donations;
- Bona-fide and legally binding gifts made through qualified estate notes, trusts and other irrevocable planned giving vehicles.

Please consider the good you can do by taking advantage of this wonderful matching offer to help local kids receive the lifesaving care they so desperately need—and deserve—without having to travel outside of our community.

Meet the Match
Double your donation! Please visit ChildrensHospitalGoal.org or call Lee Memorial Health System Foundation at 239-343-6950 to make your lifesaving Golisano Children’s Hospital matching gift today.

Fishing Tournament Benefits Trauma Center on July 18

Anglers and Trauma Center supporters can still register for the 12th Annual David Lee Root, Jr. Memorial Fishing Tournament set for Saturday, July 18 at D & D Bait and Tackle in Matlacha.

Tournament proceeds benefit Lee Memorial Health System’s Trauma Center—the only trauma center on Florida’s Gulf Coast between Tampa and Miami.

D & D Bait and Tackle owners Dave and Debbie Root generously organize and host the tournament each year in memory of their son, David, Jr.

The catch-and-release tournament is a great—and affordable—way to help a great cause.

Cost for adults is just $65 per person with anglers age 12 and younger paying just $25.

Don’t want to fish? Come out and enjoy the post-tournament barbecue for only $8 per person.

Participants compete for fishing tournament prizes and also have the chance to take home gift cards, fishing equipment, fantastic merchandise and more.

Visit www.LeeMemorial.org/Root for more information or contact Jason Powella at 239-343-6065 or Jason.Powella@LeeMemorial.org.

Rumrunners Hosts Annual Celebrity Chef Night Aug. 19

Summer is warming up and Rumrunners in Cape Harbour will turn up the heat even more by hosting their annual Celebrity Chef Night on Wednesday, Aug. 19.

Proceeds from the palate-pleasing affair benefit Barbara’s Friends—Golisano Children’s Hospital Cancer Fund. Chefs Todd Johnson and Ralph Centalonza from host restaurant Rumrunners join their partner Jeff Gately to sponsor the social sensation of the summer.

Along with dining delights prepared by Chefs Johnson and Centalonza, guests also will enjoy tasty treats from Harold Balink from Cru and Norman Love from Norman Love Confections.

Guests at the Century 21 Sunbelt Realty table enjoy the 2014 Rumrunners event. This year, the fun is set for Wednesday, Aug. 19.

Skanska Gates Makes Capital Campaign Gift

Skanska Gates, the joint venture company leading construction of the new Golisano Children’s Hospital building, recently presented a gift of $81,826 representing proceeds from a fishing tournament held at South Seas Island Resort. The gift will be used to support the $100 million capital campaign dedicated to expanding hospital services for local children and families. Those taking part in the check presentation include (from left to right): Bob Kramer, senior project manager for Skanska Gates, John Hayes, Gates president and CEO, Kathy Bridge-Liles, chief administrative officer for Golisano Children’s Hospital of Southwest Florida and Tracy Connelly, senior director of development for Lee Memorial Health System Foundation. Learn more about the capital campaign by visiting www.ChildrensHospitalGoal.org.

Lee Memorial Health System Foundation News & Events

Lee Memorial Health System Foundation News & Events

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eMeritus coMMittee
The Shipley Cardiothoracic Center—Innovation, Research, Education, which will be dedicated to innovation, is one of the 50 Best Hospitals for cardiac care according to Healthgrades, and is a national leader for minimally invasive cardiac surgery.

“The vision of the center is to completely transform the way we provide medical care in Southwest Florida,” explains Paul DiGiorgi, M.D., cardiothoracic surgeon. “It also offers the opportunity to be a model for national health care challenges—like diabetes care, hypertension management, IV drug abuse, obesity, poor diets, smoking, etc., which eventually reach us, as cardiothoracic surgeons, in the form of coronary artery disease and lung cancer.”

Dr. DiGiorgi explains the goals and opportunities of the center, which include improving patient outcomes and serving as an education hub.

“Improving patient outcomes is a big push for us,” he says. “By gaining an in-depth understanding of an individual patient’s risk factors, co-morbidities and personal health needs prior to surgery, we can take steps necessary to improve the patients’ health—whether it is lung function, nutrition, kidney function, etc.—before surgery and/or follow-up care. In some cases, this ‘prehab’ care may reduce the patients’ need for surgery; in many cases, the care helps reduce the risk of complications and the need for and incidence of readmittance after discharge.”

As part of the educational component of the center, patient outcomes, evidence and best practices will be shared with the local, national and international medical community through journal publications and scientific presentations. Education to help patients understand how to stay healthy, manage chronic conditions and potentially avoid surgery is another key component of the center’s mission. Additionally, the Shipley Center will partner with Florida Gulf Coast University and other institutions to provide live-case teaching, simulators, and destination and distance learning opportunities for health care professionals.

The Shipley Center is made possible by a $2.5 million gift by the Shipley Foundation, which is led by Richard C. Shipley of Sanibel Island. “Our investment builds on the excellence and passion of the doctors and leaders at HealthPark Medical Center,” Mr. Shipley says. “We are already starting with a successful center of excellence and we are adding innovative methods and technologies to help improve the health and well-being of patients today and in the future. Innovation and education really interest me, and I like to think that these innovations and educational opportunities provide a higher probability of a healthier future and more success.”

Dr. DiGiorgi, who leads the center, as well as his fellow cardiothoracic surgeons Brian Hummel, M.D., George Cosmas, M.D., and Randall Buss, M.D., appreciate the support of the Shipley Foundation. “We are incredibly grateful for the generosity of the Shipley Foundation,” Dr. DiGiorgi says. “Their gift helps us build on an already strong foundation of cardiothoracic care and allows us to introduce a new standard of care. We are the stewards of care for all of Southwest Florida, and the Shipley Center enables us to delve deeper into public health issues that can be prevented or, at the very least, made more efficient.”

The estimated total cost to build the center and consolidate services is $6 million. Mr. Shipley hopes that his foundation’s contribution will inspire and motivate others to join him in supporting this center that will greatly improve the quality of life and health of residents throughout Southwest Florida. If you are interested in making a donation to the Shipley Center, contact Lee Memorial Health System Foundation at 239-343-6058 or Foundation@LeeMemorial.org.

For more than 18 months, North Fort Myers resident Richard Cochrane ignored the warning signs that something was wrong with his body. Rather than see a physician, he lived with the pain of what he thought was a case of hemorrhoids.

“I finally went to the doctor when the pain got to the point I couldn’t stand it,” he says. “Within 48 hours I saw a gastroenterologist, then a surgeon.” The diagnosis: Stage 3 colon cancer. Richard, 59, realized he could lose his life.

“My head was spinning,” he says. “Everything happened so quickly. I was in shock.” Within two weeks of his initial medical appointment, Richard had surgery and was living with a colostomy bag, and getting ready to complete radiation and chemotherapy. During this time he was introduced to a number of medical professionals, including cancer navigator, Kathleen Dunn.

The Regional Cancer Center has navigators who are available to cancer patients free-of-charge and help patients deal with everything from treatment and side effects to finding financial assistance. “There is minimal assistance for patients with a colorectal cancer diagnosis,” Kathleen says. “Richard was the first patient to receive assistance from Cancer Alliance of Naples, when their grant became available in Lee County.”

Kathleen also helped Richard gain access to ostomy supplies and resources for rehabilitation and the Survivorship Training and Rehabilitation (STAR) program, a nationally recognized survivorship program that focuses on improving the lives of cancer survivors who suffer from side effects caused by cancer, whether they are newly diagnosed or currently going through treatment.

The navigator coordinates cancer care, allowing patients to receive individualized and comprehensive care and the STAR program offers rehabilitation to improve symptoms of their disease that affect their quality of life.

“My goal is to help my patients, like Richard, understand their disease, treatment and side effects so they can be empowered to be their own health advocate,” Kathleen says. “They gain knowledge of resources available and learn healthy lifestyle behaviors—weight management, healthy diet, limited or no alcohol intake, smoking cessation, daily physical activity and limited sun exposure.”

Kathleen appreciated the personal attention. “Kathleen and the cancer navigation was the highlight of my year,” Richard says. “I feel like I’ve had great support through this entire process.”

Although Richard has been cleared to return to work, he has struggled to find a job. “I lost everything,” he says. “I did not expect to get cancer and wasn’t prepared. Now, I am trying to put my life back together, but I am grateful to be here.”

Kathleen says that her job is rewarding because she gets to help patients as they work toward the future and a life beyond cancer. “Colon and rectal cancer is preventable, treatable, and if caught early, can be cured,” she says. “Screening colonoscopies are the key. A colonoscopy should be done when a person reaches age 50 or if having a change in bowel habits, including diarrhea or constipation; a change in the consistency of stool or rectal bleeding or blood in stool.”

Any cancer diagnosis is devastating. Treatment and its side effects affect a patient’s body, mind and spirit, along with those who are close to the patient.

Psychosocial support is available through the colorectal cancer support group, 5:30 p.m., the 4th Tuesday of the month at Gulf Coast Medical Center. Call 239-454-3308 or email Larry Mckelly at mckellyl@aol.com for information.
Bones are continually broken down and replaced. Osteoporosis—or the thinning of bone tissue and loss of bone density—occurs when the rate of new bone creation does not keep pace with the removal of old bone. As bones become weak and brittle, fractures can occur—most commonly in the hip, wrist or spine. 

A Healthy Lifestyle Helps Keep Osteoporosis at Bay

Bone density is measured—and thus osteoporosis is diagnosed—using a DEXA scan, which uses low levels of X-rays to determine the proportion of mineral in the bones, usually in the hip, wrist and spine. DEXA scans are painless and generally recommended for women beginning at the age of 65, or sooner if there are risk factors. For those who develop osteoporosis, treatment usually includes medication that helps restore normal bone metabolism. “Medications can actually increase bone density and reverse osteoporosis,” Dr. Swartz says. “But, the best medication of all is prevention. Weight-bearing exercises, like walking, aerobics or resistance exercises help prevent the thinning of our bones. Avoiding excessive alcohol and tobacco, eating a balanced diet, and supplementing with calcium and vitamin D all help build and maintain bone density.”

Lifestyle Choices Can Trigger Migraines

A headache is easily treated with an over-the-counter pain medication, but for people who experience migraine headaches, the pain can be debilitating. For decades, physicians have theorized that migraines are related to the vascular system. “The only true pain receptors in the brain exist in the blood vessels and the brain’s lining (meninges),” says neurologist Adam Heller, M.D. “The most widely accepted theory about migraines is that a process triggers fluctuations in blood flow, which in many patients leads to auras (usually with visual symptoms); and the reactive process has been initially proposed as reactive blood vessel dilation, but more recently has been theorized to involve trigeminal nerve activation triggering pain response in the meninges.”

The classic quality of migraines is a pulsating/throbbing pain, probably in part due to the vascular component of the headache. There is a strong genetic component to migraine headaches. “More than half of migraine sufferers have a primary relative (parent, sibling, child) who also suffers from migraines,” Dr. Heller says. “These genetic factors have not all been optimally characterized, but are commonly accepted as a significant risk for migraine.”

Migraines typically start in late adolescence and early adulthood, and can persist intermittently throughout a patient’s life. Women tend to more commonly suffer from migraines compared to men (2-3:1 ratio). This may be related to hormonal fluctuations as many women suffer from ‘catamenial’ migraines that are triggered by certain hormone fluctuations during their menstrual cycle. For those who develop osteoporosis, treatment usually includes medication that helps restore normal bone metabolism. “Medications can actually increase bone density and reverse osteoporosis,” Dr. Swartz says. “But, the best medication of all is prevention. Weight-bearing exercises, like walking, aerobics or resistance exercises help prevent the thinning of our bones. Avoiding excessive alcohol and tobacco, eating a balanced diet, and supplementing with calcium and vitamin D all help build and maintain bone density.”

Lifestyle choices can trigger a migraine headache. “It is important for migraine sufferers to keep a journal of their headaches, as well as tracking their food intake and activity to try to determine a correlation,” Dr. Heller says. “The task is challenging because the triggers vary from patient to patient. In addition, certain products like caffeine may trigger some patients’ migraines, while with others it can help prevent migraine.”

Most foods with tannins (dark brown in color) tend to trigger migraines. Lists of common triggers should be treated as suggestions, and a physician can help identify the specific triggers for any individual. Some theories suggest migraine sufferers may have a slightly higher risk for stroke, although this is a complex association that is not clearly defined.
Summer Fun Includes Practicing Safety

Car Seats Save Lives
Children who have outgrown their car seats are not quite ready for a seat belt alone—although they might try to convince parents they no longer need the additional boost. Instead of a car seat, older children can transition to a booster seat that enables the adult seat belt to fit properly. Booster seats can actually be pretty cool.

When your child is seated in the booster seat, make sure the lap and shoulder belts fit. The lap belt should fit low across the hips and the shoulder belt across the shoulder.

• Do not place the shoulder belt under the child’s arm or behind the child’s back.
• Check your child’s growth a few times a year. Generally, kids need to use a booster until they are about 4 feet 9 inches tall and weigh 80-100 pounds.
• Talk with the drivers who transport older kids so they understand that booster seat use is a must when your child is in their vehicle.

Use a booster seat with the vehicle lap and shoulder safety belts until your child passes the following Safety Belt Fit Test:

The child’s knees should bend at the edge of the seat when his or her back and bottom are against the vehicle seat back.

• The vehicle lap belt should fit across the upper thighs.
• The shoulder belt should fit across the shoulder and chest. Children are usually 8-12 years old when the seat belt fits them properly. Children seated in a booster seat in the back seat of the car are 45 percent less likely to be injured in a crash than children using a seat belt alone.

Use Caution with Fireworks
Fireworks are used to celebrate special occasions with a bang. However, fireworks can cause serious injury or death when used improperly. Instead of purchasing fireworks, the National Fire Protection Association recommends going to a public display that is monitored by fireworks professionals, with fire personnel present. Sparklers, which are common in home celebrations, burn at 1200 degrees Fahrenheit and cause 16 percent of all fireworks injuries.

CPR
Learn CPR; teach children, too.
Install a door or window alarm that will alert adults if a child enters the pool area unattended.
Never swim alone.
Check all pool drain covers for cracks and replace when needed.
Install multiple drains on new pools and hot tubs to minimize suction when draining.
Teach young children how to dial 911.
Install a fence around the pool and emphasize to children the need for an adult supervisor when in the pool area.

Safe Grilling Gives Summer its Distinctive Taste
Grilling outside is one of the most common summer activities. Hot grills can cause severe burns and can catch fire. Following a few precautions can lead to an injury-free summer full of tasty treats.

• Propane and charcoal grills should only be used outside.
• Keep children and pets at least 3 feet away from the grill area.
• Remove grease or fat buildup from the grill and trays before the grill.
• Do not leave the grill unattended.
• Make sure the lid on a gas grill is open before lighting it.
• Never add charcoal starter fluid or any other flammable liquid to an open fire.
• If using a coal grill, allow coals to cool completely before disposing of them in a metal container.

Audiology Services Available in Collier County
Hearing is an important part of development and growth throughout our entire life. The ability to hear impacts speech and language skills as children grow into their adult years. The Golisano Children’s Hospital Pediatric Specialty Clinic offers audiology services, and our team of audiologists evaluates, diagnoses, treats and manages hearing loss in newborns and children.

Audiology services include:
• Comprehensive, pediatric hearing evaluations
• Newborn hearing screening and evaluations
• Assistive listening devices
• Personal hearing protection

Audiology services require a physician referral. For more information or to schedule an appointment, call 239-254-4260.

Golisano Children’s Hospital Pediatric Specialty Clinic
1265 Creekside Parkway, Suite 200
Naples, FL 34108

Letter from the Chief Administrative Officer
Summer is a time when children’s routines change significantly. Once school is out, students are no longer in a structured environment and have the opportunity to explore new indoor and outdoor activities, which can also lead to eating more fast foods instead of healthy meals.

Our staff from the Child Advocacy and Injury Prevention programs at Golisano Children’s Hospital of Southwest Florida would like to share some important statistics and tips to help keep your children healthy and safe this summer. We hope you have a safe and fun summer. Remember, we are here to help your family if you have a medical need.

Sincerely,

Kathy Bridge-Liles
Chief Administrative Officer
Golisano Children’s Hospital of Southwest Florida
Heart Disease Diagnosis Spurs Lifestyle Transformation

Before being diagnosed with heart disease, Ken Stoner, 75, did not think much about his diet. He ate what he enjoyed—burgers, French fries, a nice steak. But, an introduction to plant-based nutrition and a prescription for cardiac rehabilitation changed his mind, his taste buds and his life.

“When I was diagnosed with heart disease, I was told it was irreversible,” Ken says. “I didn’t buy that—I thought there had to be something I could do to help myself. A friend told me about Dr. Caldwell Esselstyn’s book ‘Prevent and Reverse Heart Disease,’ which advocates a plant-based, oil-free diet. I read the book and started changing my diet. At the same time, I enrolled in cardiac rehabilitation, which provided the opportunity to exercise under the watchful eyes of medical professionals.”

Ken says the transition to a plant-based diet was gradual, and has now evolved into a vegan diet. “It has been a learning process,” he says. “My wife has been very supportive, but she hasn’t totally embraced the lifestyle. So I started doing my own cooking and grocery shopping. Maintaining a vegan and oil-free diet takes work because there are brands that are packaged and marketed to look like great options, but actually have safflower or canola oil. So, reading all of the ingredients is important.”

From flax seed meal and chia seeds to tofu, tempeh and kale, Ken says branching out and trying new food options has been interesting. He says he is surprised by the variety of foods he now enjoys. He also has noticed a difference in the way he feels. “Truthfully, I feel like a million dollars,” he says. “I’m more active; I have more energy; I sleep really well and wake up feeling refreshed; and I have lost more than 30 pounds.”

Ken’s weight loss and vitality can also be attributed to cardiac rehabilitation, which teaches patients how to exercise safely, and provides risk factor and lifestyle modification education. It also provided information and motivation for Ken’s new diet, as cardiac rehabilitation supports and recommends plant-based nutrition as an option for a heart-healthy lifestyle.

“When I first started exercising, I had angina pain; which can be scary,” he says. “But, I have a real sense of comfort exercising at cardiac rehab; I know I’m in good hands. The staff is keeping an eye on my vitals, and, using their tender strictness, they let me know just how far I can push myself. I have a gym in my community, but I feel much better exercising at cardiac rehab, so I signed up to continue my workouts there. Now that I’m restoring my endurance, I’m going to start exercising with weights to build my muscle tone.”

Ken’s primary care physician and cardiologist are supportive of and impressed with his new lifestyle. Since beginning his vegan diet and consistent exercise regimen, Ken has been able to lower his medication and he looks forward to continued improvements in his health and well-being.

While not everyone gets the same results as Ken, studies show that patients participating in a cardiac rehabilitation program generally feel better and have a lower incidence of hospitalization. There are specific criteria for referral, so speak to your cardiologist if you are interested in participating in cardiac rehabilitation.

Wellness Center Member Charts a New Fitness Course

Although he regularly maintained a Wellness Center membership, Cape Coral resident Tom King was inconsistent in working out at the gym. “There were periods of time when I would go many months without walking in the doors,” Tom says.

As a young man, Tom was active, participating in sports, working as a commercial diver and as a Federal Agent for the U.S. Department of Homeland Security. “I never thought I’d have to worry about managing my body weight,” he says. “After my 40th birthday, I gradually became less active and found myself becoming more and more sedentary. By the time I had reached my 50th birthday, my weight had skyrocketed to 345 pounds. I was morbidly obese and not even attempting to correct the problem.”

During this time Tom began to experience health-related problems: obstructive sleep apnea, hypertension, hyperlipidemia and he was borderline diabetic. He also had orthopedic pain in his joints and was experiencing issues related to acid reflux disease.

In April 2014, after undergoing a surgical procedure that corrected a hiatus hernia, he made the decision to return to an active lifestyle. “I was tired of not having energy and feeling terrible,” Tom says. “My post-operative instructions included commencing a walking program to aid in the recovery of the laparoscopic procedure. Immediately upon discharge from the hospital I started walking in my neighborhood. Shortly thereafter, I received medical clearance to start an exercise program. I knew the Wellness Center would have to play a central part in my journey.”

Tom returned to the Wellness Center in May 2014 and started his road to recovery by walking on a treadmill. “My goal was to walk for periods of 30 minutes, five days per week,” he says. “After a period of two weeks, I noticed my endurance was improving and I was losing some weight. My surgeon encouraged me to continue the increased activity level and gradually work on increasing my periods of cardiovascular activity to 60 minutes per day, five days per week.”

Within two months of surgery Tom added biking on a stationary bicycle and elliptical training to his gym time. The result was substantial weight loss. “At the same time I made significant changes to my dietary habits,” he says. “I eliminated all foods with simple carbohydrates (white flour, rice, potatoes, pasta, etc.). I increased my intake of lean proteins and green vegetables. I adopted a heart healthy regimen similar to the South Beach Diet.”

By summer 2014, Tom had lost 60 pounds. When Thanksgiving arrived, Tom had done the necessary training to complete the 5K Turkey Trot race. He followed that up with the 5K run, 30-mile bike ride for the Tour de Cape. “At the completion of this event, I improved my 5K time by almost four minutes and completed the 30-mile ride in less than two hours,” Tom says.

By April 2015, Tom had lost 110 pounds and plans to participate in the annual Captiva Triathlon as a celebration of his upcoming 55th birthday. He also works with a diettian on nutritional goals. Wellness Center personal trainer Mary Parker worked with Tom to set realistic goals on his fitness journey. “He had it in him the whole time,” Mary says. “He has the drive within him and he’s very goal oriented. He’s always looking for the next goal!”

Mary says that Tom sought help from Wellness Center staff, including trainers Laura Hammerton and Heather Wilson; and Cape Coral Hospital nutritionist, Carrie Bloemers. “He composed a team around him and that helped him meet his goals,” she says. “He was fit when he was younger and this was a journey of rediscovery for him.” The goal now is for Tom to keep moving forward and finding interesting fitness challenges. “I believe that I must remain goal oriented to stay motivated,” Tom says. “I could never have achieved any of these accomplishments without the support of the amazing staff of the Wellness Center. I’m very grateful to their incredibly knowledgeable and experienced fitness professionals.”
Healthy Summer Recipes

Black Bean Salad

3-4 cooked and chilled ears of corn (cook on grill, in microwave or in water)
1 can (15 ounces) black beans, drained and rinsed
2 large tomatoes, chopped
1 medium red onion, chopped
1 avocado, peeled, seeded and chopped
¼ cup fresh cilantro
3-4 T. fresh lime juice
2 T. olive oil
1 T. red wine vinegar

Cut the corn off the cob. Chop and add tomatoes, red onion, avocado and cilantro. Mix lime juice, olive oil and red wine vinegar together and toss with the vegetable mixture. Serve cold.

Roasted Cherry Tomatoes

Line an oven-safe dish with foil. Place rinsed cherry tomatoes in dish. Sprinkle and toss with balsamic vinegar and roast at 400 degrees Fahrenheit for about 30 minutes until desired doneness.

Cool, and serve chilled with a slice of mozzarella cheese, topped with basil leaves.

Lee Pharmacy: Added Convenience to Aid Recovery

Lee Pharmacy is the full-service, on-site prescription pharmacy located in each of Lee Memorial Health System's four hospitals. Anson Phetteplace, supervisor, Lee Pharmacy at Lee Memorial Hospital, says the pharmacies help transition patients from the hospital to their home.

“Our mission is to provide pharmaceutical services—prescriptions and counseling—to patients discharged from the hospital and the emergency department,” he explains.

“We help our patients start the healing process sooner because they leave the hospital with their prescriptions in hand.”

Other benefits include access to prescription medications other community pharmacies may not have readily available, like compounded prescriptions. Additionally, each hospital pharmacy stocks an inventory of medications specific to the needs of the hospital’s population. “Each location tries to tailor inventory to the needs and services available at each hospital,” Anson says. “Lee Memorial Hospital, for example, is home to the seventh most active joint replacement program in the country, so we have the medications these patients need, like pain medications and anticoagulants. HealthPark Medical Center, home to Golisano Children’s Hospital of Southwest Florida, carries more compounded, pediatric medications.”

In addition to the prescription medications, each Lee Pharmacy also carries a selection of over-the-counter products. “We carry OTC items that patients need once they go home, like Tylenol®, stool softeners or pediatric Motrin®,” Anson says.

Because the pharmacies are part of Lee Memorial Health System, the pharmacists at each location have access to patients’ electronic health record, which allows them to view all medications prescribed. The pharmacists offer medication counseling and medical advice at the time of pick-up, but also are available by phone. Anson says each location also has a patient room for private medication counseling appointments.

While Lee Pharmacy can order and ship refills to patients’ homes, Anson says the focus is primarily on ensuring patients have the medications they need to recover at home before they leave the hospital.

For hospital employees, the Lee Pharmacy also fills first-time or new prescriptions, so there isn’t a delay in getting necessary medications.

“We have received great feedback from our patients,” Anson says. “Leaving the hospital with prescriptions in hand adds a welcome convenience for patients and their families.”

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Lee Pharmacy at Cape Coral Hospital
9 a.m.-7 p.m., Monday – Saturday
239-424-2456

Lee Pharmacy at Gulf Coast Medical Center
9 a.m.-7 p.m., Monday – Saturday
239-343-1600

Lee Pharmacy at HealthPark Medical Center/Golisano Children’s Hospital of Southwest Florida
8 a.m.-8 p.m., Monday – Saturday
9 a.m.-1 p.m., Sunday
239-343-5100

Lee Pharmacy at Lee Memorial Hospital/Rehabilitation Hospital
8 a.m.-8 p.m., Monday – Saturday
9 a.m.-1 p.m., Sunday
239-343-2800
A severely allergic reaction may present with generalized hives, Dr. Mendez says. “Severe allergic reactions may also be a consequence of insect bites or stings,” he says. “The majority of insect skin reactions tends to be localized to the area of insect sting or bite, and may vary from mild redness to large swelling (known as a large, local reaction). The common symptom we all experience is itchiness.”

Local reactions are not life-threatening and tend to be transient. The most common insects causing these reactions are bees (wasp, yellow jacket, hornets) and imported fire ants.

When someone experiences a life-threatening, systemic reaction (anaphylaxis), medical help is necessary. Physicians administer epinephrine to combat a severe reaction. “Some individuals are at higher risk of anaphylaxis than others, including past history of anaphylaxis, history of allergies, history of asthma and family history of anaphylaxis,” Dr. Mendez says.

Oral antihistamines help relieve itch. Topical steroids may be applied to the local area of swelling to alleviate pain and discomfort.

Risk factors may also vary, based on the allergen causing the reaction. Teenagers and young adults, for example, are at higher risk of food-induced anaphylaxis. This risk is higher when reactions present with breathing and skin manifestations, when there is a history of asthma or there is a past allergic reaction to the particular food.

“Individuals with past history of large, local reactions have a increased risk of severe reaction on subsequent stings or bite,” Dr. Mendez says. “Therefore, minimizing risk of exposure is crucial, especially in the summer months when we have increased outdoor activities, and insects are most active.”

One of Dr. Mendez’s patients had an anaphylactic reaction while waiting for his father to unlock their car doors. He was bitten numerous times on his foot and ankle. He did not realize he was standing on a fire ant mound in the grassy parking lot next to his high school. Dr. Mendez successfully treated the student and he made a full recovery.

“Anaphylactic reactions are common in the general population,” Dr. Mendez says. “Proper management is crucial, especially when reactions may pose a higher risk of anaphylaxis. A portable epinephrine auto-injectable device may not be sufficient to stop or prevent a life-threatening allergic reaction. Consultation with an allergist should be a routine part of proper care of a child or adult with a history of allergic reaction.”

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Lee Memorial Health System has two drop-off sites for Human Milk Banking Association of North America (HMBANA) milk banks:

- Cape Coral Hospital
  3410 Tamiami Trail, Suite 1
  Port Charlotte, FL 33952
  941-445-3722

- Cape Coral Hospital
  9981 S. HealthPark Dr.
  Cape Coral, Florida 33990
  239-424-2217

Extremes in temperature affect people in different ways—frostbite in very cold weather and heatstroke in high temperatures. But, for people with pulmonary conditions, like advanced lung disease, persistent asthma and severe chronic obstructive pulmonary disease (COPD), symptoms can be exacerbated when the temperatures dip and spike. As we endure the heat and humidity this summer, Brian Horner, D.O., pulmonologist, offers some thoughts and safety tips.

“Many people try to manage on their own, but we offer a place where they can learn what they need to get started, and more importantly, meet other people who understand what they live with every day,” says Sharon Krispinsky RN, “It’s All About You” program coordinator. “We want to help people adopt healthy behaviors, such as exercise, good nutrition, enhanced coping skills and improved communication with their health care providers. We want to decrease emergency department visits and hospitalizations after attending the program.”

The Chronic Disease Self-Management Program was developed at the Stanford University Patient Education Research Center as a collaborative research project between Stanford and Northern California Kaiser Permanente Medical Care Program. The program is open to anyone age 18 or older and is often facilitated by someone who also lives with a chronic condition.

“The program has yielded a 31 percent decrease in Lee Memorial Health System emergency department visits and a 46 percent reduction in hospitalizations for participants who attend the workshop,” Sharon says. “We are pleased with the results. When people get the tools they need, they can make significant changes in their life and how they feel about themselves.”

Some of the topics taught during the program include:
- How to live with a chronic health condition
- Make smarter decisions related to healthy eating
- Understand the benefits of exercise
- More easily manage medications
- Improved coping skills

Chronic health conditions may include, but are not limited to: arthritis, diabetes, cancer, heart disease, respiratory conditions and high blood pressure. More than one in four Americans lives with two or more chronic health conditions. As part of the Healthy Lee initiatives, the program helps people take control of their health.

Call 239-424-3122 to register for an “It’s About You” workshop. Workshops are held throughout the year at various locations.
Cancer Nutrition Seminar
This free monthly seminar is for oncology patients, survivors, and caregivers. Each month features a different topic and food demonstration with tastings and recipes.

2:30 p.m., second Wednesday of the month
Regional Cancer Center, Fourth Floor Conference Room
Contact Valerie Buttram at 239-343-9559 or Valerie.Buttram@LeeMemorial.org

Colorectal Cancer Support Group
5:30 p.m., fourth Thursday of each month
Gulf Coast Medical Center Women’s Services Entrance, first floor, Room ACR #12

Multiple Myeloma Support Group
6-7 p.m., third Tuesday of the month
Hope Hospice, 9470 HealthPark Circle, Fort Myers
Contact Joanie Borbely at 860-655-7107 or jborbely@myeloma.org

Oral, Head and Neck Cancer Support Group
2-3 p.m., fourth Tuesday of each month
Gulf Coast Medical Center Medical Offices, 13830 Gulf Coast Dr. Doctors Way Suite B250, Fort Myers
Call 239-343-1645

Thyroid Cancer Support Group
10:30 a.m., third Saturday of each month
Lakes Regional Library, 15290 Bass Road, Fort Myers
Call Sally Fontaine at 239-390-0797 or tanefarher@comcast.net.

Mastectomy Pre-Operative Education Class
Receives hands on training and information regarding your upcoming mastectomy and valuable take home tools to aid you during recovery. Free. 10:30-11:30 a.m., Tuesdays Regional Cancer Center Third Floor Specialty Clinic Community Room.

Diabetes
Diabetes Self-Management Classes
A 10-hour education program discussing all aspects of diabetes self-management, including meal planning, exercise, stress management, medication therapy and preventing or delaying complications. Classes are available in English and Spanish.

Weekly morning, afternoon, and evening classes are available Lee Memorial Hospital and Cape Coral Hospital.

Diabetes education is a covered benefit for Medicare and most commercial insurances.

Call 239-342-3127. Must be registered and a physician referral is required.

Pregnancy and/or Pediatric Diabetes Program
An educational program for expectant mothers with diabetes or gestational diabetes. The program is available in English and Spanish.

Weekly evening classes are available Call 239-424-3127

Weight Loss
Weight Management
Individual weight loss counseling with a registered dietitian.

Weekly progress sessions are available Call 239-424-3120

Weight Management Exercise Program
Committed to eight weeks. This program utilizes weights, cardio and stretching for one hour. Participants walk out together and have a discussion/lecture.

Time and date vary Wellness Center-Cape Coral Contact Sarah Mitchell at 239-424-3231 or Sarah.Mitchell@LeeMemorial.org

Ortho/Neuro/Spine
Preoperative Joint Replacement Class
Everything you need to know to feel comfortable before joint replacement surgery.

10:30 a.m., every Tuesday at Cape Coral Hospital, 10:30 a.m., every Friday at Gulf Coast Medical Center or Cape Coral Hospital, Room A. 239-424-1499 for all classes

Stroke Support Group-
For caregivers and stroke survivors.

10:30 a.m., every Tuesday except third Tuesday Regional Cancer Center, Cape Coral Hospital Room A.

Aquatic Art
Pool exercises for people with Parkinson’s Disease.

1-2 p.m., Mondays and Wednesdays Wellness Center Cape Coral

Aphasia Group
For those who have difficulty talking due to stroke.

9:30-10:30 a.m., Tuesdays Cape Coral Hospital Meeting Room A (located at Day Surgery Entrance) Call Nancy Gizi at 239-424-3572

Stroke Support Group-
For caregivers and stroke survivors.

10:30 a.m., every Tuesday Cape Coral Hospital Meeting Room A (located at Day Surgery Entrance) Call Nancy Gizi at 239-424-3572

Pregnancy/Parenting
Childbirth Preparation
Understanding the birthing process, choices in obstetrics, breathing fundamentals, childbirth, relaxation, counsion preparation, breathing fundamentals and mother/baby care. Includes access to an online learning program plus a 2 hour Tour and birth class.

Women and their support person will have a tour of the labor and delivery birthing and feeding rooms.

Classes take place throughout the year.

HealthPark Medical Center, Gulf Coast Medical Center, and Cape Coral Hospital

$40 per couple (scholarships are available)

Call 239-343-5271 or visit www.lmhc.org/BirthEd

Baby Care & Car Seat Safety
This is a one time class for expectant parents.

The class assists parents in becoming more confident and comfortable in their newborn role by giving them the birth of their baby. This class also teaches parents how to safely use and install child restriantes.

Classes take place throughout the year.

Time and date vary $20 per couple, $5 per additional person in attendance

Contact 239-343-5101 or email Lorens@LeeMemorial.org

Breastfeeding Plan to give your baby the best possible start and ask common problem encountered during the first few weeks. The class is taught by board certified lactation consultants.

Classes take place throughout the year.

HealthPark Medical Center and Gulf Coast Medical Center
Cape Coral Hospital

$20 per couple

Call 239-343-5271 or visit www.lmhc.org/BirthEd

Positive Parent Support Group
Provided by Golisano Children’s Hospital of Southwest Florida. In collaboration with the Greater Naples YMCA, this support group is for families of children with special abilities. It provides the opportunity for families to connect and receive supportive relationships. Snacks and beverages are served.

6:30-7:30 p.m., third Thursday of every month Greater Naples YMCA, 5450 YMCA Road, Naples

Call 239-597-3148