Jane Biaggi is a competitive shuffleboard player; in fact, she is currently the top ranked female shuffleboard player in the state of Florida. When hip pain started affecting her game, she knew she needed to seek treatment. She found relief from orthopedic surgeon Daniel Harmon, D.O., and a minimally invasive alternative to traditional hip replacement.

"Total hip replacement was the best option for Jane in order to relieve the pain associated with the osteoarthritis in her hip," Dr. Harmon explains. "Using the direct anterior approach, meaning the hip joint was accessed from the front of the leg rather than the posterior (back), lateral (side) or anterolateral (modified side), we were able to keep the muscles surrounding the pelvis intact."

Dr. Harmon says the direct anterior approach is an emerging technique and one that is performed by specially trained surgeons. "This frontal approach allows the surgeon to separate muscles and work between muscle planes to approach the hip joint without detaching any muscles or tendons important for hip function and stability," he explains. "Studies have shown a much quicker return to normal function and activity for the patient, as well as decreased postoperative pain and the need for narcotic pain medication, decreased need for walking aids and decreased length of stay in the hospital."

Jane says the whole experience was unbelievable. "I remember my mother had hip replacement surgery and was in the hospital for 2 weeks and had to use a walker," she says. "With my surgery, I was out of the hospital 24 hours after the surgery and didn’t need a walker or a cane when I got home. I remember even being able to bend down to pick things up off the floor within days of my surgery. My surgery was in April, and I was able to travel that summer and return to tournament play in October—shuffleboard season runs October through April—without any trouble at all. I’m so fortunate to have found Dr. Harmon."

This month, Jane will undergo the same surgery on her right hip.

"The direct anterior approach to hip replacement is a good option for the majority of patients," Dr. Harmon says. "But, only you and your surgeon can make a decision for what is best for you."

Traditional hip replacement requires patients take special precautions to prevent dislocation of the prosthesis. Precautions typically include:

- Not crossing your legs
- Not bending your hips more than a right angle
- Not turning your feet excessively inward or outward
- Using a pillow between your legs at night while sleeping

Following the direct anterior approach, the risk of dislocation is reduced and there is no need for these dislocation precautions.
Red Sox Events Raise More than $1 Million

The 2016 Boston Red Sox Children’s Hospital Celebrity Classic Event Series raised $1,001,309 for Golisano Children’s Hospital of Southwest Florida’s capital campaign, including matching support from longtime children’s hospital friends Jack and Shelley Blais.

The Boston Red Sox again “stepped up to the plate” in a big way to help young patients from across our area by providing unprecedented access to Red Sox players, management and facilities.

Funds were raised by the Boston Tee Party cocktail reception and celebrity golf tournament—both held at the beautiful Forest Country Club—and the Diamond Dinner held on the field at JetBlue Park.

Major sponsors included Jack and Shelley Blais, The Boston Red Sox Foundation, The Forest Country Club, Wells Fargo Insurance Services, Storm Smart, Florida Radiology Consultants, PriceWaterhouseCoopers and WebTBA. Additional sponsorship support was provided by B & J Contractors, TransAmerica Retirement Solutions and CVS Health.

To get involved with the 2017 Boston Red Sox Children’s Hospital Celebrity Classic Event Series, please contact Katy Martinez at 239-343-6076 or BostonGold@LeeMemorial.org.

Cast off to Fight Cancer

All are invited to the Marina at Cape Harbour on Saturday, May 28 for the 12th Annual Ryan McCleskey Memorial Redfish Challenge. Dollars raised at the event benefit patients who receive care through Barbara’s Friends—Golisano Children’s Hospital Cancer Fund.

The event honors the memory of Ryan McCleskey who lost his own battle with cancer but whose spirit lives on through young patients who receive care through Barbara’s Friends.

Registration for a team of 3-4 members is just $250. Those taking part will enjoy great camaraderie, outstanding fishing, prizes, the Captain’s meeting, auction, great food and drink and more.

Learn more by visiting www.Ryan’sRedfishChallenge.com or call Kristin Mccliskey at 239-699-7426 to register and for complete details, including sponsorship information.

Mrs. Janet G. Cohen of Naples Pledges $3 Million to Golisano Children’s Hospital

“Spending time with the young patients in attendance at Wild About Kids was certainly a highlight and reminded me how important it is to provide this type of comforting garden area,” said Mrs. Cohen. “When my own daughter was ill, we both drew strength from the beautiful surroundings of a garden area that provided solace and peace during difficult times.”

Mrs. Cohen is very proud to support the capital campaign. “Providing children from across our region with vital hospital care is truly a noble cause,” she says. “It is in that spirit that I decided to make my pledge to support Golisano Children’s Hospital’s capital campaign. It is my hope the many young patients and families who use the garden will find it a means to lift their spirits while undergoing treatment. I take great pride in knowing my actions will result in the creation of a wonderful outdoor space that will help thousands of children lead healthy, happy lives.”

Golisano Children’s Hospital of Southwest Florida expresses sincere appreciation to Mrs. Cohen for her leadership, vision and generosity. “Janet and Harvey Cohen have been caring donors to vital community organizations in Southwest Florida for decades,” says Jim Nathan, president, Lee Memorial Health System. “Mrs. Cohen’s generosity through her sponsorship of Wild About Kids followed by this magnificent pledge represents a true investment in the health and well-being of our region’s children and their families. We began our journey to build the new Golisano Children’s Hospital of Southwest Florida five years ago. Mrs. Cohen’s support marks another major milestone in our mission to assure lifesaving and life-changing care while keeping children with complex health needs as close to home as possible. Mrs. Cohen was clear in her vision that this is all about her love for children today and for future generations. We’re very honored and excited that Mrs. Cohen’s compassion and concern for children will live-on in perpetuity through what is truly a gift that will keep on giving.”

Lee Memorial Health System Foundation News & Events
Valve Replacement Surgery Gives Patient Second Chance at Life

Sarasota resident Stuart Mishlove and his wife Nancie have a passion for beautiful art and world travel, but they had to put their lives on hold when Stuart’s health began to fail. The diagnosis: a worsening valve leakage in his heart.

Cardiothoracic surgeon Paul DiGiorgi, M.D., right, visits with Stuart and Nancie Mishlove following Stuart’s recovery.

The couple made plans to sell their home, uncertain what the future might hold. “I could barely walk a few steps and even then I was out of breath,” Stuart says. By April 2015 Stuart’s condition was threatening his life. “I knew if I didn’t get help soon, the odds were not in my favor,” he says.

Edema, a collection of fluid in his body, prevented him from wearing shoes and taking even a few steps was overwhelming. “It was frustrating because I’ve been active my entire life,” Stuart says. “I did not like feeling helpless, and relying on other people for even the smallest tasks. I spent months trying to find someone who would take my case.” Stuart says. “I contacted all the familiar names.”

“I was driven intervention,” Nancie Mishlove says. “My husband was dying. He couldn’t even lie down to sleep. He slept upright because of the liquid in his body.”

During the consultation, Dr. DiGiorgi knew he could help, and recommended valve replacement, using a minimally invasive technique. “There wasn’t much left of the heart valve to repair,” Dr. DiGiorgi says. “I could tell immediately it needed to be replaced and I knew we would be able to help him.”

Stuart was running out of options and put his trust in Dr. DiGiorgi. “Dr. DiGiorgi was the first surgeon to mention this procedure, which I thought was pure genius,” Stuart says. “I did not hesitate. I knew this surgery was my only viable option.”

Dr. DiGiorgi performed the surgery and Stuart made a full recovery. He has returned to his philanthropic endeavors and continues to travel throughout the country and the world. “There are not enough words to describe what this has done for me,” he says. “Dr. DiGiorgi was the only surgeon who was willing to take a chance on me, but it turned out not to be a chance at all. Because I trusted him, I have quality years left—I have so much living to do.”

His wife, Nancie agrees. “Dr. DiGiorgi brought my husband back from the dead,” she says. “Everyday is a blessing.” We are so grateful for everything.”

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Think F.A.S.T.
Stroke Requires Immediate Treatment

According to the Centers for Disease Control and Prevention, stroke is the fifth leading cause of death in the United States. On average, one American dies from a stroke every 4 minutes. Strokes occur when the blood supply to the brain is interrupted or severely reduced; therefore, strokes require immediate treatment. To help you spot a stroke, the American Stroke Association employs the acronym F.A.S.T. to remind you of the sudden signs of stroke.

F – Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

A – Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S – Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

T – Time to Call 911 – If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time you know when the first symptoms appeared.

Other symptoms include:

- Abrupt change in balance or the ability to walk
- Loss of vision in one or both eyes
- Sudden onset of severe headache, which may be accompanied by vomiting, dizziness or altered consciousness

A stroke deprives the brain tissue of oxygen and cells begin to die within minutes, so if you or someone you are with experiences signs or symptoms of stroke, call 911 immediately. Time lost is brain lost.
Patients who develop melanoma need immediate treatment. The disease often appears as a mole that has gotten lighter or darker, is red or ulcerated or has changed. "If you notice changes, see a physician who can give a complete assessment," Dr. Kokal says. "People who work in the sun need a yearly skin screening."

Patients diagnosed with stage 1 melanoma can be treated with removal of the affected area. These patients have a high rate of recovery. If the cancer measures 1 to 4 millimeters (stage II), Dr. Kokal removes the cancer and takes a sampling of surrounding lymph nodes for observation. These patients still have a high rate of recovery. Patients with an affected area of 4 millimeters (stage III) or more often have a metastatic disease which can be incurable.

"The best course of action is to avoid the sun during the hottest part of the day," Dr. Kokal says. "Try to participate in outdoor activities before 10 a.m. or after 3 p.m."

The sun provides light and vitamin D, but excessive exposure can lead to sunburn, and in some people, cancer. Melanoma is the most serious type of skin cancer and usually affects people who have overexposure to sunlight. Only about 2% of melanoma patients trace the disease to a genetic cause.

"People who are very fair-skinned, that classic Irish look, are at the highest risk," says surgeon William Kokal, M.D. "Also, anyone who works outside for long periods of time—fishing captains, lifeguards, landscapers—and doesn’t use protective sunscreen is at risk."

The best advice is to avoid overexposure to the sun and to use a highly-rated sunscreen that guards against ultraviolet A (longwave—UVA) and ultraviolet B (shortwave—UVB) rays. "Check the sunscreen to make it protects against both types of sun rays," Dr. Kokal says. "At some point, the protection factor is not worth the extra cost. It’s better to buy SPF (sun protection factor) 50 than 100, and reapply it."

Dr. Kokal also recommends wearing clothing with sun protection if working or playing in the sun for extended periods of time. "You can also buy Sun Guard, a product that adds a sun protection factor to clothes," he says.

**Common Imaging Tests Diagnose a Variety of Conditions**

Depending on one’s signs and symptoms, imaging tests may be necessary to diagnose an injury, illness or condition. In health care, diagnostic tools produce images of structures within the human body. A few of the most common imaging tests include:

**Diagnostic X-ray**
Safe and painless tests, X-rays generate images of the body, particularly bones, though the test can be performed on any part of the body. Because it is efficient and cost-effective, X-rays often are the first diagnostic test performed. X-rays use radiation; however, the amount for most exams is very small.

**Ultrasound**
Often used to help doctors evaluate pain, swelling or infection, ultrasound imaging is a safe and painless test that uses sound waves to produce images of the inside of the body. During the ultrasound examination, high-frequency sound waves pass through the body, sending back “echoes” of the organs and tissues. Special computer equipment converts the echoes into visual data.

**Computed Tomography (CT)**
CT, or C.A.T., scans are performed using a special X-ray machine and computers to produce images of the internal organs, bones, soft tissue and blood vessels. CT scans provide greater detail than traditional X-rays and can more easily diagnose problems such as cancer, cardiovascular disease, infectious disease, traumatic injuries, appendicitis and musculoskeletal disorders.

**Magnetic Resonance Imaging (MRI)**
MRI is a method that uses a strong magnetic field, radiofrequency pulses and computers to produce detailed cross-sectional images of the body, including organs, soft tissues and bones. MRIs often are used to help diagnose or monitor treatment for tumors of the chest, abdomen or pelvis; heart problems; malformation or inflammation of the blood vessels; liver diseases or inflammatory bowel diseases. MRIs do not use or produce X-ray radiation.

**Positron Emission Tomography (PET)**
Using small amounts of radioactive material called radiotracers, a special camera and a computer, PET scans help diagnose, determine the severity of disease or effectiveness of treatment for a variety of conditions, including cancer, heart disease, or neurological, gastrointestinal or endocrine disorders. PET scans identify changes at the cellular level, and therefore offer the potential to identify disease in its earliest stages, as well as a patient’s immediate response to treatment interventions.

Lee Memorial Health System offers conveniently located outpatient imaging facilities staffed by experienced and certified teams of radiologists and technologists.
Fragile X: Common Cause of Intellectual Disabilities

Like the name implies, babies born with the genetic disorder fragile X (FXS) need special treatment. The diagnosis means there are changes in the genes that have permanent effects.

“Fragile X syndrome is a genetic condition and the most frequently diagnosed inherited cause of intellectual disability,” says pediatric neurologist Margie Morales, M.D. "It occurs in approximately 1 in 4,000 males and 1 in 6,000 females. Boys are more severely affected compared to girls.”

The disorder is caused by a mutation in the fragile X mental retardation gene (FMR1 gene), specifically in a DNA segment known as the CGG triplet repeat. Normally, this DNA segment is repeated from 5 to about 40 times. In patients with fragile X syndrome, the CGG segment is repeated more than 200 times (full mutation). Normally, the FMR1 gene provides instructions for making a protein called FMRP which helps regulate production of other proteins and plays a role in brain development. In patients with fragile X syndrome, the abnormally expanded CGG segment turns off the FMR1 gene, which prevents the production of the FMRP. Loss of this protein leads to disruption of normal brain functions and leads to the features of fragile X syndrome.

"Most males and half of females with fragile X syndrome have physical, cognitive and behavioral symptoms,” Dr. Morales says.

Symptoms are milder and more variable in females. Associated medical conditions include seizure disorder, mitral valve prolapse (heart condition), strabismus/parasympatosis (farsightedness), autism spectrum disorder and frequent infections.

"Children with fragile X syndrome require ongoing pediatric care to identify the presence of any medical complication," Dr. Morales says. "These children require educational and therapeutic interventions with the goal of improving cognition, communication and behavior. Medications are used to address specific behavioral or psychiatric problems.

“The long-term outcome of children with fragile X syndrome is dependent on the degree of impairment. Males with fragile X syndrome have intellectual disability requiring more extensive supports, and tend to be less independent. In contrast, females with fragile X syndrome may succeed in society without supports or may require supervision and monitoring for psychiatric disorders. Longevity is likely to be normal for both males and females.”

For more information go to www.fragilex.org

EKGs for Young Athletes May Detect Risk for Sudden Cardiac Death

Sports teach young athletes a variety of life lessons, including teamwork, goal-setting and time management, among other values. While participating in sports keeps children active and healthy, there are rare instances when a young athlete dies because of sudden cardiac death.

Sudden cardiac death is the result of unexpected, unrecognized heart disease. “There are several conditions that can lead to these unfortunate deaths in young athletes,” explains Suying Lam, M.D., pediatric cardiologist. “A few examples include hypertrophic cardiomyopathy—a condition in which the heart muscle becomes abnormally thick, long QT syndrome—a heart rhythm disorder that can potentially cause fast, chaotic heartbeats; and Wolff-Parkinson-White—which is an extra electrical pathway in the heart that causes a rapid heartbeat. In many cases these heart conditions provide no advance signs or symptoms.”

Physical exams and reviews of family health history are important, but there also is a tool—an electrocardiogram (EKG)—that may detect a child’s risk for sudden cardiac death. “Golisano Children’s Hospital of Southwest Florida is proud to offer free EKGs to middle and high school-aged athletes,” Dr. Lam says. “This cardiovascular screening initiative is intended to prospectively identify or raise suspicion of previously unrecognized underlying heart conditions known to cause sudden cardiac death in young people. This screening is not meant to replace routine sports physicals and clearance for these student athletes. Instead it provides an extra layer of prevention that all kids deserve.”

Dr. Lam says the EKG is performed by placing 10 stickers and wires on the chest, arms and legs in order to evaluate the electrical activity of the heart. “The test is painless and takes about 5 minutes,” she says. "Dr. Eric Eason, pediatric cardiologist, and I will review all of the EKGs and, if necessary, provide recommendations for further evaluations.”

Parents and/or legal guardians must be present and sign an acknowledgment and intake form.

Drainage Tubes Offer Relief to Children with Ear Infections

Parents often understand the pain, even if their child is too young to speak. The crying and tugging at the ear often indicate an ear infection, a common condition in babies and young children.

“There is no particular reason why some children develop multiple ear infections while others do not,” says pediatric ear, nose and throat specialist Stuart Morgenstein, D.O. “All children’s immune systems and environments are different. Kids in daycare and those who spend time around smokers tend to have a higher incidence of ear infections.”

Children who develop numerous ear infections may benefit from tubes to help drain the ear and avoid infection. "Based on the most recent guidelines issued this past year by the American Academy of Otolaryngology/Head and Neck Surgery, tubes should be considered in children with recurrent ear infections for 3-4 consecutive months with documented fluid on exam and often hearing loss," Dr. Morgenstein says.

Left untreated, young children may experience:
- Delay in speech development
- Delayed response to parents
- Deterioration in speech

Older children may experience a change in behavior and/or deterioration in school performance.

“Ventilation tubes are placed in the eardrum to allow the ear to drain and ‘breathe’ properly,” Dr. Morgenstein says. “Until about the ages of 6-8 years, parts of the anatomy of the ear are immature due to its small size and abnormal shape. The drainage or breathing tube is called the Eustachian tube. It will change to normal anatomy by about 8 years of age when most children outgrow these infections.”

The temporary tubes provide a drainage mechanism. They allow the ear to equalize pressure properly. These tubes often last an average of 6-18 months. They usually fall out of the eardrum spontaneously. "About 20% of children require a second set of tubes.”

“The most common age for ear infections is 6 months to 3 years,” Dr. Morgenstein says. Ear fluid can last 3-4 months and in 90% of children will resolve on its own without any treatment such as antibiotics, steroids or cold medicines. "At a time of increasing antibiotic resistance, we should try to avoid antibiotics if possible," Dr. Morgenstein says. Parents should discuss this with their pediatrician.

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The free EKGs are available without an appointment, 7:30 a.m. - 4 p.m., Monday-Friday at these locations:
Outpatient Center at HealthPark Commons
16281 Bass Road
Fort Myers, FL 33908
Outpatient Center at the Sanctuary
8900 Colonial Center Drive
Fort Myers, FL 33908

Parents and/or legal guardians must be present and sign an acknowledgment and intake form.

Suying Lam, M.D.
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On Facebook at: www.tinyurl.com/GolisanoFB
On Twitter at: www.tinyurl.com/GCHTweet
Sleep Apnea in Expectant Mothers Requires Medical Attention

It’s not unusual for expectant mothers to experience difficulty sleeping at some point in their pregnancy. But, for women who have obstructive sleep apnea (OSA), or develop the disorder during pregnancy, it can affect more than just sleep.

“OSA is a common and serious disorder in which breathing repeatedly stops during sleep,” says sleep specialist Tracy Carbone, M.D. “The disorder results in decreased oxygen in the blood and can briefly awaken sleepers throughout the night.”

According to the National Sleep Foundation, 78% of women report more disturbed sleep during pregnancy than at other times. Many pregnant women experience:

- Increased desire to sleep
- Snoring and excessive daytime sleepiness
- Restlessness

“Snoring is a red flag that air is not moving smoothly in the airway,” Dr. Carbone says. “Changes that many women view as normal or something that only happens during pregnancy may require further study. If something doesn’t feel right, women need to talk to their obstetrician during their appointment. These changes during pregnancy could result in significant consequences to both the mother and the fetus.”

Sleep apnea is associated with significant physiologic changes, including intermittent low blood oxygen. It can also contribute to gestational diabetes, which produces extra glucose in the mother’s bloodstream that crosses the placenta and triggers the developing baby’s pancreas to make too much insulin.

“Another potential and common complication is preeclampsia, which is one of the top three causes of maternal death,” Dr. Carbone says. “Preeclampsia affects about 7% of all pregnant women and represents a serious medical condition characterized by high blood pressure, protein in the urine and rapid weight gain.” The condition is also associated with maternal liver and kidney disease.

Preeclampsia and gestational diabetes also can lead to major problems for the developing baby, including preterm birth and abnormal growth. “The impact of sleep apnea on the baby can begin very early in the pregnancy, often by 20 weeks,” Dr. Carbone says. “Screening is critical as early as possible during pregnancy.”

Mothers who develop sleep apnea use a continuous positive airway pressure (CPAP) mask when sleeping. CPAP creates air, keeps airway open and prevents collapse of airway, and maintains normal blood oxygen levels.

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Father-Son Duo Kept Fort Myers Healthy for Decades

At times during the 20th century, it must have seemed there was always a Dr. H. Qullian Jones at Lee Memorial Hospital. Between Dr. Jones Sr. and Dr. Jones Jr., the father-son duo practiced medicine here from 1924 until 1985. The elder Dr. Jones started his Fort Myers practice only eight years after Lee Memorial Hospital opened in 1916 as a two-story building in downtown. His practice remained opened more than 50 years.

By the time his son retired in 1985, Lee Memorial Hospital had been at its Cleveland Avenue location for 42 years. They served the famous and the unknown. One of the elder Dr. Jones’ patients was Thomas Edison.

“Yes, I did make a house call on Thomas A. Edison,” the elder Dr. Jones told The News-Press in 1977. "I don't remember what was wrong with him; it wasn't much. But I was very impressed with Mr. Edison. I knew I was in the presence of a great man.”

The senior Dr. Jones did it all. “I delivered babies in homes, took out tonsils, set broken bones,” he once said. He was president of the surgical staff and at another time was chairman of the surgery staff at Lee Memorial Hospital. Dr. Jones Sr. died in 1982 at the age of 83 after suffering a major stroke.

This is how The News-Press started its obituary: “After tending to the sick and dying for more than half a century, Dr. H. Qullian Jones died Sunday night.”

Dr. Jones Jr. was born in Fort Myers on the Fourth of July in 1929. Like his father, he attended Emory University in Atlanta. He joined the Lee Memorial Hospital staff in 1963 and served two terms as chairman of the department of surgery and served as president of the staff and the trauma committee chairman.

When he died at the age of 79 in 2008, The News-Press headline on his obit noted that the area lost a “true medical pioneer.” He performed the area’s first craniotomy, first total hip replacement and was the first vascular surgeon in Lee County. He also admitted the first black patient into Lee Memorial Hospital in the mid-1960s, when the hospital was still segregated.

“He was a superb surgeon, loved by his patients,” Dr. Roger Scott told the paper in 2008. “I trusted him with my life and I would have trusted him with anyone’s life.”

HealthPark Care & Rehabilitation Center Debuts New Dining Experience

The tables are set with silverware, menu cards and white linens. Beautiful artwork adorns the walls, and the dining room overlooks a lanai and lush trees and flowers in the yard. This fine dining experience comes with a price: to dine at HealthPark Care & Rehabilitation Center, one must be a resident, patient or guest.

“We wanted to make the space much more functional,” says administrator Troy Churchill. “By relocating the door, adding pops of colors and upgrading the menu, we have created an environment that is successful for social interaction between our residents, guests and team members.”

In addition to the visual aesthetic, the menu got a complete overhaul. Residents dine on Flavor Harvest foods, an assortment of nutritionally balanced meals developed by the Lee Memorial Health System Food and Nutrition Services, in conjunction with Culinary Solutions by LeeSar, a meal preparation company that specializes in therapeutic meals.

The new program launched in January and was an immediate hit with residents, Troy says. “We’re offering healthy, healing restauant-style dining that has the added benefit of being exceptionally nutritious,” he says. “Residents have expanded choices through the use of our large chef’s choice alternate menu.”

Tish Saylor, CNA, greets residents and visitors as they arrive in the dining room.

Larry Alter, system director, Food and Nutrition Services, helped create the new menu. “Good nutrition isn’t just eating three times a day, but eating a balanced diet that includes sufficient calories, macronutrients (carbohydrates, proteins and fats) and micronutrients (vitamins and minerals) needed by the body to recuperate and sustain good health,” he says. “While we lead residents toward better choices, like fruit, vegetables, lean proteins, nuts and legumes, we also want to provide them with a nice variety of meal options.”

Resident Frances Hall, 81, noticed the change. “The food is much better now,” she says. The vegetable quesadillas and hamburgers are her favorite foods, but she also has a taste for more formal fare. “The roasted pork is nice and tender,” she says. “And this is such a beautiful place to eat now.”

Tish Saylor, CNA, helps residents choose their seating options and provides drink service prior to the meal being served. “Coming to the dining room is what I look forward to when I come to work,” she says. “The residents come here not only for the food, but the experience, as well.”

HealthPark Care and Rehabilitation Center was recently recognized by the Centers for Medicare and Medicaid Services (CMS) with its 5-Star award for quality. The award is the highest distinction for quality measures the CMS bestows on care facilities.
In 1984, Derek Tong was 13 years old and embarking on an adventure—a mission trip to the Philippines. After leaving his home in Ohio, Derek and a group of teenaged missionaries spent two weeks in Florida before traveling by bus to California, where they would board a plane for Butuan, Philippines. While driving through Flagstaff, Arizona, an 80,000-pound gravel truck crossed the center line and collided head-on with the bus. Derek and three other people flew through the front windshield. Three people perished in the crash, and of the 47 people on the bus, Derek was hurt the worst.

His recovery was difficult, as he had to relearn how to do everything from breathing on his own to swallowing, walking and talking. The most complex injury he sustained was a traumatic brain injury (TBI).

"A head injury affects all aspects of a person—physical, behavioral, psychological, physiological, perceptual, emotional, spiritual and cognitive," Derek says. "In my case, my short-term memory was affected."

Despite his short-term memory issues, Derek attended college, earned his master's degree and teaching certificate. He married his wife Dana when he was 29 years old and the two have four children.

Through the years, Derek began to experience severe mood swings, rage and physical aggression, which were directed at Dana. "Because of my short-term memory problems, I did not remember any of it," he says. He and Dana's experiences are chronicled in a book he wrote about marriage, and dealing with brain injury and physical aggression.

"A turning point came when I saw a neuropsychiatrist who prescribed medication that helped increase my capability for processing things more reasonably, and delayed my mood episodes, and helped prevent my manic and depressive behavior," Derek says. He says he also sought help from his church.

Another valuable and helpful resource is the Survivors Group, a support group for adults who are survivors of traumatic injuries, including TBIs. "I wish there would have been support groups earlier in my life," Derek says. "The first 32 years following my accident, I didn't have access to a support group. That support and education would have been invaluable as I dealt with the effects of my head injury, but I'm grateful it is available now!"

The Survivors Group allows those who have survived traumatic injuries to share their stories, and to develop hope, coping skills and support.

Now 45 years old, Derek enjoys spending time with his wife and children, playing tennis and golf, attending church and he is working on another book. He also serves as a peer counselor in the Trauma Center at Lee Memorial Hospital, where he helps others who are living with TBIs or other traumatic injuries.

Nurse Gives Couple Last Romantic Meal

They met in a restaurant, where he was a single diner and she was a waitress on her first shift.

More than 43 years later, they said their good-byes in a one-of-a-kind "restaurant", with hospital staff as their servers. It wasn't the romantic dinner Tony Wolnik wanted for his wife, Glenda, but one that made up for the numerous days he spent in the hospital during the last year of his life.

"On Monday (Dec. 28, 2015) he kept saying, 'I want to take you on a date on the water,'" Glenda says. "I said, 'Let's see how you feel tomorrow after your kidney procedure.'"

Glenda knew her husband, who lived with congestive heart failure and chronic obstructive pulmonary disease (COPD), was too weak to leave Gulf Coast Medical Center, so she arranged for restaurant services to be delivered to his room.

When the charge nurse, Melinda Skipper, RN heard Tony's request on Dec. 29, she began making phone calls. While she couldn't take Tony to a beachside restaurant, she did her best to bring the restaurant atmosphere to his room.

"Glenda was wearing a full skirt and I saw her dancing for him," Melinda says. "He had a big smile on his face. I knew he was very ill and I thought, 'We have to make this happen.'"

She consulted with staff members, who called the hospital cafeteria, gift shop and guest services and asked others to help. Within hours, operation "Chateau Gulf Coast" was under way. Staff members in food services prepared lasagna, salad, cheese and sparkling grape juice, and placed the meal on real china. They also donated a fabric table cloth for the occasion. The gift shop donated a box of gourmet chocolates, a flower, balloon and a picture frame with the couple's photo. Nurses loaded Frank Sinatra tunes on an iPad and dimmed the lights for ambiance.

Melinda asked Glenda and the couple's three children—Carla Rodriguez, TJ Wolnik and Cliff Anderson—to step out of the room, but said it was so they could transfer Tony from his bed to a chair. Some 30 minutes later, they called them back in the room for the romantic surprise.

"I was so shocked," Glenda says. "I didn't know whether to laugh or cry. Listening to Frank Sinatra and looking at everything, it's like we weren't in the hospital!" The couple dined in as much privacy as the hospital could allow, with their children nearby.

"They served us as if we were in a fine restaurant," Glenda says. "I will never forget it. I will never forget the doctors, the nurses and everyone else who took care of Tony and what they did for us. They had so much empathy and we really felt that warmth. That luncheon was really the top of the mountain for us. Tony always loved to surprise me and make me laugh and cry, at times; and with the hospital's help he succeeded again."

The fine dining experience gave Tony one final memory with his wife. After the meal, he returned to bed and his blood pressure began to drop. He died the next day, Dec. 30, 2015.

"My husband was truly an unusually kind and loving person, who will be missed by all who knew him," Glenda says. "Our family and I will always treasure the precious memory provided us by the Gulf Coast Medical Center intensive care unit staff for granting Tony's final wish for all of us."
Worrying and Fear May be Signs of Anxiety

There is no denying that life can be stressful. But, there are people who experience additional stress from excessive, exaggerated, ongoing worrying and fear due to anxiety.

“Some people don’t realize that their level of worrying is beyond the spectrum of usual experience,” explains psychiatrist Daryl Tanski, M.D. “They don’t realize they have anxiety, which is a disorder. Instead, anxiety is often identified when someone seeks treatment for depression or substance abuse.”

Additionally, physical manifestations—such as stomach issues, headaches or chest pain—which are evaluated and found to have no specific cause can point to anxiety. “People may present to the emergency department with chest pains, thinking they are having a heart attack, but diagnostic tests exclude heart issues, and instead anxiety often is the culprit,” Dr. Tanski says. “Other times, astute primary care doctors recognize the physical manifestations, and in talking with the patient, also identify fear, which is a hallmark of anxiety. From there—since the evaluation reveals no specific cause for the physical pain—the doctor will discuss treatment options for anxiety and possible referral to a psychiatrist or mental health professional.”

Dr. Tanski says treatment can include medication and psychotherapy, also known as talk therapy. “Medication has a role to play, but there is a definite benefit of psychotherapy,” he says. “In therapy, we look at the patient’s thought patterns and behavior. We teach patients about their anxiety and appropriate coping skills. The treatment approach really depends on the patient—whether his or her anxiety is mild or moderate, and what treatment option they prefer. We usually start with psychotherapy alone, but often a combination of medication and therapy is best.”

Left untreated, anxiety can impact one’s life—from concentration and focus to energy level and sleep. Seek treatment if you experience any cognitive or physical signs and symptoms of anxiety.

In addition to the physical manifestations of anxiety, other symptoms can include:
- Catastrophic thinking—persistent worrying or obsession
- Sleeplessness and/or the inability to relax
- Difficulty concentrating
- Indecisiveness due to fear of making the wrong decision
- Thinking about every possible worst case scenario

Left untreated, anxiety can impact one’s life—from concentration and focus to energy level and sleep. Seek treatment if you experience any cognitive or physical signs and symptoms of anxiety.

National Nurses Week Recognizes Caring Profession

Florence Nightingale (1820-1910) was the founder of modern nursing, but odds are, she would not recognize the profession that she worked so hard to advance. Nightingale treated war patients for conditions ranging from typhoid to cholera, and did it with rudimentary tools.

Modern nurses are present at every step in a patient's care, from the primary care office to the operating rooms with the most sophisticated type of surgery. May 6-12 is National Nurses Week in the United States, and shines a spotlight on a profession that is so vital to high-quality patient care.

"Having Nurses week is exciting because it gives nurses an opportunity to showcase our profession and to express our compassion," says Diane Spears, nursing director, general medicine, Lee Memorial Hospital. "It highlights our dedication to this community."

What makes a good nurse? Competence is key but caring is the hallmark of an effective nurse. "We are interested in each person as a whole being," Diane says. "Our goals include taking care of patients, but also teaching them the habits they need to develop to take care of themselves. We want people to stay healthy!"

The profession of nursing has continued to evolve since Nightingale’s time taking care of soldiers near the battlefield.

"While Florence Nightingale did so much to advance the profession of nursing, she often took care of patients alone, and now that care includes an entire team," Diane says. "For each patient we see, we make every effort to collaborate with the family physician, nurse and case manager. Collaboration is a positive thing."

The biggest challenges modern nurses face include the complexity of patient illnesses, working within electronic health records system policies that require special codes and take time to implement, and making sure they create enough time to take care of their own health. “Nursing is a demanding career that requires a high level of thinking and the ability to make quick decisions,” Diane says. “But the level of caring is higher than it’s ever been.”

After many years of service to Lee Memorial Health System, Diane continues to love being a nurse. Like most nurses she loves people and is a very passionate about playing a role in their recovery. “I love people, and I love fixing people,” she says. “When we have a patient who is ill, then ends up leaving feeling so much better because of the work we do, we feel like we have made a difference in their life. I feel like I have made an impact. I love that. I like to see people become independent and get another chance.”

“Nursing is a demanding career that requires a high level of thinking and the ability to make quick decisions.”
Workshop Helps Those Living with Chronic Pain

Many people living with chronic pain are not really living. Whether caused by arthritis, fibromyalgia, migraines, back pain or a traumatic injury, chronic pain often limits one's activities and can cause depression. There is hope thanks to the Chronic Pain Self-Management Program developed by Stanford University and offered through Lee Memorial Health System and Healthy Lee.

This free 6-week workshop provides strategies and skills for self-managing pain. It also is a valuable workshop for someone caring for a loved one living with chronic pain.

“This program is structured like the very successful ‘It’s All About You’ chronic disease self-management program that we have offered for the past few years,” explains Sharon Krispinsky, chronic health program coordinator. “Through this new program, we want to teach people that there are treatment options other than pain medication, and that it is possible to live a satisfying, fulfilling life with chronic pain.”

The Chronic Pain Self-Management Program teaches participants:

- How to communicate more effectively with doctors and family members
- The mind-body connection
- The benefits of physical activity
- The role of food and chronic pain

“Each participant receives the book ‘Living a Healthy Life with Chronic Pain’ and a ‘Moving Easy’ CD, which features exercises to help with pain,” Sharon says. “Through our weekly meetings, participants learn how to use relaxing body scans, guided imagery and positive thinking to help live with pain. We have a chart that highlights the evidence-based foods that help with pain. We provide a lot of valuable information to help people take control of the challenges they face each day living with chronic pain.”

These free workshops are held throughout the year at various locations. For more information, call 239-424-3122.

Blood Donation Benefits Donors

At any given time approximately 38% of the American public is eligible to donate blood but less than 10% actually roll up their sleeves and give the gift of life. The American Red Cross notes that every two seconds someone in the United States needs blood. “That’s why donation is so important,” says Susie Nystrom, Blood Center director. “Lee Memorial Health System needs 800 units of blood on any given week to sustain the supply for the number of patients we serve. That number can be significantly higher during the winter months when we have an influx of residents and tourists.”

Lee Memorial Health System relies on local donors, and if supplies drop, must purchase blood from other areas throughout the state. The goal is to draw from the local blood supply as much as possible.

“It doesn’t matter what blood type you have,” Susie says. “We need it. We especially need O-, A- and AB- because those are rare compared to A or O, but we appreciate any donation.” O- is a universal donor, with anyone of any blood types able to receive a donation.

Donating doesn’t benefit only the recipient. Donors also see rewards from each donation. “Donors receive a mini-physical,” Susie says. “They receive information about their blood pressure, cholesterol levels and heart rate. In addition, donating blood helps keep iron levels in check. Each donation depletes the iron supply by about a quarter of a gram, which donors make up from the food they eat following the donation. Research shows that decreasing the amount of iron in otherwise healthy individuals is beneficial to blood vessels and diseases related to abnormalities in blood vessels.”

Blood donation includes:

- Filling out a short questionnaire
- Receiving a “mini physical”
- Donating blood (3-10 minutes)
- Relaxing

“The entire process takes 40-50 minutes and is painless,” Susie says. “Best of all, donors get a sweet treat at the end of the donation, and the feeling of knowing they helped save a life.”

To donate, call the Blood Centers for the nearest location or to schedule the Bloodmobile: 239-343-2333.
Lee Memorial Health System Hospitals
Convenient Care locations
Additional locations listed on page 12 and 13

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

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

HealthPark Medical Center ................................239-343-5000
Golisano Children’s Hospital of Southwest Florida .................................................................. 239-343-KIDS (5437)
9981 S. HealthPark Dr., Fort Myers, FL 33908
(Summerlin and Bass Road)

Lee Memorial Hospital ........................................239-343-2000
Rehabilitation Hospital .......................................239-343-3900
Blood Center Location
2776 Cleveland Ave., Fort Myers, FL 33901

Convenient Care - Pine Island Road .....................239-481-4111
1682 NE Pine Island Road, Cape Coral, FL 33909
7 a.m. - 7 p.m., 7 days a week

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

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

An outpatient department of Lee Memorial Hospital

Healthy Life Center at Coconut Point Mall

Coconut Point Mall

Pediatric Specialty Clinics

Naples

Pine Ridge Rd

IMMOKALEE RD

Corkscrew Rd

Corkscrew Rd

Corkscrew Rd

Corkscrew Rd

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Corkscrew Rd

Corkscrew Rd
Starting at 12:30 p.m., May 11, this month’s topic is “Cardio Metabolic Syndrome and Diabesity.” This is a free, monthly program that covers wellness, on how sleep, nutrition and exercise impact our brain health. There will also be tours of the Wellness Center—Come to the Renal Reblings are required. 11 a.m.-1:30 p.m., May 25 Wellness Center—Cape Coral, 609 SE 13th Ct, Cape Coral

Cancer

Bladder Cancer Support Group 3-5 p.m., first Wednesday of every month Regional Cancer Center Contact Karen Goffey, Bladder Cancer Advocacy Network volunteer, for more information and location 239-992-4809 or kgoffey@bladdercancer.org

Blood Cancer Support Group Time and date to be determined Location: Lee Memorial Health System Parklands Building, 1st Floor, Room A12 Registration is required. Contact Seth Brazil at 800-955-4572 or Seth.Brazil@LLS.org

Brain Tumor Support Group 6:30-7:30 p.m., every month Lee Memorial Hospital Volunteer Conference Room Call Dona Ross at 239-433-4396 Cancer Nutrition Seminar This free monthly seminar is for oncology survivors and caregivers. Each month features a different food and meal nutrition topic. These seminars are presented by oncology dietitians. 2:30-3, second Wednesday of each month Regional Cancer Center, Fourth Floor Conference Room Call the Lee Memorial Cancer Center event line at 239-343-9557 or email Jane Rieke at JaneRieke@LeeMemorial.org

Colorectal Cancer Support Group 5:30-7 p.m., fourth Tuesday of each month Gulf Coast Medical Center, Women’s Services Entrance, ﬁrst ﬂoor, Room ACR #1 Call Kerry McKelly at 239-444-3308 Multiple Myeloma Support Group 6-7 p.m., third Tuesday of each month Gulf Coast Medical Center Medical Ofﬁces, 13685 Doctors’ Way, Suite 250, Fort Myers Call 239-343-1645 Thyroid Cancer Support Group 10 a.m., third Saturday of each month Lakes Regional Library, 15200 8th Street, Fort Myers Call Sally Fontaine at 239-509-0797 or sally.fontaine@LeeMemorial.org

Mastectomy Pre-Operative Education Class Receive individualized training and information regarding your upcoming surgery and valuable take-home tools to set you on your journey. Free. 10:10-11:30 a.m., Tuesdays Regional Cancer Center Third ﬂoor Specialty Clinic Conference Room Class size is limited; call 239-343-9500

Diabetes

Diabetes Self-Management Classes 10-hour education program discussing all aspects of diabetes self-management, including meal planning, stress management, medication and prevention of complications. Classes are available in English and Spanish. Weekly morning and evening classes are available Cape Coral Hospital, Lee Memorial Hospital and the Outpatient Center at the Sanctuary Diabetes Self-Mangement is a covered beneﬁt for Medicare and most supplemental insurances. Call 239-424-3127. Must be registered and a physician referral is required. Pregnancy & Diabetes Program This educational program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish. Weekly classes are available Call 239-424-3127

Breastfeeding

Plan to give your baby the best start. Learn about common problems encountered during the ﬁrst few weeks. All classes are taught by board certiﬁed lactation consultants. Classes take place throughout the year HealthPark Medical Center and Gulf Coast Medical Center 2 p.m. per session Call 239-434-3210 or visit www.LeeMemorial.org/BirthEd Protect yourself and your child with Pediacoal Children with diabetes as young as 14 days old may beneﬁt from this program. Call 239-424-3210 or 239-434-3211 or visit www.lcfs.org/programs/birthed

Lifestyle Coaching This service is available for Wellness Center members and nonmembers. Are you looking for motivation, accountability, direction? Lifestyle coaching sessions can help! Wellness Center Cape Coral Contact Sarah Mitchell at 239-424-3210 or Sarah.Mitchell@LeeMemorial.org BirthEd For COPD patients, friends, family members and caregivers. 2-4 p.m., third Monday of each month Wellness Center Cape Coral Call Jan Burkert, COPD advocate, at 239-403-0451

Free Memory Screenings 1-3 p.m., every Monday Lee Memorial Health System Cape Coral, 12600 Creek Lane, Suite 7, Cape Coral Appointments are encouraged! Call 239-579-3148

It’s All About You Can’t improve my quality of life? Yes, you can! Even with chronic diseases like arthritis, high blood pressure, diabetes and other health conditions. This 6-week workshop teaches people with chronic health conditions how to better manage their health and the symptoms that accompany chronic illness, such as pain, depression and fatigue. Participants and leaders also have a chronic illness. Time and date vary Locations: Call 239-424-3112

Mended Hearts Support Group This national support group is for individuals and families with heart disease. Meeting feature excellent speakers, including those who have survived heart attacks, strokes, cardiac surgery and open heart surgery. This group is open to the public with priority given to current patients. The group features personal and professional speakers who discuss various topics related to heart health. Mended Hearts also needs more volunteers to visitation in the local heart patient’s home. Call 239-424-3112

SOGO—Sons of the Greater Orlando Area This is a social club for single men who have been married or are currently married to a Lee Memorial Health System patient. The goal of SOGO is to provide friendship, support and assistance to men and their families. For more information, contact 239-424-3112

Lee Physician Group Memory Care Program This support group is for adults who are survivors of traumatic injuries, including traumatic brain injuries or spinal cord injuries. This group allows survivors to share their personal stories, and to develop hope, coping skills and support. 6-8 p.m., second Tuesday of the month Lee Memorial Hospital Auditorium Contact Taylor Lawless at Taylor.Lawless@LeeMemorial.org, 239-482-8433

LeeMemorial.org

Events & Screenings

Healthy Living Lecture Series with Dr. Joseph L. Mercola The Healthy Living Lecture Series is a forum of free educational events that covers a variety of health care topics. The topic this month is “Cardiovascular Metabolic Syndrome and Diabetes.” 12:30 p.m., May 11 Cape Coral Hospital Auxiliary Conference Room Call 239-343-6838; appointments are required.

Parkinson’s Disease Functional Screening Clinic Do you have the challenges with speaking, dressing, care for yourself, walking, balance, or ability to drive or balance? Attend the Parkinson’s Disease Functional Screening Clinic to ﬁnd out how you can improve in these areas and become more involved in your own life. 9 a.m.-2 p.m., May 21 Outpatient Education at City Center, 3134 Cleveland Ave., Fort Myers Call 239-343-4962 for more information and appointments Young Driver Program This program is a supplement to driver’s education—teaches young drivers about the responsibility of driving, how to stay focused and the responsibilities that go with the driving privilege. This free program is geared to drivers aged 15-20 years. Call 5:30-8:30 p.m., May 24 Lee Memorial Hospital Auditorium Call 239-343-3978; reservations are required.

SHARE Club

Unless otherwise noted, call SHARE Club at 239-342-2765 to register for the following events.

Tabbotts Spring Styling Tips Join SHARE Club at Tabbotts to learn new tips for spring dressing, chic draings and fun! 3-5 p.m., May 13 Tabbots, Bell Tower Shops, 13499 U.S. 41, Fort Myers

Preoperative or Disaster Call SHARE Club to attend this presentation by RN, perioperative and disaster nurse. May 21 which will discuss what you need to do to survive, during and after your surgery. 11 a.m., noon May 11, Fort Myersibel Hospital, 2000 N. Recreation Park Way, Fort Myers

Alzheimer’s Disease: Current Data and New Updates on Treatments Join SHARE Club for this presentation by a neurologist to discuss Alzheimer’s disease and its treatment. 10 a.m., May 13 Cape Coral Hospital Auxiliary Conference Room Improve Your Health for a Better Self In honor of Older Americans Month and Senior Health and Fitness Day, we invite you to take part in a session which includes an interactive demonstration of balance with Sarah Wallace, wellness coach, a healthy lunch sponsored by HealthPark Care & Rehabilitation Center, and a presentation by Salvador Laguna, DDS, Lee Memorial Health System vice president of health & wellness, on how sleep, nutrition...
Our high-field open MRI comfortably fits all body types and provides the highest quality images available in Lee County.

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Q: How do I keep my memory sharp?

A: Our lifestyle is likely a significant contributor to memory decline. Modifying how we live, eat and behave has the potential to preserve our memory, as well as extend our lifespan. Here are some important lifestyle changes you can make:

- **Stimulation.**
  - Keep learning, stay mentally active by reading, doing puzzles, learning a new language or playing an instrument. Make it a point to constantly learn new things and have fun in the process.

- **Sleep well and reduce stress.**
  - Studies show that we learn and perform poorly under stress and when we are sleep deprived. Meditate, walk on the beach, observe wildlife or listen to music. Have fun, laugh and be happy.

- **Eat well.**
  - A healthy diet is good for both the brain and the heart. Eat a lot of vegetables and fruit. Healthy fat in seafood might also be beneficial.

- **Physical exercise.**
  - Studies show that physically active people keep their memory sharp longer. Join a gym or group exercise class, or simply go for a walk to get aerobic activity.

- **Manage chronic conditions.**
  - Regularly review your medications with your doctor. Some conditions can affect memory. If you think you may have significant difficulties performing daily activities, speak to your doctor. If needed, you can get a referral to a comprehensive memory assessment center, like the Lee Physician Group Memory Care clinic.

Vasyl Kasiyan, M.D.
Memory Care
Lee Physician Group
12600 Creekside Lane Suite 7
Fort Myers, FL 33919
239-343-9220
www.tinyurl.com/DrVKasiyan

For more information call 239-343-9200.
Your destination for services and education to support a healthy lifestyle

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

RSVPs ARE REQUIRED. For reservations call 239-495-4475 or email HealthyLifeCenter@LeeMemorial.org.
Light refreshments provided.

Open: 9 a.m.-6 p.m., Monday-Friday
9 a.m.-4 p.m., Saturday
23190 Fashion Drive, Suite 105, Estero, FL 33928

For information, call 239-495-4475 or visit www.LeeMemorial.org/HealthyLifeCenter