With the recent opening of the Outpatient Center at Surfside, residents of Cape Coral have easier access to more convenient and comprehensive care.

“We are excited about this new facility because it created an access point for care in a previously underserved area in Cape Coral,” explains Dave Cato, chief administrative officer of Outpatient Services. “By combining multiple services in one facility, we have created another ‘one-stop shop’ for patients who require more than one service.”

The new 27,000-square-foot facility includes:

- Primary care, including internal medicine and family medicine
- Imaging, including MRI, CT, X-ray, ultrasound
- Breast Health Center, which offers biopsies, needle placements, mammography, bone density testing and breast MRI
- Lab draw station

“The Outpatient Center at Surfside is the first Lean-designed facility for Lee Memorial Health System,” Dave says. “This means that we designed the facility for optimal patient flow and efficiency. In this facility, we are piloting self check-in kiosks. We also built the space so care teams are in pods, which enables better communication between providers on behalf of patients.”

Dave says the space was also designed for flexibility and adaptability. “This facility has the space and design elements so we can add additional specialty care without the need to renovate,” he says.

Outpatient services will continue to grow as the need for care increases. “Lee Memorial Health System will continue to expand outpatient services throughout Southwest Florida,” Dave says. “We are committed to creating convenient access for patients in order to provide the right care, at the right time, in the right place.”

To schedule an appointment with Lee Physician Group, call 239-481-4111 or for Outpatient Central Scheduling, call 239-424-1499.

Outpatient Center at Surfside
2441 Surfside Blvd.
Cape Coral, FL 33914
Major Gift for Shipley Cardiothoracic Center

Long-time Lee Memorial Health System supporters Lex and Eileen Roulston recently announced a $250,000 gift to support the Shipley Cardiothoracic Center – Innovation, Education and Research.

“Eileen and I are excited to be able to support the Shipley Center in this manner,” said Lex Roulston, who received lifesaving open heart surgery at Lee Memorial Health System. “The programs and services provided at the center are especially important for our community and will allow patients to receive world-class care and treatment without having to travel outside of Southwest Florida.”

For more information about supporting cardiac initiatives, such as the Shipley Cardiothoracic Center, please contact Lee Memorial Health System Foundation at 239-343-6058 or foundation@LeeMemorial.org.

Cape Coral Hospital Auxiliary Makes $100,000 Gift

Cape Coral Hospital Auxiliary once again stepped forward to support the capital campaign to build the new Golisano Children’s Hospital of Southwest Florida by making a generous $100,000 gift. This brings campaign donations made by the Auxiliary to $300,000.

The donation supports construction of a new state-of-the-art, 128-bed comprehensive pediatric health care facility on the grounds of HealthPark Medical Center in south Fort Myers, set to open in early 2017.

According to Cape Coral Hospital Auxiliary President Sue Twinning, “Our members and leadership have supported the capital campaign since its inception. As community leaders here in Southwest Florida, we recognize the value of giving children access to the lifesaving care they need and deserve.”

For more information about ways to support Golisano Children’s Hospital’s capital campaign, please visit www.ChildrensHospitalGoal.org or call Lee Memorial Health System Foundation at 239-343-6950.

Representatives from the Minnesota Twins Baseball Club and Celebrity Classic Golf Tournament committee recently visited the Regional Cancer Center to celebrate the more than $140,000 raised by the 2015 tournament, including a recent $5,000 gift from the Minnesota Twins Community Fund.

Planning is already under way for the 2016 event which is set for Feb. 24-25 in Fort Myers. Email Twins@LeeMemorial.org or call Nicki McGurá at 239-343-6106 for complete details.

Mark Weber, manager of Florida business operations for the Minnesota Twins and Sharon MacDonald, chief administrative officer for oncology services at Lee Memorial Health System, celebrate the golf event’s success at the Regional Cancer Center’s Palm Walk, named in honor of the Minnesota Twins’ generous support of local cancer patients.

Minnesota Twins Support Regional Cancer Center

Children’s Specialists Pediatric Pulmonary & Sleep Medicine Makes Major Donation

Children’s Specialists Pediatric Pulmonary & Sleep Medicine made a $100,000 leadership gift to Golisano Children’s Hospital of Southwest Florida’s capital campaign through the Physician Circle of Caring Initiative. The gift was doubled by SWFL Children’s Charities through their matching gift challenge.

“Through our practice, our physician team has seen first-hand the need to provide children with the finest possible care, delivered with the latest equipment in the most up-to-date facilities possible,” said Oscar A. Aea, M.D., speaking on behalf of Children’s Specialists. “We see this gift as much more than a donation; it is a true investment in the health and well-being of future generations.”

To learn more about the capital campaign, please visit www.childrenshospitalgoal.org for information or contact Lee Memorial Health System Foundation at 239-343-6950.

Children’s Specialists Pediatric Pulmonary & Sleep Medicine made a $100,000 gift to the Golisano Children’s Hospital capital campaign. Presenting the check are, from left: Patrick Maeng, M.D., Oscar A. Aea, M.D. and Jean Baptiste, M.D.

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Jocelyn Pickel, vice-president of fund raising. At far right is Susan Ryckman, vice-president of patient care services, Golisano Children’s Hospital of Southwest Florida. The group celebrated the Cape Coral Hospital Auxiliary’s generous donation which was matched by SWFL Children’s Charities.

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HealthyNews@LeeMemorial.org
Published as a community service by Lee Memorial
SEPTEMBER 2015

Bonita Springs resident Eric Babon, 46, was not disease. Nevertheless, he began routine screenings worried that he would necessarily inherit the “I had nothing at all,” Eric says. Then, at age 43, he was tested again and this time the PSA test indicated elevated levels of the antigen. He made an appointment with urologist Omar Benitez, M.D., who performed a biopsy. The diagnosis: Eric had prostate cancer. “I was floored,” he says. “My first thought was that I prostate cancer. “There are a number of treatment options available, but after thorough discussion, I felt like robotic surgery was a great option for Eric,” Dr. Benitez says. The procedure allowed Dr. Benitez to remove the cancerous prostate, without disturbing surrounding tissue. “With this type of surgery, patients often report lower levels of pain and we use smaller incisions,” he says. “It spares many important nerves, including those that control continence and erectile function. We cannot guarantee that every patient will retain these functions, but this surgery increases the odds that the patient will fully recover. My patients spend less time in the hospital and can go home quicker, where they typically recover better.” That was the case for Eric. After a 2-day hospital stay, he was on his way home. He returned to work three weeks later and has had a clean bill of health since his surgery. “I get my PSA checked every three months but I’m healthy,” he says. “I healed very quickly and I’m here for my family.”

Cardiac Screenings Help Protect Your Heart
Heart disease is the leading cause of death and disability for both men and women in the United States. In fact, the Centers for Disease Control and Prevention report that approximately 610,000 people in the U.S. die of heart disease every year. Genetics plays a role, but many risk factors are linked to lifestyle choices—including poor diet, smoking, excessive alcohol use and lack of exercise—so understanding your risk is vital to decreasing the threat of heart disease.

Dr. Benitez says the American College of Cardiology and the American Heart Association standardized recommendations for screening in 2010. According to the evidence-based guidelines, cardiac screening should begin at the age of 20, and continue as needed based on the patient’s level of risk. The key screening tests include:

- Blood pressure
- Body weight
- Blood glucose
- Fasting lipoprotein profile, which measures total cholesterol, low-density lipoprotein (LDL), high-density lipoprotein (HDL) and triglycerides
- Lifestyle factors, including smoking, diet and physical activity

“Roughly 40 percent of Americans have more than two cardiac risk factors,” Dr. Taschner says. “Yet, half of all coronary deaths are not preceded by symptoms.”

Robotic Surgery Leads to Quick Recovery for Prostate Cancer Patient

Although he has a family history of prostate cancer, Bonita Springs resident Eric Babon, 46, was not worried that he would necessarily inherit the disease. Nevertheless, he began routine screenings at the age of 40 with a prostate-specific antigen (PSA) test. “I had nothing at all,” Eric says. Then, at age 43, he was tested again and this time the PSA test indicated elevated levels of the antigen. He made an appointment with urologist Omar Benitez, M.D., who performed a biopsy. The diagnosis: Eric had prostate cancer. "I was floored," he says. "My first thought was that I wanted to get in and remove it."

Dr. Benitez removed Eric’s prostate using state-of-the-art da Vinci robotic surgery. The da Vinci robot allows physicians to make small, targeted incisions that reduce the need for large scars, and can lead to a quicker recovery. “Although we treat prostate cancer in young men, like Eric, the disease is more prevalent as men age,” Dr. Benitez says. “When I see cancer in someone in their 30s or 40s, it is more likely to be more aggressive than in someone who is older. It’s important to address it immediately and not ignore it.”

Men should be screened with a PSA test beginning at age 55, unless they have a family history of the disease. Screenings can begin as early as age 40 if a physician believes a patient is at risk. When Dr. Benitez discovered Eric’s cancer, he discussed treatment options, which included surgery, radiation and cryosublation.

There are a number of treatment options available, but after thorough discussion, I felt like robotic surgery was a great option for Eric,” Dr. Benitez says. The procedure allowed Dr. Benitez to remove the cancerous prostate, without disturbing surrounding tissue. “With this type of surgery, patients often report lower levels of pain and we use smaller incisions,” he says. “It spares many important nerves, including those that control continence and erectile function. We cannot guarantee that every patient will retain these functions, but this surgery increases the odds that the patient will fully recover. My patients spend less time in the hospital and can go home quicker, where they typically recover better.”

That was the case for Eric. After a 2-day hospital stay, he was on his way home. He returned to work three weeks later and has had a clean bill of health since his surgery. “I get my PSA checked every three months but I’m healthy,” he says. “I healed very quickly and I’m here for my family.”
Decades after Accident, Trauma Patient Thrives

The accident happened 26 years ago, and Andrew Tirado remembers very little of the night he was hit by a car while riding his bicycle. “I sustained a massive head trauma consisting of a triple skull fracture that dramatically impacted my brain stem,” Andrew says. After the accident, Andrew was transported to Cape Coral Hospital, and then airlifted to All Children’s Hospital in St. Petersburg. He remained in a coma for eight weeks before being transferred to a rehabilitation center for five months of recovery.

“After I was discharged from the hospital, I returned home and began attending school again,” he says. “I had physical therapy for seven years and graduated from high school on time.” Although it wasn’t easy, he also graduated from vocational school, community college and Florida Gulf Coast University. He credits family support for his growing list of accomplishments. He holds two jobs, is married and has overcome his challenges, but some effects of the accident still linger. “I’m thankful to be where I am now,” Andrew says. “Even so, I have short-term memory loss and I have some issues with my balance and equilibrium. I was very athletic before the accident but I’ve lost that now. I try to focus on other things.”

An area of great interest is the Trauma Support Group, which provides support for anyone who has sustained a traumatic injury, and their families. The group meets for two hours, once a month and provides information on trauma and allows participants to socialize with others who have been in a similar situation. Andrew’s wife, Kathleen, attends the groups with him.

“I like to inspire and assist others in their recovery,” Andrew says. “There’s a real sense of community with others who like to be involved.”

Kathleen says the group has impacted her life, even though she has not experienced a trauma. “When I go to the meetings, I am amazed at the obstacles these people have overcome,” she says. “It’s a great thing.”

Support groups are pivotal to the recovery process says Kathy Wecher, MSW, trauma outreach coordinator, Lee Memorial Health System. “People who come to the group find that they are not alone,” she says. “They can relate to the other people who have had an experience that changes their lives forever. They may not have the same exact injuries, but they all know what it’s like to have their lives disrupted and changed forever. They also know that it is possible to move past that injury and find meaning and purpose again.”

Athletic Trainers Provide Care for Athletes on the Field

When parents and friends attend a local high school sports event, they expect to see team spirit, athleticism and fun. Young athletes deliver but sometimes receive an injury in the process. Fortunately, a partnership with Lee County School District, Florida Gulf Coast University (FGCU) and Lee Memorial Health System assures that these young students receive care as quickly as possible—while still on the field.

The partnership provides athletic trainers who attend or are graduates of FGCU to schools for athletic events. “Athletic trainers provide coverage for all major sports at all 13 Lee County public high schools,” says Pete Bohatch, director of Student Services and county athletic director for Lee County School District.

The program has recently expanded from three trainers and now includes seven athletic trainers who devote their time to student health. “We believe in education for students, teachers, coaches and parents on concussion prevention and symptoms, ACL (acute cruciate ligament) and other injury prevention programs, nutrition education, training education, performance education and more,” Pete says.

The additional trainers provide a level of strength in student safety for the county, says orthopedic surgeon Abbott “Bo” Kagan, M.D. “When you have a cooperative program like we have, we can all be a lot stronger for the community,” Dr. Kagan says. “It’s a group of institutions together creating strength. When you have a feedback situation, you can treat injuries and athletes better.”

A major component of the program is the athletic training program at FGCU that provides a learning environment for students. “It’s about interns and students working with a trainer,” Dr. Kagan says. “Trainees are the first aid, emergency treatment on the field. They can predict when an injury will occur. They are highly trained, skilled on the field and on the job.”

While it is possible for athletes to sustain serious injuries, common injuries are usually bumps, scrapes and cuts, but can include concussion and fractures. “As student athletes mature and play at a highly competitive level, the incidence of injury rises considerably,” says Ray Cyr, director, Lee Memorial Health System Rehabilitation Services. “On-the-field injuries can be catastrophic to a young man or young woman’s future. We feel it is important to our community that Lee Memorial Health System rehabilitation services contribute to keeping these athletes safer by providing emergency care and preventive programming through our athletic trainers.”
Golisano Children’s Hospital of Southwest Florida is proud to welcome pediatric cardiologist Suying Lam, M.D. Pediatric cardiology focuses on the diagnosis and treatment of heart disease and heart-related conditions in infants, children, adolescents and young adults.

Dr. Lam earned her medical degree from Universidad Catolica Santiago de Guayaquil in Guayaquil, Ecuador. She completed a pediatric internship and pediatric residency at St. Barnabas Hospital, Albert Einstein College of Medicine of Yeshiva University in Bronx, N.Y. Dr. Lam also completed a pediatric cardiology fellowship at Jackson Memorial/Holtz Children's Hospital, University of Miami Miller School of Medicine in Miami. Board certified in pediatrics, Dr. Lam is a member of the American Academy of Pediatrics. Her areas of expertise include:

• Diagnosis and management of congenital heart disease
• Noninvasive imaging
• Cardiomyopathy
• Pediatric preventive cardiology
• Adult congenital heart disease (ACHD), diagnosis, management, pregnancy

Dr. Lam joins Eric Eason, D.O., pediatric cardiologist, and is now accepting new patients.

Suying Lam, M.D.
Pediatric Cardiology
Golisano Children’s Hospital of Southwest Florida
16281 Bass Road
Suite 304
Fort Myers, FL 33908
239-343-7490
www.tinyurl.com/DrSuyingLam

Developmental and Behavioral Medicine Focuses on Child’s Development

Pamela Popola, M.D., and Adrienne Tedeschi, M.D., are developmental-behavioral pediatricians with Golisano Children’s Hospital of Southwest Florida. Their title and medical specialty often is mistaken for another type of care—psychiatry or psychology.

“The description of us as primarily ‘behavioral specialists’ is a common misconception,” Dr. Tedeschi says. “We do not manage psychiatric problems, and we do not provide behavior therapy. We are developmental-behavioral pediatricians and our primary emphasis is on the evaluation of a child’s development. We do not manage psychiatric problems, like bipolar disorder, anxiety or depression. If children have a need for psychiatric or behavioral therapy, we refer them to the appropriate health care provider.”

Dr. Tedeschi says she and Dr. Popola see children and evaluate them for a variety of issues and conditions, including, but not limited to:

• Developmental delays
• Speech delays and disorders
• Autism
• Genetic syndromes
• Chromosomal anomalies
• Learning problems
• Attention deficit hyperactivity disorder (ADHD)

If your child is referred to developmental-behavioral pediatrics, Dr. Tedeschi says the first visit is quite comprehensive. “We review developmental history and the reason for referral,” she says. “Parents should come with any supportive information that can assist us in the care of their child, including school testing, individualized education programs (IEPs), speech and other therapy evaluations, and prior, related medical records.”

After an initial appointment, frequency of follow-up is determined based on need. “There are some children we evaluate and refer to appropriate services and follow-up as needed,” Dr. Tedeschi says. “Other children require regular monitoring, like those taking ADHD medications. Either way, we provide the comprehensive, individualized care these children need.”

Pamela Popola, M.D.
www.tinyurl.com/DrPapola

Adrienne Tedeschi, M.D.
www.tinyurl.com/DrTedeschi

Pediatric Developmental and Behavioral Medicine
Golisano Children’s Hospital of Southwest Florida
15901 Bass Road, Suite 108, Fort Myers, FL 33908
239-343-6050

“Palmer Goes to School” Cartoon

Palmer the Turtle was created by Golisano Children’s Hospital of Southwest Florida friend, the late Bob Storms. Palmer helps entertain, comfort and educate young patients about health conditions, testing and treatments.

Kids, color your Palmer cartoon! Then, because we want to see how creative you are, ask your parents to post it to our Facebook page—www.tinyurl.com/GolisanoFB.

We can’t wait to see how you bring Palmer to life.
Blood cells move through our bodies, keeping our organs and extremities healthy. Most red blood cells are shaped like smooth discs or round buttons. People who are born with sickle cell disease inherit a characteristic that affects the red blood cells, making them stiff, shaped like a crescent or sickle.

“Sickle cell anemia is a severe form of anemia where patients have red blood cells that change shape (become sickle shaped) during periods of stress,” says pediatric hematologist/oncologist Emad Salman, M.D.

Sickle cell anemia is a severe form of anemia where the hallmark of the disease is a pain crisis which occurs when blood vessels are blocked by the very rigid sickle shaped cells,” Dr. Salman says. “Pain crisis can last several days and may require hospitalization to help ease the pain and allow the body to heal itself.”

Patients with sickle cell disease are at risk for developing overwhelming infections and should seek medical attention immediately every time they have a fever. Sickle cell trait is a condition where patients have the genetic make-up for sickle cell from one parent only. Sickle cell disease is the result of inheriting the gene from both parents. Patients with sickle cell trait usually have a more benign course, without the risk of infection and frequent pain crisis. The degree of anemia is less significant. Sickle cell disease most often affects people of African ancestry but can also affect people of Mediterranean and Middle Eastern descent.

“Supportive care is the main treatment for sickle cell disease,” Dr. Salman says. “Recent advances include the use of hydroxyurea. This medication has been shown to decrease the severity of the disease in many patients.”

Bone marrow transplant is a curative treatment for this disease. It requires that the patient have a donor that is a match, preferably a brother or sister. “With good medical care, the life expectancy for sickle cell disease has improved remarkably in the last 20 years,” Dr. Salman says. Patients with sickle cell anemia can now live into their 40s and higher.

### Alter-G Treadmill Helps Restore Proper Movement

Francis “Butch” Dewey has had three knee replacements and two hip replacements. During physical therapy after his last knee surgery he was introduced to a new piece of equipment—the Alter-G treadmill.

This state-of-the-art treadmill was designed by NASA and uses differential air pressure to manipulate the weight that we bear through our lower extremities. Licensed physical therapists can program the amount of weight bearing from 100 percent of someone’s body weight to as low as 20 percent, in 1 percent increments.

“When I first started on the Alter-G, it was programmed at 75 percent of my body weight,” Butch says. “Before my surgery, I’d had a fall and had been walking with a limp for a while, so taking that much pressure off helped me feel more confident. With the Alter-G you don’t have to worry about balance, you can just focus on muscle formation.”

Tad Cranfield, therapy supervisor, Outpatient Center at HealthPark Commons, recommended the Alter-G for Butch because of his limp. “By limiting the effects of gravity, it allowed Butch—and other patients like him—to normalize his gait pattern,” he says. “As we progressed through therapy, we slowly increased weight bearing until he was able to properly walk on land.”

While the Alter-G is very effective for patients like Butch, who are in rehabilitation after surgery, it also helps people from the community, like runners, who are recovering from an injury or putting in high mileage training sessions. “The Alter-G allows runners to train while protecting their joints,” Tad says. “Studies show that jogging with the removal of 20 percent of body weight does not alter metabolic responses, like VO2 and heart rate, so athletes still achieve their workout goals.”

Butch reports that he also reapplied the cardio benefits of the Alter-G workouts. “The Alter-G is a good cardio workout,” he says. “I felt like the equipment was really helping me, so even after I was discharged from therapy, I continued to purchase sessions. I kept going twice a week, and then graduated from that and started using the elliptical machine. Now, I work out on the elliptical for half an hour every day!”

Tad says he is very proud to offer the Alter-G to patients and others in the community. “Movement is freedom, and the Alter-G helps rehabilitate people quickly, so they can return to their lives and routine,” he says.

A prescription is required for patients who are under the care of a doctor or physical therapist. People from the community who want to use the Alter-G do not need a prescription, but must fill out a health history form and, depending on health history, may need a doctor’s clearance to exercise. For more information, call 239-343-7244.
Suicidal Thoughts Demand Immediate Attention

Depression is a normal part of the human spectrum of emotions, but for some people, depression takes over their lives, and thoughts of suicide can begin to emerge.

"Suicidal thoughts are most often, but not exclusively, associated with depression," says psychiatrist Daryl Tanski, M.D. "The persistent suffering, self-perceived burden to others and hopeless perception that it will never end will often lead one to consider suicide as an option."

Signs and symptoms of someone who is contemplating suicide include:

- Loss of interest in everyday life activities
- Social withdrawal
- Changes in sleep and appetite
- Ominous behavior, such as calling or visiting people to say goodbye
- Making arrangements or getting one's affairs in order
- Giving away prized possessions
- Suddenly feeling happier or calmer (an indication that the decision to end his or her life will bring relief)

"Depression warrants a psychiatric assessment," Dr. Tanski says. "Concerns about suicide warrant an assessment on an emergency basis."

Some patients who experience depression on such a deep level have a history or current psychiatric illness and may have attempted suicide in the past. Family history and severe life stress contribute to suicide risk, and young adults or the elderly are among those at highest risk. "Death by suicide is most common in males who are single and of the Caucasian race," Dr. Tanski says.

While suicide may seem like the only option to the person who is suffering, Dr. Tanski wants patients to know that help is available. "Suicide may seem like a viable option to the person at the time, but if he or she can get help, life can get much better," he says. "Suicide is permanent and has a devastating impact on friends, family and the community."

If you or someone you know is having suicidal thoughts, seek help.
National Suicide Hotline: 1-800-273-8255 or www.suicidepreventionlifeline.org.
Mental Health First Aid, www.mentalhealthfirstaid.org, is a national program that teaches the skills necessary to respond to the signs of mental illness and substance abuse.

SHARE Club Computer Classes Offer Hands-on Learning

For many seniors, a computer is an intimidating machine; and the Internet is full of scammers. But, with prudence and safety, the computer offers seniors a whole new world and opportunities to connect with others. Since 1995, Lee Memorial Health Systems SHARE Club has offered a variety of computer classes to help seniors learn the computer in a safe, hands-on environment.

"SHARE Club computer classes are taught by a wonderful team of volunteer instructors and coaches, who are seniors themselves," explains Teresa Frank-Fahrner, SHARE Club program coordinator. "They provide a comfortable, relaxing environment, which helps take the fear out of using the computer!"

Dennis Hart has taught SHARE Club computer classes for more than eight years. "I enjoy the variety of classes that we have for seniors—from the basic beginner to more advanced classes, like Print Shop and eBay buying and selling," he says. "We have seniors of all ages—some even in their 90s—so I can understand the fear of technology, but we provide an environment where we use repetition, patience and hands-on coaching to keep our students engaged and on track."

"Dennis, like all of our volunteer instructors and coaches, is dedicated to helping seniors navigate the computer and all it has to offer," Teresa says. "His energy and enthusiasm keeps them excited and wanting to learn more. We are fortunate to have such a wonderful team of volunteers."

Daryl Tanski, M.D.
Psychiatry
Lee Physician Group
Behavioral Health Center
12550 New Brittany Blvd.
Suite 100
Fort Myers, FL 33907
239-343-9180
www.tinyurl.com/Dtanski

SHARE Club computer classes range from $20-$50 and courses run 2-5 weeks. For more information, call SHARE Club at 239-424-3765 or visit www.LeeMemorial.org/SHAREClub.
Regular exercise is one of the building blocks of a healthy lifestyle. Working out most days of the week reduces the risk of developing heart disease, diabetes and other chronic conditions. It also helps release stress, reduces the risk of developing heart disease, diabetes and promotes psychological well-being by reducing feelings of depression and anxiety. An exercise program is beneficial for men and women, but there are some specific benefits of exercise—especially weight training—for women.

Osteoporosis—or the thinning of bone tissue and loss of bone density—affects men and women, but it is more common in women. The American College of Sports Medicine states that one of the most important components of bone health is the peak bone mass achieved at the end of growth—typically through puberty and into the 20s. Although genetics plays a major role in determining potential peak bone mass, bone accrual is influenced by lifestyle factors, such as calcium intake and weight-bearing exercise, says Kathy Gardner, fitness coordinator, Wellness Center—Fort Myers.

Kathy explains that there are three different types of bone cells—osteoblasts, osteocytes and osteoclasts, which form bone, maintain bone or remove bone, respectively. With aging and hormonal estrogen deficiency, the quantity of bone formation can be less than the removal of old bone, and the remodeling results in a net loss of newer, stronger bone formation. Therefore, regular weight-bearing exercise makes bones adapt to the impact of the weight and the pull of the muscles by building more cells and becoming stronger.

“Weight training also can increase lean muscle mass,” Kathy says. “Increasing lean muscle mass increases metabolism to help burn more calories, which aids in maintaining a healthy weight. Lean muscle mass also provides strength to lead an independent lifestyle and prevent falls.”

In addition to weight training, Kathy says women should include stretching and aerobic or endurance exercises in their routines. “Start slowly,” she adds. “Begin all exercise with a good warm-up routine—this reduces the risk of injury.”

The Wellness Centers offer a variety of exercise classes and the support of degreed/certified fitness professionals who can help create the right exercise program to keep all women healthy and strong.

Wellness Center—Cape Coral
609 SE 13th Ct.
Cape Coral, FL 33990
239-424-3220

Wellness Center—Fort Myers
3114 Cleveland Ave.
Fort Myers, FL 33901
239-343-4980

Memory screenings do not require a physician recommendation. The goal is to identify a potential memory or cognitive impairment as soon as possible, so that it can be evaluated further. “There are a number of possible causes of a memory problem, and more detailed cognitive testing can help to identify the source,” Dr. Mani says. “Once we determine what is causing the memory difficulties, we develop a treatment plan to help address these difficulties.”

With advances in health care and public health campaigns promoting a healthier lifestyle, life expectancy continues to increase. Given the aging baby boomer population, the focus has increasingly shifted to topics that are of concern among older individuals; with memory loss chief among these topics. There is a great deal of variability among individuals in terms of their cognitive functioning, but there are changes in cognition that occur with normal aging.

At the same time, the biggest risk factor for developing a dementia such as Alzheimer’s disease is age. “It is not at all surprising that individuals increasingly want to have their memory assessed,” Dr. Mani says. “We are very focused on making people feel as comfortable as possible throughout the screening. For many people, the idea of taking a test is nerve-wracking, and our goal is for people to feel welcome and relaxed throughout this process.”

Tanja Mani, Ph.D.
Memory Care
Lee Physician Group
12600 Creekside Lane
Fort Myers, FL 33919
239-343-9220
www.tinyurl.com/TanjaMani

Memory Screenings Offer Peace of Mind

Misplacing the car keys may be a normal part of the aging process. Forgetting the car keys’ function and how to use them may be indicative of a greater problem—memory loss. Lee Memorial Health System offers memory screenings for seniors age 60 and older.

A memory screening can help to identify if someone is experiencing cognitive difficulties that should be explored further, says neuropsychologist Tanja Mani, Ph.D. “The screening usually takes only a few minutes, and the individual’s score on this measure is used to determine if a more detailed evaluation should be completed,” Dr. Mani says. “The screening appointment often helps to put people at ease with the idea of undergoing an evaluation of their memory, as the testing process seems less alien and frightening.”

The screening is particularly helpful as people age. “We typically see people who have noticed some changes in their memory, and are uncertain if this represents normal aging,” Dr. Mani says. “It is also not uncommon for individuals who are accompanying a loved one to a screening, or who are attending a health fair/activity, to decide to have their memory screened, as well.”

“Beginning with a good warm-up routine—this reduces the risk of injury,” Kathy adds the following tips and information:

- Aerobic exercise can include low-impact options like swimming, walking and biking. High-impact exercises include jogging and jumping rope. Aerobic exercise strengthens the heart and improves overall fitness by increasing the body’s ability to use oxygen.
- The goal of physical activity is to improve health, and you should accumulate 30 minutes of moderate physical activity on most days of the week for a minimum of 150 minutes per week. If weight loss is your goal, then you should exercise 200-300 minutes each week.
- Strength training should be done 2-3 times per week and should incorporate all the major muscle groups. Shoot for 10-15 repetitions per set and 1-3 sets per exercise.
- Stretch daily and hold each stretch 20-30 seconds.
AEDs Enable People without Medical Training to Save Lives

Most people do not have medical training, but still have the ability to save a life. Thanks to CPR workshops, almost anyone can learn how to administer help until medical experts arrive.

Automated external defibrillators (AEDs) are portable electronic devices that allow the average person to help diagnose life-threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia. The machines work by supplying electrical therapy, which stops the arrhythmia. This allows the heart to get back into a regular rhythm.

"Lee Memorial Health System has AEDs available in our Outpatient Centers, Convenient Care and some physician offices," says Diane Smith, system director, Nursing and Clinical Services. Studies show that CPR with AEDs, for out-of-hospital cardiac arrest, provides a higher rate of success than just CPR alone.

"Typically, people who have been trained in CPR with AEDs are more comfortable using the AED," Diane says. "However, they are available for public use because the device and technology guides the user."

Recently, Lee Physician Group Outpatient employees put their AED to use during an emergency. "The driver of a vehicle was in need of emergency assistance while on I-75," says Lauren Wadsworth, practice manager, Registration Services, Outpatient Center at the Sanctuary. "The driver recognized the Outpatient building as a medical facility and pulled off the interstate to the entrance of the building to ask for help for a family member in the vehicle."

Staff members in the building attended to the passenger, using the AED and notified EMS. "This is a perfect example of why it is so important to be prepared for a situation like this one," Lauren says. "We work hard to be prepared for any emergency. Our organization is about caring for the community and we take that commitment seriously."

Lee Memorial Health System will add more AEDs at Lee Physician Group locations throughout Lee County. "Caring people, caring for people is not a slogan," Lauren says. "It is who we are."

Healthy Recipes

Homemade Ranch Spread

Ingredients
1 cup plain Greek yogurt
½ cup sour cream
½ avocado
1 tbsp. ground flaxseed
1 tbsp. dried parsley
1½ tsp. dried dill weed
2 tsp. garlic powder
2 tsp. onion powder
2 tsp. dried onion flakes
1 tsp. ground black pepper
½ tsp. dried chives
½ tsp. salt

Put all of the ingredients into a blender and turn on medium for 30 seconds to blend well. Chill for 1 hour. Serve chilled with raw vegetables, whole grain crackers, or thin out the spread with a little water and mix into a salad.

Recipe yields 2 cups.

Nutrition Facts
Serving size 1/3 cup
Calories 145
Total fat 11 g
Cholesterol 24 mg
Sodium 452 mg
Total carbohydrates 10 g
Protein 7 g

Vegetable Quinoa Chili

Ingredients
½ cup quinoa
1 tbsp. olive oil
1 small onion
3 cloves garlic, minced
1 large carrot, peeled and chopped
1 medium zucchini, chopped
1 medium yellow squash, chopped
1 green bell pepper, chopped
2 cans black beans
1 can red kidney beans
1 can garbanzo beans
2 cans diced tomatoes
1 can tomato sauce
1 tbsp. soy sauce
1½ tbsp. ground cumin
1-3 tbsp. chili powder

In a medium sauce pan bring 1 cup of water with ½ cup quinoa to a boil. Cook over medium heat for about 15 minutes, until all the water is absorbed.

In a large pot, add olive oil, garlic and onions and cook until tender (about 5 minutes). Add the carrot, zucchini, yellow squash, bell pepper and soy sauce, and cook another 10 minutes or until all the veggies are tender.

Add the black beans, kidney beans, garbanzo beans, tomato sauce, diced tomatoes and stir. Then add in the quinoa and seasonings—the cumin and chili powder. Simmer on low for 30-45 minutes and serve warm.
Ortho/Neuro/Spine

Proper Joint Replacement
Cost
Everything you need to know to feel confident about your joint replacement surgery.
Tuesdays at Cape Coral Hospital; Wednesdays at Lee Memorial Hospital and Fridays at Gulf Coast Medical Center
Call 239-424-1499 for times and locations.

Aqua Art
Pool exercises for people with Parkinson’s disease.
1-2 p.m., Mondays and Wednesdays
Wellness Center Cape Coral
Call 239-424-3200

Aphasia Group
For those who have difficulty talking due to aphasia.
9:30-10:30 a.m., Tuesdays
Cape Coral Hospital Meeting Room A (located at Day Surgery Entrance) Call Nancy Gizi at 239-424-3572

Stroke Support Group
For stroke survivors and caregivers.
4:30-5:30 p.m., first and third Mondays
Lee Memorial Hospital Auditorium
10:30-11:30 a.m., every Tuesday
Cape Coral Hospital Meeting Room A (located at Day Surgery Entrance) Call Nancy Gizi at 239-424-3572

Caregiver Support Group
This social support group is for those who have a chronic illness, such as pain, depression and need and concerns of those caring for a loved one, regardless of their medical condition.
4:30-6 p.m., second Wednesday of each month
Regional Cancer Center lobby
Call Mark Geisler at 239-343-1126

Pulmonary Fibrosis Support Group
1-3 p.m., third Wednesday of each month
Lee Memorial Hospital Medical Office Building, Suite 705
Call 239-482-8433

Pool exercises for people with Parkinson’s disease.
1-2 p.m., Mondays and Wednesdays
Wellness Center Cape Coral
Call 239-929-2808

Weight Management Program
Combines eight weeks. This program meets once a week for one hour. Participants will meet at 800-955-5652 or Beth.berkowitz@lls.org

Retirement Community, as she
provides an overview of original
Marshall, SHINE volunteer, and will
This workshop is presented by Jo
call 239-243-4396

Cancer
Bladder Cancer Support Group
3:30 p.m., first Wednesday of every month
Lee Memorial Hospital Medical Office Building, Suite 705
Call 239-343-1126

Breast Cancer Support Group
3:30 p.m., third Wednesday of each month
Lee Memorial Hospital Medical Office Building, Suite 705
Call 239-343-5101 or email LeeMemorial.org

Myocardial Infarction Support Group
5:30-7:30 p.m., fourth Tuesday of each month
Lee Physician Group Medical Office Building, Suite 705
Call 239-482-8433

Childbirth Preparation
Understand the birthing process, choose the best birthing site and plan postpartum fundamentals, breathing, relaxation, cesarean preparation, breastfeeding and more. This interactive class includes access to an on-line learning program, a birth plan and talk session. Women and their support person will receive a birth and birthing book. Classes take place throughout the year.
HealthPark Medical Center, Gulf Coast Medical Center, and Cape Coral Hospital
Call 239-343-5271 or visit www.BirthEd.com

Baby Care & Car Seat Safety
This is a one-time class for expectant parents. This class assists parents in becoming more comfortable and confident in the birthing process following the birth of their baby. This class also teaches parents how to properly use and install infant and child car seats. Classes take place throughout the year.

Cancer

Pregnancy/Parenting

Baby Care & Car Seat Safety
This is a one-time class for expectant parents. This class assists parents in becoming more comfortable and confident in the birthing process following the birth of their baby. This class also teaches parents how to properly use and install infant and child car seats. Classes take place throughout the year.

Cancer

2:00-3:00 p.m., Thursdays
Wellness Center Fort Myers
Call 239-418-2000

Loss of Finishing Well
6:30-7:30 p.m., first and third Thursday of each month
Gulf Coast Medical Center Community Room
Call Mark Geisler at 239-343-1126

Breastfeeding
Plan to give your baby the best possible start. Instructional sessions are offered in the nursery at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital.

Weight Loss
Weight Management Program
Combines eight weeks. This program meets once a week for one hour. Participants will meet at 800-955-5652 or Beth.berkowitz@lls.org

Retirement Community, as she
provides an overview of original
Marshall, SHINE volunteer, and will
This workshop is presented by Jo

call 239-243-4396

Cancer
Bladder Cancer Support Group
3:30 p.m., first Wednesday of every month
Lee Memorial Hospital Medical Office Building, Suite 705
Call 239-343-1126

Breast Cancer Support Group
3:30 p.m., third Wednesday of each month
Lee Memorial Hospital Volunteer Conference Room
Call Donna Ros at 239-423-4396

Brain Tumor Support Group
3:00-4:30 p.m., third Tuesday of each month
Lee Memorial Hospital Volunteer Conference Room
Contact Valerie Buttram at 239-423-5782 or Valerie.Buttram@LeeMemorial.org

Cerebral Palsy Support Group
1:30 p.m., fourth Thursday of each month
Gulf Coast Medical Center, Women’s Services Building
First floor, Room ACR #12

Multiple Myeloma Support Group
6:7 p.m., third Tuesday of the month
Hope Hospice, 9470 HealthPark Circle, Fort Myers
Contact Sandra Barboly at 665-650-7107 or sbarboly@myeloma.org

Ovarian Cancer Support Group
5:30-7:30 p.m., third Thursday of each month
Cape Coral Hospital Conference Room
Call 239-343-1645

Thyroid Cancer Support Group
2:00-4:00 p.m., first and third Saturday of each month
Lakes Region Library
15290 Bass Road, Fort Myers
Call 239-590-0797 or tatteredoct insightful.com

Mastectomy Pre-Operative Education Class
Receive hands-on training and information regarding your upcoming surgery. Those who are eligible can take home tools to assist you during recovery. Free 10:30-11:30 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
A 10-hour education program designed to address all aspects of diabetes self-management, including meal planning, exercise, stress management, medication therapy and prevention of complications. Classes are available in English and Spanish.
Weekly morning, afternoon and evenings
Lee Memorial Hospital, Cape Coral Gulf and Gulf Coast Medical Centers
Diabetes education is a covered benefit for Medicare and most commercial insurances.
Call 239-424-3127. Must be registered and a physician referral is required.

Pregnancy & Diabetes Program
An education program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish.
Weekly classes available
Call 239-424-3127

Weight Loss
Weight Management Program
Combines eight weeks. This program meets once a week for one hour. Participants will meet at 800-955-5652 or Beth.berkowitz@lls.org

Retirement Community, as she
provides an overview of original
Marshall, SHINE volunteer, and will
This workshop is presented by Jo

call 239-243-4396

Cancer
Bladder Cancer Support Group
3:30 p.m., first Wednesday of every month
Regional Cancer Center
Contact Karen Godfrey, Bladder Cancer Advocacy Network volunteer advocate at 239-992-4809 or kgodfrey@community.net

Trauma Support Group
A support group for people and caregivers of those who have experienced traumatic injury.
6:30-7:30 p.m., second Tuesday of each month
Lee Memorial Hospital Medical Office Building, Suite 705
Call 239-343-2561

Lifestyle Coaching
Those interested in wellness for Wellness Center Cape Coral contact Sarah Mitchell at 239-424-3231 or Sarah.Mitchell@LeeMemorial.org

Better Breathers
For COPD patients, family, friends.
2-3 p.m., second and last Monday of each month
Wellness Center Cape Coral
Call Jan Burket, COPD advocate, at 239-217-0545

Free Memory Screenings
1-3 p.m., every Monday
Lee Physician Group Memory Care, 12500 Central Ave., Suite 7
Fort Myers
Appointments are encouraged; call 239-343-9942

Lee Physician Group Memory Care Support Group
The support group is for caregivers of those with memory impairments. Our mission is to provide education, guidance and support in caring for their loved ones and themselves.
2:30-4:30 p.m., second and last Monday of each month
Outpatient Center at Riverwalk, 3600 Daniels Parkway, first floor conference room, Fort Myers
Call 239-343-9942

Mended Hearts Support Group
The national support group for people with heart disease. Meetings feature excited speakers. Visitors always welcomed, and membership applications are available at every meeting.
6:30 p.m., second Tuesday of each month
We Ketch Community Center, 16760 Bass Road, Fort Myers
Call Joe Jansen at 239-461-0980

Powerful Tools for Caregivers
A naturally recognized, evidence-based support group in which family caregivers take care of themselves while caring for one at home, in a nursing facility or in a long-term setting. Distance and time vary
Location varies
A $30 donation helps defray the cost of the book. Call Alexandra Henderson at 239-343-9924

It’s All About You
Can I improve my quality of life? Yes, even with chronic diseases like arthritis, high blood pressure, diabetes and other health conditions. This 6-week workshop teaches people who are scheduled for spine surgery.
1-3 p.m., third Wednesday of each month
Lee Memorial Hospital Medical Office Building, Suite 705
Call 239-482-8433

Powerful Tools for Caregivers
The national support group for people with heart disease. Meetings feature excited speakers. Visitors always welcomed, and membership applications are available at every meeting.
6:30 p.m., second Tuesday of each month
We Ketch Community Center, 16760 Bass Road, Fort Myers
Call Joe Jansen at 239-461-0980

Brain Aneurysm Support Group
This support group educates and supports brain aneurysm patients, family members, significant others and caregivers.
5:30-7:30 p.m., Oct.
Lee Physician Group 5th Floor Conference Room
Call 239-343-1571