Most of the time, colon cancer is silent; patients do not know they have it until the disease has progressed beyond the earliest stages. “There are about 50,000 people who die from colorectal cancer each year in the U.S.,” says colorectal surgeon Janette Gaw, M.D. “It is the second highest cause of deaths from cancer. The good news is colorectal cancer is a preventable and treatable disease. We generally recommend screenings begin at age 50 but patients should be screened at a younger age if they have a family history of colon cancer. We have treated patients as young as their 20s who are at-risk for the disease.”

Signs and symptoms of colon cancer include:
- A change in bowel habits, including diarrhea or constipation
- Rectal bleeding or bloody stools
- Cramps, gas or consistent abdominal discomfort
- Weakness or fatigue
- Unexplained weight loss

Although the predisposition for colon cancer can be inherited, many people who develop the disease do not have a family history. Risk factors can include:
- Older age
- African-American race
- Inflammatory intestinal conditions
- Low-fiber, high-fat diet
- Sedentary lifestyle
- Smoking
- Alcohol use
- Radiation therapy for cancer

Patients who have colon cancer are staged 1-4, based on the severity of the disease. In its earliest stage, colon cancer is highly treatable. “The earliest stages may be removed with minimally invasive surgery through the belly button,” Dr. Gaw says. “If the cancer is more severe, we may need to treat with chemotherapy, radiation therapy and targeted drug therapy. We treat cancer as a team, along with gastroenterologists, oncologists and radiation oncologists, with every available tool to get the best outcome for our patients.”

Stage 1 patients have a 92 percent survival rate five years from diagnosis; stage 4 patients have an 11 percent survival rate for the same time period. “That shows why it’s important to get regular screenings,” Dr. Gaw says. “Regular screenings save lives.”

The 6th Annual Scope for Hope 5K benefits colon cancer patients in our community. To learn more and register for the March 12 event, go to www.tinyurl.com/ScopeforHopeFM
Lee Memorial Health System Foundation is pleased to announce that Al Kinkle of Fort Myers is the winner of the inaugural Frank Haskell Humanitarian Award. Mr. Kinkle was honored at Lee Memorial Health System Foundation’s Evening of Appreciation, held on Jan. 13, which hosted more than 250 health system supporters at the Lexington Country Club.

Mr. Kinkle was recognized for his many charitable activities directed toward helping patients at Lee Memorial Health System, including his current position as chairperson of Barbara’s Friends – Golisano Children’s Hospital Cancer Fund, and his role as past president of the Lee Memorial Auxiliary.

“Al has done an outstanding job galvanizing philanthropic and volunteer support from across Southwest Florida and from the Lexington community, in particular,” said Skip Leonard, chief foundation officer for Lee Memorial Health System Foundation. “His commitment to helping young cancer patients receive the care they need through Barbara’s Friends is especially noteworthy. Add to that the significant role he played in enhancing patient care while serving as president of the Lee Memorial Auxiliary, and you see why he is so deserving of this award.”

Set to be an annual honor, the Frank Haskell Humanitarian Award recognizes outstanding leadership in the advancement of quality health care for the citizens of Southwest Florida. The award is named in honor of Frank Haskell, co-founder, with his wife Betty, of Barbara’s Friends – Golisano Children’s Hospital Cancer Fund, part of Lee Memorial Health System Foundation. For the past 20 years, Mr. Haskell has worked non-stop to help local children win their battles with cancer and life-threatening blood disorders.

March 18 & 19 Celebrity Tennis Event Helps Cancer Patients

You’re invited to help patients win their battles with cancer by coming out to The Landings Golf, Yacht and Tennis Club in Fort Myers on March 18 and 19 as Madisens’ Match, a celebrity tennis event with proceeds directed to help cancer patients, returns for its 8th year. A great auction line-up promises to make this year’s event better than ever.

Diagnosed with a brain tumor at age 3, Madisen Abramson, now age 11, is the namesake for this celebrity tennis event. Madisens’ battle to overcome her condition has inspired countless other cancer patients.

Stars such as Cliff Drysdale, Jimmy Arias, Kathy Rinaldi, Tom Gullikson, the Jensen brothers and Mikael Pernfors—to name just a few—have taken part in past events and a fantastic celebrity line-up is also on tap for 2016 as Barbara’s Friends – Golisano Children’s Hospital Cancer Fund and the Regional Cancer Center benefit from their participation. Please visit www.MadisensMatch.com for complete details and to register or contact Duane Chaney at duanechaney@comcast.net or 239-292-0352 for more information.

Wild About Kids – An Evening in Morocco

Saddle up your camel and get ready for an Evening in Morocco as Janet G. Cohen is your hostess for the Wild About Kids event on Saturday evening, March 12 at the NGA’s® Wildlife Preserve in Collier County.

Come out and make NGALA your very own oasis as all the fun benefits patients treated at Golisano Children’s Hospital of Southwest Florida. Guests will enjoy an authentic Moroccan-themed dinner and dance, production of Blue Hawaii—with a special appearance by Elvis, authentic Polynesian food, traditional hula and fire dancing, a luau of life on March 19 with Stars such as Cliff Drysdale, Jimmy Arias, Kathy Rinaldi, Tom Gullikson, the Jensen brothers and other cancer patients.

The event helps cancer patients by taking part in this race that runs through some of Fort Myers’ most scenic areas. Join more than 1,100 runners and the Fort Myers Track Club to support a great cause. Visit www.hootershalfmarathon.com to register and for complete details.

Luau of Life on March 19

Now, back for its second year, and bigger and better than ever, is Luau of Life, a wonderful celebration at the Sidney and Berne Davis Art Center in beautiful Fort Myers. On Saturday evening, March 19, guests will enjoy an authentic Polynesian food, traditional hula and fire dancing, a production of Blue Hawaii—with a special appearance by Elvis, outstanding auction packages and much more.

Proceeds benefit Barbara’s Friends – Golisano Children’s Hospital Cancer Fund and the national Children’s Oncology Group (COG).

Two-time leukemia survivor Chansen Savakus is your special host for this wonderful evening dedicated to giving kids the chance to win their battles with cancer and life-threatening blood disorders. Visit www.LuauofLife.com or email billystars-etc.com or deshaggett@gmail.com for complete information and to register online. Information is also available by calling 239-689-8318 or Sally Wilson of Lee Memorial Health System Foundation at 239-343-6057.

Don’t miss . . .

Hooters to Hooters Half Marathon on March 6

Come out and support pediatric cancer patients who receive help through Barbara’s Friends – Golisano Children’s Hospital Cancer Fund by taking part in this race that runs through some of Fort Myers’ most scenic areas. Join more than 1,100 runners and the Fort Myers Track Club to support a great cause. Visit www.hootershalfmarathon.com to register and for complete details.

Lee Memorial Health System Foundation News & Events

Al Kinkle Receives Humanitarian Honor

Award Presented at Evening of Appreciation

Lee Memorial Health System Foundation
Kidney Test Helps Determine if Heart Patients are Ready for Surgery

Cardiac surgery patients are concerned about their heart, but surgeons are just as interested in their kidney function. A new test allows physicians to more quickly assess each patient’s kidney function to determine when to schedule surgery and if the kidneys have suffered any injury postoperatively. The test, NephroCheck, allows clinicians to determine if one’s kidneys suffered injury much more quickly than before—within hours rather than days.

It is important to test kidney function before and after heart surgery because of the stresses imposed on the kidneys through the perioperative period (before, during and after surgery) period,” says cardiothoracic surgeon Paul DiGiorgi, M.D. “Patients with impaired kidney function before surgeries are at higher risk for permanent kidney damage during surgery.”

Identifying high-risk patients and stabilizing their kidney function before surgery creates better outcomes following surgery. The NephroCheck test detects injuries or abnormal kidney function within hours after any kidney injury. Fresh urine is applied to a cartridge, which is then placed into a meter and produces a reading on the patient’s kidney function within minutes.

“The NephroCheck test is useful for all patients who undergo any stress to their bodies, including all types of surgeries, infections, heart attacks and heart failure hospital admissions,” Dr. DiGiorgi says. “The test can benefit patients by more quickly alerting physicians to kidney injury thus preventing kidney damage, which can lead to other complications, including death.”

Physicians benefit by having a more powerful tool to care for their patients and hospitals benefit by providing safer and more effective care to patients by reducing costs, complications and readmissions.

The test is important because kidney injury is associated with many significant complications, including:

- Kidney failure
- Infections
- Vascular complications
- Stroke
- Heart attack
- Liver and respiratory failure
- Death
- Vomiting
- Confusion or feeling as if in a fog
- Dizziness or “seeing stars”
- Ringing in the ears
- Nausea
- Appearing dazed
- Fatigue
- Delayed response to questions

“Even mild degrees of kidney damage are associated with significant complications, so this test helps avoid potentially dangerous situations,” Dr. DiGiorgi says. “HealthPark Medical Center is the first hospital in the southeast United States to use the test for cardiac surgery patients. HealthPark Medical Center also has the largest heart surgery population using the test in the United States.”

Along with disproving these myths, Mark says it is important to recognize the signs and symptoms of concussions—which may not always be immediately apparent, and can include:

- Headache or a feeling of pressure in the head
- Confusion or feeling as if in a fog
- Dizziness or “seeing stars”
- Ringing in the ears
- Nausea
- Vomiting
- Appearing dazed
- Fatigue
- Delayed response to questions

There are serious complications that can arise if a concussion is not properly addressed and treated,” Mark says. “If you or someone you are with experiences a blow to the head, neck or upper body, seek medical attention immediately. The doctor evaluates the signs and symptoms, as well as medical history and diagnostic exams, and he or she will provide instructions on returning to work, school, exercise or sports.”

Concussions are a common traumatic brain injury. Frequently associated with contact sports, like football, concussions also can occur as a result of falls or motor vehicle or bicycle accidents. While there is more focus on prevention—especially in youth sports, there also are a number of myths about concussions that must be debunked. Mark Tesoro, injury prevention educator with Lee Memorial Health System’s Trauma Center, breaks down some of the most common myths.

Myth No. 1: You lose consciousness when you have a concussion.

“False!” Mark says. “Most concussions occur without the loss of consciousness.”

Myth No. 2: You are more likely to have a concussion during a game than practice.

“False again,” Mark says. “Most concussions occur during practices. This also makes sense based on frequency—you practice much more often than you play games.”

Myth No. 3: You have to hit your head to have a concussion.

“No, you do not have to hit your head to have a concussion,” Mark says. “A severe jolt to the body can cause enough head movement to cause a concussion.”

Myth No. 4: If you suspect someone has a concussion, do not let them sleep.

“False,” Mark says. “Allow the person to rest, but wake them up every 15 minutes for the first two hours, then every 30 minutes for the next two hours, and then once an hour.”

The Youth Sports Safety Program of the Lee County Injury Prevention Coalition is a collaboration of health and safety professionals whose mission is to foster a safe community. With a focus on prevention and education, the Youth Sports Safety Program hosts local events, is available for presentations and offers a variety of educational materials for athletes, parents, coaches and referees. For more information, call 239-343-3672.
Limited Damage Allows for Partial Knee Replacement

The most common form of arthritis, osteoarthritis occurs when the protective cartilage on the bone wears down. The degeneration of the joint occurs gradually over time, and most often affects the joints in the hands, hips, spine and knees. For those who suffer from osteoarthritis in the knee or hip, and who have not found success in physical therapy or through other conservative treatments, joint replacement surgery is an option. For some knee replacement candidates, a partial knee replacement might be an even better option.

“Sometimes, patients don’t need a whole new knee,” explains John Kagan, M.D., orthopedic surgeon. “In cases where only part of the knee is damaged, we can do a uni-compartmental or partial knee replacement.”

Dr. Kagan says there are a number of advantages to the partial knee replacement, including a less invasive surgery, faster recovery, less pain after surgery and less blood loss. Additionally, because the partial knee replacement spares the bone, cartilage and ligaments in the healthy parts of the knee and only addresses the damaged tissue, range of motion and knee function are better preserved.

“The actual surgical procedure takes between 30 minutes and one hour, and the patient generally stays overnight in the hospital, though some patients may be able to have the surgery in an outpatient surgery center,” Dr. Kagan says. “Patients are usually full weight-bearing right away; we remove the sutures about two weeks after surgery, and we hope for a pretty good recovery in about four weeks.”

While a less invasive surgical option appeals to most people, not everyone is a candidate for this procedure. To qualify for a partial knee replacement, candidates’ arthritis must be limited to one compartment of the knee—whether inside the knee, the outside part of the knee or the area where the kneecap and femur come together. An X-ray of the knee helps determine eligibility.

Talk to your orthopedic surgeon to determine if a partial knee replacement is the right option for you.

John Kagan, M.D.
Kagan, Jugan & Associates
3210 S. Cleveland Avenue
Suite 100
Fort Myers, FL 33901
239-936-6778

Prehabilitation Helps Patients Prepare for Procedures

Rehabilitation helps patients recover from an accident, illness or medical procedure. Prehabilitation or “prehabbing” is targeted therapy intervention implemented to improve the health and endurance of patients prior to surgery or other major medical treatments.

“We recommend prehabilitation for any patient who is in need of improving his or her physical conditioning prior to a surgery or a major medical treatment, such as chemotherapy or radiation treatment,” says Survivorship Training and Rehabilitation (STAR) oncology rehabilitation navigator/co-coordinator, Denise Petefee, MSPT.

Examples of prehabilitation may include:

- Aerobic exercise training
- Strength training
- Range of motion/flexibility exercises
- Breathing techniques
- Functional mobility training
- Gait and balance training
- “One example of our prehabilitation services is the preparation we provide for orthopedic joint replacement patients,” Denise says. “A patient preparing for elective total joint replacement participates in a pre-surgery “joint camp,” learning strengthening exercises, how to use a walker and how to recognize and avoid complications after surgery.”

Breast cancer patients who require surgery and/or chemo-radiation therapy also benefit from a prehabilitation program. “These patients learn upper-body strengthening and range of motion exercises to reduce the risk of postoperative pain and complications, such as frozen shoulder, as well as endurance exercises to decrease cancer-related fatigue (CRF),” Denise says.

The results have been positive. Prehabilitation interventions improve physical and psychological outcomes and help patients function at a higher level throughout their cancer treatment. “Cancer prehabilitation specifically occurs between the time of cancer diagnosis and the beginning of the acute treatment,” Denise says. “A patient’s current level of function is evaluated and individual treatment techniques are implemented to improve or maximize their overall health and wellness.”

The tangible benefits of prehabilitation include an accelerated recovery, which decreases hospital length of stay, decreased risk of complications, decreased hospital readmissions, reduced health care costs and improved postoperative outcomes.

Talk to your doctor to find out whether prehabilitation is right for you.
Diet Alone Does Not Yield Weight Loss

For most adults losing weight ranks near the top of life goals. However, many are not as successful as they want to be because their approach is not effective.

“Losing weight isn’t just about changing one part of your life,” says integrative medicine physician Heather Auld, M.D. “It’s a combination of diet, exercise and other lifestyle choices.”

Changes that affect weight loss include:
- Proper diet
- Exercise
- Stress reduction
- Adequate sleep
- Maintaining a healthy blood sugar level
- Hormone balance
- Gut health (good bacteria, digestive enzymes, etc.)
- Correcting vitamin deficiencies

“Mere dieting alone will not lead to long-term weight loss,” Dr. Auld says. “Without exercise, you can easily lose muscle mass, which slows down your metabolism, so physical activity plays a key role.”

Digestive bacterial flora (good bacteria/probiotics) helps determine how the body utilizes calories, and stress makes blood sugar rise, which leads to fat storage. “Excess belly fat acts as its own endocrine organ, which secretes hormones,” says naturopathic consultant Teresa Spano.

Teresa and Dr. Auld work with patients to develop a well-rounded plan to manage weight and lifestyle choices. “Patients often want to know why they can’t lose weight, even when they have increased their exercise,” Teresa says. “Sometimes you can, if you’re already eating a healthy diet, but if you’re not eating a healthy diet already, your cells cannot effectively burn the calories because they lack the micronutrients. You can’t out-exercise a bad diet.”

Other patients approach weight loss by adopting drastic measures that cause the body to reject them. “Eating too few calories can be just as detrimental as eating too many,” Dr. Auld says. “Fasting or eating only one type of food will not work, either. Your body needs balance. The most important thing is to not think of just weight itself, but to look at muscle mass, and how many calories you actually burn. A ‘diet’ should be viewed as trying to get healthy, and the inches will fall off, but not necessarily pounds.”

Heart Report Card Offers Valuable Insight into Heart Health

Hearing that someone you know had a heart attack or was diagnosed with heart disease is, unfortunately, not uncommon. According to the Centers for Disease Control and Prevention, nearly half of all Americans have at least one of the three key factors of heart disease, and heart disease remains the No. 1 killer of men and women in the United States.

While eating a heart-healthy diet, exercising and quitting smoking are ways to help prevent heart disease, there are other factors—such as family history, age and race—that cannot be changed. With a focus on prevention and early detection, Lee Memorial Health System offers the Heart Report Card, a noninvasive screening program that assesses overall heart health.

“The Heart Report Card is for any adult who does not have symptoms or a diagnosis of heart disease, but may be at risk or wants reassurance that their heart is healthy,” explains Chris Weight, manager, Cardiovascular Services. “This program is valuable because it offers the opportunity to check for treatable cardiovascular abnormalities before symptoms occur. The Heart Report Card provides the chance to catch life-threatening concerns before they become medical emergencies.”

There are two Heart Report Card packages to choose from, including:
- Basic screening, which includes blood pressure, ankle-brachial index for the screening of peripheral artery disease, limited carotid ultrasound scan and limited abdominal aortic ultrasound exam
- Complete screening, which includes all screenings in the Basic package, as well as an electrocardiogram and a limited echocardiogram

Optional blood tests— including LDL (bad cholesterol), HDL (good cholesterol), triglycerides and glucose tests— also are available for a fee.

Whether someone chooses the basic or complete screening, the Heart Report Card provides patients a tangible report to better understand their heart and vascular condition. “Patients can share their results with their doctor,” Chris says. “If there are abnormalities, the patient and his or her doctor can determine the next best steps for care. The screening also provides the doctor a better understanding of the patient’s risk and enables him or her to better prescribe preventative treatment and/or lifestyle modifications.”

The Heart Report Card screenings are evaluated by board-certified cardiologists with specialty credentials in heart and vascular testing.

Call 239-424-1499 for more information or to schedule a screening at one of four convenient locations:
- Outpatient Center at the Sanctuary
  8960 Colonial Center Drive, Fort Myers, FL 33905
- Healthy Life Center at Coconut Point
  23190 Fashion Drive, Suite 105, Estero, FL 33928
- Outpatient Center at HealthPark Commons
  16281 Bass Road, Fort Myers, FL 33908
- Cape Coral Hospital
  636 Del Prado Blvd., Cape Coral, FL 33990

Changes that affect weight loss include:

- Proper diet
- Exercise
- Stress reduction
- Adequate sleep
- Maintaining a healthy blood sugar level
- Hormone balance
- Gut health (good bacteria, digestive enzymes, etc.)
- Correcting vitamin deficiencies

A carotid ultrasound uses sound waves to test for blocked or narrowed carotid arteries.

An electrocardiogram records the electrical activity of the heart.

An ankle-brachial index assesses the risk of peripheral artery disease.
Support and Accountability Lead to Weight Loss Success

When deciding to make a lifestyle change and lose weight, people often find more success when they have the support and accountability of others. Lee Memorial Health System’s Lee Health Solutions Weight Management program provides the individualized care one needs to make lasting changes.

“Our program starts with weekly appointments and a three month commitment,” explains Carrie Bloomers, registered diettitian. “We tailor a program to each person based on his or her eating-style, health conditions—such as high blood pressure, diabetes or cholesterol—and their goals. We work with goal-setting and lifestyle behavior changes. We meet our clients where they are and work together to make SMART—specific, measurable, attainable, results-focused and time-bound—goals.”

Carrie says clients weigh in each week, but it is more than the number that matters. “We look beyond the numbers on the scale, and look at each client’s accomplishments—did they put healthy behaviors into practice, did they meet the goals we set for them,” she says. “We really focus on behaviors because that is what is going to lead to long-term success.”

Jonas Olivo is a perioperative assistant at HealthPark Medical Center. He heard about the Weight Management program from the nurse practitioner in the Employee Health office. He signed up for the program and started working with Carrie. “The first step is really important and that is making a long-term commitment,” he says. “If you’re going to change your eating and exercise habits, you won’t be done after six weeks or six months or six years. You have to decide that you’re motivated to make changes that will last for the rest of your life.”

Jonas says Carrie and the program taught him to keep a record of what he ate, how much he exercised and how much water he drank each day. Portion control and meal-prepping also have been integral to his success.

“I have lost about 100 pounds and it has taken me about a year,” Jonas says. “I feel so awesome now. I have more energy and I’m healthier. My friends and family notice the difference, and I have to thank them—and Carrie and the entire staff of the Weight Management program—for all of their support.”

Carrie says part of the work she and the other diettitians do is combat plateaus by continuing to motivate clients to try new things. Jonas says he enjoys trying new, healthy recipes and yoga.

“Weight loss often comes quickly in the beginning, so that is the motivation the client needs to keep going, but plateaus are inevitable, and we are here to keep the motivation and accountability,” Carrie says. “We are here as long as our clients need us. Some clients may meet their goals and hit their body mass index (BMI), but still come back every month or every other month because maintaining weight loss takes accountability.”

Carrie has worked for the health system for more than two years and she still sees clients she worked with during her first 90 days of employment. “I love being able to see my clients on a regular basis and build relationships with them,” she says. “I appreciate being along for their journey and being part of their success.”

Weight Management counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital at 239-424-3120 for more information.

Pulmonary Rehabilitation Inspires New Lifestyle

Sandra Monroe remembers the weeks in October 2014 when she had a persistent cough. Repeated trips to the urgent care center gave her some relief, but only when she took the prescribed antibiotics. At the end of the prescription, the cough remained.

A chest X-ray showed her lungs were filled with mucus and she was referred to a pulmonologist.

“During those weeks, I really understood the term ‘coughing up a lung,’ Sandra says. “I had a CAT scan and a lung stress test, which confirmed the diagnosis—COPD [chronic obstructive pulmonary disease].”

COPD is a lung disease that impedes airflow from the lungs. It requires significant education, support and self-management to maintain one’s health. To help Sandra gain the knowledge and skills she needs to manage her condition, she was referred to Pulmonary Rehabilitation at Cape Coral Hospital.

“The first day at pulmonary rehab, Cindy [Collins, registered respiratory therapist] told me this is a life-changing program, and she said that if you work the program, it will work for you,” Sandra says. “I knew I was overweight, and too much weight contributes to just about every health condition, so I decided I was going to do it—I decided I was going to change everything.”

Sandra started making better food choices. Then, she started incorporating more exercise. “My neighborhood is a circle, so I drove the circle in my car to figure out how many times around is one mile,” she explains. “I started walking the circle with the goal of eventually building up to walking one mile every day, plus my two days a week at pulmonary rehab.”

The weight started coming off and by the end of her 28 weeks of Pulmonary Rehabilitation, Sandra had lost more than 40 pounds. “I visited my primary care doctor about halfway through the rehab program, and he was shocked by my progress,” she says. “He had been telling me for so long that I needed to make changes, but I never did. Now, I feel like I am working with him to improve my health, instead of listening to him during an appointment and then leaving and not doing anything.”

Because of Sandra’s COPD and her low blood oxygen levels, she needs to be on oxygen 24 hours a day, but she is feeling healthier and better than she has in years. She says she owes her improved health to the Pulmonary Rehabilitation team, including Cindy and lead respiratory therapist Shonha Prosa. “They were right — this is a life-changing program,” she says. “Since I graduated from pulmonary rehab, I’ve kept up everything I learned and put in process while I was in the program because I just feel so good.”

Pulmonary Rehabilitation is appropriate for people living with a variety of lung diseases. The program requires a referral from a doctor. Once accepted into program, patients undergo an extensive evaluation to determine the source of their breathing difficulties. Together with the patient’s doctor, the Pulmonary Rehabilitation team designs an individualized therapy program best suited to the patient’s needs.

For more information about Pulmonary Rehabilitation, call Cape Coral Hospital at 239-424-2161 or Lee Memorial Hospital at 239-343-3520.

The Weight Management program now accepts pediatric clients with elevated BMIs and those who are obese and need individualized help to lose weight. Call 239-424-3120 for more information.

“I have lost about 100 pounds…I feel so awesome now.”

Jonas, after participating in Lee Health Solutions Weight Management program

www.LeeMemorial.org
Tuberculosis Requires Long Healing Period

While tuberculosis is not the most prevalent airborne illness that physicians treat, when the disease appears it creates cause for concern. Tuberculosis is caused by bacteria and is resistant to many types of drug treatments. Most health care workers in the United States are tested annually.

“It’s important for us to stay on top of potential cases of tuberculosis because the disease can spread so quickly,” says pulmonologist Sagar Naik, M.D. “For the most part, tuberculosis is well controlled in the United States but it has not been eradicated, which is the main reason we have to remain vigilant.”

Signs and symptoms of tuberculosis can include:

- Coughing that lasts three or more weeks
- Coughing up blood
- Chest pain, or pain with breathing or coughing
- Unintentional weight loss
- Fatigue
- Fever
- Night sweats
- Chills
- Loss of appetite

Although tuberculosis can affect anyone, people who have HIV/AIDS and IV drug users are at the greatest risk. Health care workers also have an increased risk because of the high population of ill people they treat.

“Normally, tuberculosis is not fatal, but it certainly can be,” Dr. Naik says. “It can affect kidney and liver function and even cause pain in the spine and back. Severe headaches also can occur.”

Treatment includes medication that patients take for 6-9 months. “Patients are no longer contagious within several weeks of beginning the drug protocol, but it’s important for them to continue the entire treatment,” Dr. Naik says. “Stopping treatment too soon can allow the bacteria to return. The goal is to get each patient back to a healthy state.”

Jones-Walker Hospital Part of Lee County Segregationist Past

Lee County was like every other community in the South for the first two-thirds or so of the 20th century. It was racially segregated in every way, including medical care. Lee Memorial Hospital was closed for non-white patients, doctors, nurses and volunteers. Instead, people of color had their own hospital—Jones-Walker, which opened in 1924, eight years after Lee Memorial Hospital opened.

Jones-Walker was located in the 1800 block of High Street in a part of Fort Myers then known as Safety Hill, but now known as Dunbar. It moved to the corner of Blount and Lillie streets in the 1940s. Although the community was segregated, white and black citizens worked together to make Jones-Walker a reality.

The July 1, 1920 hospital board minutes provide a hint of what was needed:

“The treasurer reports the receipt of a check in the sum of $500 from Mr. T. W. Magill to apply on the purchase of site for Negro hospital, the secretary was instructed to write Mr. Magill and advise his (sic) that the committee has an option on a lot and hoped to close the deal very shortly…”

Nearly a year later the minutes provided an update.

“Melissie Jones and two other colored women came before the board and made report as to the progress being made as to the fund for the purpose of creating hospital for the colored people,” the June 9, 1921 minutes reported. “These colored people reported that they had some three hundred dollars on hand.”

Jones-Walker Hospital was named in honor of Melissie Jones and Candace Walker who sold pies to raise funds to build the hospital. At the time, the color bar was stringent throughout the South. When Jones-Walker was set aside for “colored,” the term meant anybody not Caucasian. The support for Jones-Walker paid off and for 42 years the hospital served the community until all were welcome at Lee Memorial Hospital in 1966.
One Pan Roasted Chicken with Vegetables

**Ingredients**
- 1 pound butternut squash, chopped
- 8 ounces baby red potatoes, halved
- 8 ounces baby carrots, halved
- 8 ounces Brussels sprouts, halved
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

**For the chicken:**
- 8 bone-in chicken thighs
- 2 tablespoons chopped fresh parsley leaves
- Kosher salt and freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil

**Instructions**

Preheat oven to 400 degrees. Lightly oil a baking sheet or coat with nonstick spray. Season chicken with oregano, thyme, basil, rosemary, salt and pepper, to taste; set aside.

Place butternut squash, potatoes, carrots and Brussels sprouts in a single layer onto the prepared baking sheet. Stir in olive oil, balsamic vinegar and garlic; season with salt and pepper, to taste. Top with chicken in single layer.

Place into oven and roast until the chicken is completely cooked through, reaching an internal temperature of 165 degrees, about 25–30 minutes*. Then broil for 2-3 minutes, or until caramelized and slightly charred.

Serve immediately, garnish with parsley, if desired.

*Cooking time will vary depending on the size and thickness of the potatoes.

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**Child Life Specialists Teach and Support through Play**

A trip to the hospital or a medical test or procedure can leave most people feeling anxious. This is especially true for children, who may not fully understand. A special caregiver, the child life specialist helps alleviate these fears. Maria “Mia” DiBagno is a child life specialist in the Pediatric Procedural Sedation Unit at Golisano Children’s Hospital of Southwest Florida.

“Every family that comes through the sedation center is unique,” Mia explains. “This may be the child and family’s first hospital experience; it could be just one more step in their long medical journey; or maybe they are somewhere in between. I assess where our patients and families are in that respect, and meet them there. I work to normalize the hospital environment and make it less threatening, which often looks like play.”

Children learn and cope through play: Mia says she allows her young patients to explore and, as much as possible, play with certain medical items that they will encounter while at the hospital. “My role is to empower patients and ensure that they have an age-appropriate understanding of where they are, why they are here and what is going to happen, step by step,” she says. “As a child life specialist in the sedation center, I do a lot of procedural education and support. My goals with patients are mostly short-term goals—I’m looking at how I can get this child to cope through the day’s visit. Child life specialists on other units focus on long-term goals, like coping with an illness, compliance with treatments or helping a child understand his or her sibling’s diagnosis.”

Part of Mia’s role is to assess patients and determine whether they can complete their procedure without sedation, and use only child life services. “I work with the patient and family to determine if they are willing to try the procedure without sedation and I’ll talk to our medical team to create a plan,” she says. “I’ll provide a preparation of the procedure and address any misconceptions or fears that the child has. Then, I’ll make a coping plan with the patient that includes a plan for distraction. I individualize the care, and I go off of what each child is interested in.”

Mia DiBagno, a child life specialist in the Pediatric Procedural Sedation Unit, makes sure children are comfortable and educated before procedures.

While child life specialists’ jobs looks a lot like play, they areachelors- and masters-level certified clinicians with backgrounds in child development. “If parents are struggling to talk to their children about an upcoming procedure or hospitalization, we can help provide the tools and the phrases to best prepare the child and address their concerns,” Mia says. “Many parents and/or caregivers don’t know to ask for child life services when they come to the hospital, but anyone can request a child life specialist to work with a child while they are here. We have a child life specialist in the building seven days a week.”

Mia and her fellow child life specialists have a number of tools to help young patients through hospitalizations, procedures and diagnoses, including:

- Storytelling
- Joke telling
- Listening and singing along with favorite songs
- Blowing bubbles
- Playing“I Spy”
- iPads
- Books
- Toys
- Dolls

The Pediatric Procedural Sedation Unit also has ‘cinema vision’ goggles, which allow the child to lie back and watch a movie during a procedure, including MRIs. The unit also has a Vecta Distraction Station, which is a mobile sensory station that has bubbles, color changing fiber optics, an image projector and CD player.

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**Golisano Children’s Hospital of Southwest Florida**
For 16-year-old Megan Giovanniello, running is as much a part of her life as homework. But in the summer of 2015, she encountered an opponent she couldn’t beat on her own.

“I was at practice and we were doing speed work when my back started hurting,” Megan says. “I kept going but then the pain got worse.” She couldn’t outrun the pain and ended up sidelined.

“I looked up my symptoms on the internet and had my own hypothesis,” Bree says. “When my coach sent me to Jordan for treatment, I found out I was right. I also knew that he would be able to help me.”

Jordan has helped patients of all ages, but specializes in children and adolescents at the Children’s Rehabilitation Center in Naples. “When dealing with young adults and teens it is important to keep the patient engaged and involved in the rehabilitation process,” he says. “Relating the exercises to the particular patient’s sport or interests pays big dividends toward successful rehabilitation. The patient has to believe in the process and put in work outside of the clinic with their prescribed exercises.

“More often than not, weight lifting is a viable addition to the rehabilitation. Therefore, it is necessary to take in to account the patient’s age and musculoskeletal maturity.”

Sports injuries, especially running injuries can be caused by a number of factors, including:

- Previous injury
- Biomechanics
- Shoe wear (number of miles a runner has worn a pair of shoes)
- Total mileage
- Nutrition
- Running intensity
- Sleep

“The No. 1 predictor of running injury is previous injury,” Jordan says. “Therefore, a physical therapy assessment of a runner, and any athlete, must be comprehensive. All sports have specific demands in season and out of season. And for some athletes in Southwest Florida, their season is year round.”

Megan and Bree have made full recoveries and returned to the sport they love. Megan has big goals for the next year: breaking a 5-minute mile and placing in the top 3 for the 2-mile event at the state track meet. Bree has a verbal agreement to attend Florida State University and run for the school’s track program.

Join us for the Stroke Ability Fair and find out about services available through Lee Memorial Health System and our community partners to assist stroke survivors and their caregivers.

The Stroke Ability Fair features demonstrations, education, games, refreshments and more. This event also showcases the following services, which support and enhance the stroke survivor’s abilities:

- Rehabilitation
- Support groups
- Nutrition
- Transportation
- Pharmacy
- Wellness Centers
- Assistance devices
- Community services

For more information, call 239-424-3488.

The Stroke Ability Fair is from 9 a.m. - noon, March 15 at Cape Coral Hospital Auxiliary Conference Room.

Physical Therapy Helps Young Runners Recover

Like Megan, Estero High School senior Bree Salcedo, 17, wants her running to help get her to college. Her injury involved her iliotibial (IT) band, a ligament that runs down the outside of the thigh to the shin. The pain began during a 10-mile run and continued until she could no longer walk or climb stairs comfortably.

“Sometimes I woke up and the pain was there.” Bree says. “I didn’t want to miss training.”

Bree has already completed multiple running intervals prior to the one that resulted in injury.”

“Physical therapy helped Bree improve her running form and enhanced her efficiency in motion and decreased pain,” Jordan says. “And it improved her hip strength.”

Bree Salcedo

Megan Giovanniello

Jarrid Dodge

Punta Gorda Family Finds Lifesaving Care at Golisano Children’s Hospital

Jessica and Jeff Dodge knew something was wrong when their 7-year-old son, Jarrid, was too tired to participate in recess at school. They also noticed that his flu-like symptoms lingered longer than they should have, and he had lost his appetite, yet his belly was swollen. The Dodges decided to take Jarrid to the doctors. Scans and blood work led this Punta Gorda family south to Golisano Children’s Hospital of Southwest Florida and a diagnosis no family wants to hear: leukemia.

“He was admitted to the hospital right away, and we spent the better part of the next three months at the hospital.”

While the diagnosis was tough to hear, Jessica and Jeff say they were comforted by the knowledge and confidence of the doctors, including pediatric hematologist/oncologists Emad Salman, M.D., Craig MacArthur, M.D., and Cameron Nicholson, M.D.

“Dr. Salman sat with us and explained everything,” Jeff says. “He answered every question we had.” Jessica adds that all of the doctors, nurses and staff treated Jarrid like he was their own child. “The care was outstanding,” she says.

Jarrid responded well to the treatment, which included chemotherapy and radiation. He went into remission on the eighth day of treatment. The treatment protocol involves three phases, which in total last between two and three years.

Jessica says Jarrid always felt comfortable at Golisano Children’s Hospital—thanks to the nurses, doctors, child life specialists and the hospital teacher.


Jessica says Jarrid started feeling more like himself during the last six months of treatment. “He was playing more and staying more active,” she says. “On Nov. 19, 2015, his port [access point for intravenous medication] was removed—a huge milestone in his journey. We really are some of the lucky ones. We had great care, and we are thankful everyday for everyone at Golisano Children’s Hospital.”

Jarrid is now 12 years old, and his parents say he is doing great. He visits the Golisano Children’s Hospital of Southwest Florida Port Charlotte Pediatric Specialty Clinic every two months for blood work, but the frequency of visits and follow-ups will continue to decrease as he grows stronger and remains healthy.
Children run, skip and balance on one foot without a problem. As we age, physiological changes can affect our balance, making tasks and movements more challenging.

“These changes can lead to slowed reflexes and decreased coordination,” says physical therapist Nathalie Grondin. “Although these are progressive changes as we mature, this does not mean that falling is a normal part of aging.”

Most falls are preventable when seniors take the time to fully assess their environment, are conscious of their strengths and limitations at different phases of life, and remain as fit as possible.

“Continuing to be active, participating in activities that involve balancing skills and even trying new activities that may challenge our current abilities all help maintain a strong sense of balance,” Nathalie says. “If one experiences a condition that limits his or her ability to move, such as pain, it is imperative that this be addressed to prevent further decline in the ability to move safely and confidently.”

Several medications could impair our ability to react quickly in case of a loss of balance. Discuss this with your primary care provider to reduce the risk of falling. Along with regular aerobic exercise and weight training, balance exercises are an important part of a fitness program as we get older.

Changes that can lead to falls include:
- Changes in vision
- The ability to quickly adapt to changes of position
- Hearing loss
- Changing muscle mass, strength and power

Lee Memorial Health System offers free balance screenings six times each year to help seniors assess their risk of falling. “People who are good candidates for these balance screenings are those who have noticed a change in their balance skills, have had near falls or falls, or have noticed a decline in their confidence levels regarding their ability to recover their balance,” Nathalie says. “A person who notices they must touch objects to steady themselves, is limiting their activities in and out of the house, is avoiding uneven surfaces and has developed a fear of falling is also a good candidate for a balance screening.”

Balance screening participants have the opportunity to find out how they perform in balance tests compared to other people in their age group. They can discover which areas of their balance are most affected, and have the opportunity to review their test results with a licensed physical therapist who specializes in balance disorders.

“This is an excellent opportunity for a person to find out about other available resources related to balance and fall prevention and to determine if they need to practice simple balance activities or if they would benefit from further testing with a thorough balance and vestibular evaluation,” Nathalie says.

New Drug Shows Potential in Fighting Alzheimer’s Disease

Despite what you have heard, becoming forgetful is not a normal part of aging. Dementia is a cognitive decline and there are more than 20 different kinds, but Alzheimer’s disease is the No. 1 cause of dementia.

“It has been more than 100 years since Alois Alzheimer identified the abnormal formation of plaques and tangles, which we now know contain amyloid and tau proteins,” explains Frederick Schaerf, M.D., principal investigator and founder of the Neuropsychiatric Research Center of Southwest Florida.

As part of its clinical trial program, the center is using an experimental drug from Biogen, Aducanumab (Adu), an antibody designed to bind to amyloid and help clear it from the brain. The study showed, for the first time ever, that a monthly infusion of man-made antibodies has the potential to decrease the amyloid load and slow the disease from progressing—the first breakthrough in treatment since the discovery of plaques and tangles in 1906.

“It really rocked the world because now, possibly, there’s something you can do about it,” Dr. Schaerf says. “In the old days, you’d have to go to Miami, Harvard, Johns Hopkins or other academic centers to participate. You couldn’t get studies like that here. Now, the citizens of Southwest Florida have the opportunity and access to this type of cutting-edge research.”

New developments in imaging allow for more accurate diagnosis and visual monitoring of disease progression. The hope is to one day be able to diagnose Alzheimer’s disease before symptoms start, or to catch it in the earliest stages and prevent the irreversible damage that leads to mental decline, and ultimately, death.

“Before 2012, there was no way to diagnose it except by clinical examination after ruling out all other medical causes or through postmortem autopsy,” explains Dr. Schaerf. “We now have the ability to visualize an individual’s amyloid load with a simple PET scan, confirming the diagnosis of Alzheimer’s disease.”

The center is also working to develop a PET tracer with the ability to identify tau protein, a more sensitive marker for cognitive decline and a concern for individuals with repeated head injuries. Dr. Schaerf cites football players, such as Frank Gifford, as examples of this degenerative disease, called Chronic Traumatic Encephalopathy (CTE). Research by the Department of Veterans Affairs and Boston University recently identified CTE in 96 percent of NFL players they have examined.

Dr. Schaerf believes the greatest advancements continue when individuals agree to participate in trials. “These studies are about more than just giving a pill,” he says. “We’ve been doing clinical research here for 20 years and we’ve done very well through the help of our partnerships.”

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If the clinician determines that a participant does not need physical therapy intervention at the time of testing, they might be guided to participate in a 4-week group balance exercise class offered every month at the Wellness Center – Fort Myers.

“We can improve our balance simply by finding ways to challenge ourselves beyond our usual movement patterns,” Nathalie says. “Remaining active and in motion is the best way to ensure a healthy control of balance for many years. Aerobic exercise, strength training exercises, coordination and balance exercises all contribute to improving one’s overall balance, which can help to optimize our quality of life.”

Call 239-343-8858 for more information on the balance clinics.
Anthony G. Pietroniro, M.D.

Dr. Pietroniro earned his medical degree at Tulane University School of Medicine in New Orleans. He completed a pediatric internship and residency at the Sacred Heart Children’s Hospital in Pensacola, Fla. He is board certified in pediatrics by the American Board of Pediatrics.

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• Well-child checkups
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Call 239-343-9888 to make an appointment.

Enjoy More Fruits and Vegetables

Q: Regarding fruits and vegetables, which is best—canned, frozen, dried or fresh?

A: As a general rule, fresh is best, especially if it is grown locally; however, there are times that other forms are appropriate and the right choice.

It is helpful to understand the journey fruits and vegetables take to reach our tables. When fruits and vegetables are allowed to ripen on the vine they begin to emit a delightful aroma, signaling that it’s time to pick them. It is at this point they also peak in vitamins, minerals and nutrients. Pick them too soon and we do not receive the full nutritional benefit.

In order for produce to be displayed in stores it’s often plucked before it’s fully ripe. This is done to ensure freshness, depending on the length of the journey from the farm to the store. It seems like a good plan, but it causes us to miss out nutritionally.

Fruits and vegetables are frozen or canned when they become too ripe to make the trip to the market; but, that also means they received more nutrients from the plant, which is great for us.

Getting more fruits and vegetables, in general, is our goal, so if fresh is not available accomplishing this with frozen, canned or dried varieties is fine. Enjoy!

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

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