Childhood Obesity Begins with Parenting Choices

We all think ‘chubby’ babies are cute, but obesity continues to increase in the United States, beginning at early ages. Studies show that more than one-third of children in the U.S. are obese, and the condition has become one of the biggest health threats for children. Lee Memorial Health System pediatrician Denise Drago, M.D. aims to reverse the trend.

“One of the first things parents can do is monitor their child’s body mass index (BMI),” Dr. Drago says. “A child’s BMI can help us assess if there is a weight problem.” A physician, nutritionist or online calculator can help measure a child’s BMI.

“We keep seeing the numbers increase,” Dr. Drago says. In 2- to 5-year-olds, the rate of obesity increased from 5% to 12.4% from 2003 to 2006. In 5- to 17-year-olds, the rate of obesity increased from 14.2% to 48.4% from 1973 to 2009.

“Genetics and lifestyle both play a role in childhood obesity,” Dr. Drago says. “Children are more likely to be overweight if their parents are overweight.” The risk of obesity is about 9% for children whose parents are lean, but 60-80% for those whose parents are obese.

“Parents really need to be role models and make healthy choices, both with food choices and exercise,” Dr. Drago says. “Children see what their parents do and make similar choices. When they learn to make healthy choices, it’s easy to maintain those habits throughout a lifetime.”

Ways to stay on track with a healthy lifestyle

1. Develop a meal plan
2. Be positive about veggies
3. Hide veggies (smoothies, one-dish meals)
4. Learn and be aware of portion sizes
5. Have a “no thank you” bite rule (children must try a fruit or vegetable before politely declining if they do not like the taste)
6. Dine out occasionally (encourage healthy choices when you do)

“Children are more likely to be overweight if their parents are overweight.”

Denise Drago, M.D.
Pediatrics
Lee Physician Group
4751 S. Cleveland Ave.
Fort Myers, FL 33907
239-343-9868
Lee Memorial Health System Foundation Ranked as National High Performer

Lee Memorial Health System Foundation has been recognized as a High Performer by the Association for Healthcare Philanthropy (AHP), the leading authority on health care philanthropy in the United States and Canada, encompassing 5,000 members who represent more than 2,200 health care facilities.

Just 45 foundations received this recognition and this marks the second time Lee Memorial Health System Foundation has received the honor.

“This designation truly belongs to the many individuals, foundations, businesses and organizations who make lifesaving gifts to Lee Memorial Health System each year,” said Skip Leonard, chief foundation officer, Lee Memorial Health System Foundation. “This outpouring of donor support really energizes and encourages our entire fund raising team – staff members, board members and volunteers – to continue their outstanding work and we are extremely grateful for the tremendous generosity extended to our patients each year.”

Data for the honor is drawn from annual surveys completed by AHP members and analyzed by the national office. High performers represent the top 25% of all reporting entities and include organizations demonstrating high fund raising efficiency and effectiveness. A complete list of AHP high performers is available by visiting www.ahp.org/highperformers.

To learn more about giving opportunities at Lee Memorial Health System, email Foundation@LeeMemorial.org, visit www.LeeMemorial.org/Foundation or call 239-343-6053.

Chick-fil-A Brightens Day for Golisano Patients

Representatives from Southwest Florida Chick-fil-A stores recently visited Golisano Children’s Hospital of Southwest Florida to share delicious food and giveaways with patients and staff, while at the same time presenting a check for $10,000 to help young patients.

The check represented proceeds from Chick-fil-A’s Frosted Lemonade promotion held at Southwest Florida locations on Pine Island Road, Cypress Lake Drive, Colonial Boulevard, Alco Road, Estero, Naples Center, Port Charlotte and Coastland Center Mall. Stores donated $1 for each drink sold during the month of June to the Children’s Hospital.

Flanked by corporate mascots, Chick-fil-A team members taking part in the recent festivities included, back row from left to right: David Bates, AMD SWFL CFA; Billy Cossette, Operator, Pine Island; Micah Harris, Operator, Coastland Center Mall; Ed Leslie, Operator, Port Charlotte; Bruce Adkins, Operator, Colonial Blvd; Kevin van der Kooy, Operator, Alco Road; Steve Bishop, Operator, Cypress Lake; PJ Rodriguez, Operator, Naples Center; and Blake Roberts and Brittany Roberts from Chick-fil-A Corporate. Not Shown: Chris Kirby, Operator, Estero. Standing in front of the Chick-fil-A representatives is Michele King from Golisano Children’s Hospital who watches while Golisano team members, from left, Stacy Robillard, Katie Reed, Alexa Pena and Tracey Kinnunen display the check.

Chick-fil-A, a well-known fast food chain, partnered with Golisano Children’s Hospital to support its mission of providing comprehensive medical care for children. The donation was a result of the Frosted Lemonade promotion, which encourages customers to purchase frosted drinks to support local charities. In this case, the proceeds benefited Golisano Children’s Hospital.

Skanska Gates Reels in $76,403 for Golisano Children’s Hospital of Southwest Florida

Skanska Gates, the joint venture company leading construction of the new Golisano Children’s Hospital of Southwest Florida, brought in $76,403 to benefit the hospital during a recent fishing tournament held at the Pink Shell Beach Resort and Marina. Those taking part in the donation presentation are, from left: Tracy Connelly, Lee Memorial Health System Foundation; Eric Anderson, Lee Memorial Health System; Bob Kramer, Skanska Gates and Emad Salman, M.D., Golisano Children’s Hospital.

The donation is a significant contribution to the hospital’s capital campaign and reflects the commitment of Skanska Gates to supporting the community through philanthropic efforts.

The event not only generated funds for the hospital but also helped raise awareness about the importance of supporting children’s healthcare institutions.

Designer Purse Bingo Benefits Regional Cancer Center on Sept. 8

Here we go again! It’s time for another exciting edition of Designer Purse Bingo, set for Thursday evening, Sept. 8 at the Landings Yacht, Golf and Tennis Club, 4420 Flagship Drive, Fort Myers.

Proceeds from the event benefit patients who receive lifesaving care at the Regional Cancer Center.

No one throws a purse bingo event quite like the Landings … guests will enjoy hors d’oeuvres, dessert and 18 rounds of bingo, with the chance to take home designer purses by Michael Kors, Dooney & Bourke, Brahmin, Coach and more. You don’t want to miss this one!

All the fun begins at 5:30 p.m. and tickets are just $45 per person. Make your reservation online today by visiting www.LeeMemorial.org/go/PurseBingo or purchase your tickets by phone by calling 239-343-6500. Email Patti.Chilpalapa@LeeMemorial.org for more information.

Forest Country Club Pledges $50,000 to Capital Campaign

The Forest Country Club recently confirmed their commitment to help children served by Golisano Children’s Hospital of Southwest Florida by making a $50,000 pledge to support the hospital’s capital campaign.

The donation supports construction of the new hospital facility currently being built on the HealthPark Medical Center campus in south Lee County and set to open in early 2017.

No stranger to helping the children’s hospital, The Forest Country Club has played host to the annual Boston Red Sox Children’s Hospital Celebrity Classic golf tournament for the past 23 years. For information about early-bird sponsorship opportunities for the event, please reach out to Katy Martinez, event lead, at 239-343-6076 or BostonGolf@LeeMemorial.org.

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Skanska, the international infrastructure group, has created a significant impact by committing $50,000 to the Golisano Children’s Hospital’s capital campaign. This donation will be crucial in ensuring the success of the new facility, which is currently under construction and expected to open in early 2017.

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Healthy NEWS
Lee Memorial
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HealthyLife@LeeMemorial.org
Lee System, P.O. Box 2218, Fort Myers, FL 33902

Cancer Screenings Lead to Early Detection

Heading to the doctors’ office is easiest when there is a pressing need—sore throat, broken bone or infection. Seeking care when healthy may seem unnecessary, but it’s important to maintain a health calendar and schedule preventative tests—particularly those designed to detect cancer in its earliest stages.

The American Cancer Society recommends the following cancer screenings:

Neuroplasticity: A Workout for Brain and Body

Neuroplasticity: What is it? Neuroplasticity is the brain’s ability to change and adapt. Neuroplasticity training often involves an approach that fuses the mental and the physical, creating an overall challenge.

“A great example of neuroplasticity is brain games coupled with physical activity,” says Sarah Mitchell, health and wellness coordinator, Wellness Center – Cape Coral. “Challenge your brain daily with new surprising information and activity.”

Sarah teaches the Brain Boosters Workshop at the Wellness Center – Cape Coral. “The goal is for participants to challenge themselves, not compare their results to someone else,” she says. “The exercises really reinforce that we have to think about what we’re doing. It’s important to keep the movement going while you are training your mind. Do not stop but at the end you can see improvement.”

Sarah suggests using physical movement along with brain activities to get the brain and body working in sync. Try walking, and vary your arm movements to change up the physical, while you do improve. “The more you do it, the better you get,” Sarah says. “We make it fun so it doesn’t feel like work but you do improve.”

Some women—because of their history—may need to consider having a yearly endometrial biopsy. Please talk with a health care provider about your history.

Lung Cancer

The American Cancer Society does not recommend tests to check for lung cancer in people who are at average risk. However, screenings are recommended for those who are at high risk of lung cancer due to cigarette smoking. Screening might be right for you if you are all of the following:

- 55-77 years of age
- In good health
- Have at least a 30 pack-year smoking history AND are either still smoking or have quit within the last 15 years (A pack-year is the number of cigarette packs smoked each day multiplied by the number of years a person has smoked. Someone who smoked a pack of cigarettes per day for 30 years has a 30-pack-year smoking history; as does someone who smoked 2 packs a day for 15 years.)

Screening is done with an annual low-dose CT scan (LDCT) of the chest. If you fit the list above, talk to a health care provider if you want to start screening.

Endometrial (uterine) Cancer

At the time of menopause, all women should be told about the risks and symptoms of endometrial cancer. Women should report any unexpected vaginal bleeding or spotting to their doctors.

Breast Cancer

Women ages 40-44 may begin annual mammograms
Women ages 45-54 should get an annual mammogram
Women ages 55 and older may switch to mammograms every two years, based on conversations with their physician

Colon and Rectal Cancer

Starting at age 50, both men and women should have one of the following testing schedules:
Flexible sigmoidoscopy every 5 years*, or
Colonoscopy every 10 years, or
Double-contrast barium enema every 5 years*, or
CT colonography (virtual colonoscopy) every 5 years* * If the test is positive, a colonoscopy should be done.

Cervical Cancer

Women ages 21 and older should be tested for cervical cancer.
Women ages 21-29 should have a Pap test done every three years.
Women ages 30-65 should have a Pap plus an HPV done every five years.
Women age 65 and older who have had regular cervical cancer testing in the past 10 years with normal results do not need cervical cancer testing.

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Prostate cancer

Starting at age 50, men should talk to a health care provider about the pros and cons of testing so they can decide if testing is the right choice for them. African-Americans who have a father or brother who had prostate cancer before age 65 should talk with a health care provider starting at age 45.

If you decide to be tested, get a PSA blood test with or without a rectal exam. How often you’re tested will depend on your PSA level.

Reduce Your Risk

1. Avoid all forms of tobacco, including e-cigarettes.
2. Maintain a healthy weight.
3. Get moving with regular physical activity.
4. Eat healthy with plenty of fruits and vegetables.
5. Limit how much alcohol you drink (if you drink at all).
6. Protect your skin.
7. Know yourself, your family history, and your risks.
8. Get regular check-ups and cancer screening tests.

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It’s important to keep the movement going while you are training your mind. Do not stop and think. Keep moving.

“You do it, the better you get,” Sarah says. “We make it fun so it doesn’t feel like work but you do improve.”

The goal is not to eliminate mistakes but to improve memory. It’s challenging for all ages but at the end you can see improvement.”

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Looking for group brain training? Attend a Brain Boosters Workshop at a location near you or call for more information. 239-424-3231

Brain Boosters Workshops

- Wellness Center – Cape Coral
  12 p.m., Sept. 12, 28; Oct. 10, 26; Nov. 14, 30

- Healthy Life Center – South Lee County
  10 a.m., Sept. 26; Oct. 17; Nov. 7

- Wa-Ke Hatchee Recreational Center – Ft. Myers
  12 p.m., Nov. 8; Dec. 13; Jan. 10, 2017; Feb. 14, 2017
Atrial fibrillation (AFib) is the most common abnormal heart rhythm, " says cardiothoracic surgeon Paul DiGiorgi, M.D. "In a normal heart, the four chambers of the heart beat in a steady, rhythmic pattern. With AFib, the atria (upper chambers of the heart) fibrillate (quiver or twitch randomly) creating an irregular rhythm. It is one of the leading causes of stroke and can result in heart failure and poor quality of life."

We take for granted a beating heart, but when that beat loses its natural rhythm, the results can be serious, even life-threatening.

"Some patients with AFib have no signs or symptoms but others may have numerous warning signs, including:

- General fatigue
- Rapid and irregular heartbeat
- Fluttering or “thumping” in the chest
- Dizziness
- Shortness of breath
- Anxiety
- Weakness

Ablative treatment options can provide prolonged relief to many AFib patients. "Our surgical team has been performing ablative procedures for AFib for many years, and we have now greatly expanded our program by formally starting our multidisciplinary AFib working group," Dr. DiGiorgi says. "This innovative program is a collaborative effort to ensure optimal team communication, patient selection, and treatment plans. Together with our electrophysiologist colleagues and highly supportive administrative team members, our program addresses AFib at all stages."

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"Get in Rhythm" is a health awareness event hosted by Lee Memorial Health System and Lee Physician Group. The event features a multidisciplinary team of cardiologists, cardiac surgeons, and electrophysiologists who are dedicated to providing our community with the best possible care. Attendees can expect a day filled with health and wellness activities, including healthy breakfasts, information on artery health, and an exciting lineup of vendors.

Abnormal Heart Rhythm Can Signal Atrial Fibrillation

"Turmeric works like a cox -2 inhibitor—like Celebrex, but with fewer side effects," says family medicine physician Victoria Yorke, M.D. "It reduces pain and inflammation and inhibits the growth of many types of cancer."

"Turmeric can be added to many foods, including soups, pasta and sandwiches," Dr. Yorke says. "Adding pepper helps the turmeric absorb into the bloodstream. Plain turmeric is better for inflammation in the bowel, such as ulcerative colitis or irritable bowel syndrome."

Turmeric has a warm, slightly bitter taste and is used in curry powders, mustards and butters; and to add flavor to cheese. Turmeric is also available as a supplement. "If using it as a supplement, check the label for the addition of piperine if you plan to use it for memory, cancer reduction or arthritis," Dr. Yorke says.

Variety is the spice of life but spices offer a variety of healing properties that still benefit humans thousands of years after they were discovered. One such spice, turmeric, is effective in helping a number of medical conditions.

"Turmeric has been used for more than 5,000 years as a spice and as an anti-inflammatory medication. It originated in India, and contains curcumin, which adds to its anti-inflammatory properties. It is a member of the ginger family."

The spice has other health properties, including:

- Decreases amyloid plaques in the brain
- Decreases risk of Alzheimer's disease and helps decrease progression of the disease
- Decreases the number and size of colon polyps
- Helps irritable bowel syndrome (IBS)
- Helps psoriasis
- Decreases joint pain of rheumatoid arthritis
- Decreases inflammatory bowel disease (IBD), including ulcerative colitis and Crohn's disease

"As many as 6 million people in the United States have atrial fibrillation. The condition is most prevalent in people age 65 and older. High blood pressure is a contributing factor to AFib."

"Medication, including blood thinners, is our first line of treatment," Dr. DiGiorgi says. AFib is also increasingly treated by ablating specific areas of the heart with heat and/or cold energy sources. "Minimally-invasive techniques, including catheter-based ablations and the Maze surgery are being driven by new technologies, which allow for improved outcomes with increasingly smaller incisions," Dr. DiGiorgi says. "We have been fortunate to have the best technologies available for our patients."

The Maze procedure also involves closing off the left atrial appendage. The appendage is a part of the heart responsible for the majority of strokes from atrial fibrillation. The Maze procedure has been associated with a significantly reduced incidence of stroke likely because of the rhythm restoration and the ligation of the left atrial appendage.

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The surgical team follows each patient who has an AFib surgical procedure for many years to ensure the best possible outcome. "As a result of our investment in this program and the enthusiastic support of our community, our program has grown from a few dozen ablative procedures a year to almost 300 last year," Dr. DiGiorgi says.
Depression can lead to feelings of hopelessness and suicidal thoughts.

Bipolar Disorder, Depression Often Linked

Characterized by episodes of mania, bipolar disorder is a serious, life-long mental disorder that affects men and women equally. Although the exact cause is not known, bipolar disorder is considered a brain disorder, in the same way as Alzheimer's disease or epilepsy. "There is a genetic risk for inheriting bipolar disorder, which increases substantially when a close family member also suffers from the disorder," says psychiatrist Daryl Taniski, M.D. "Exposure to stress is also associated with the manifestation of the disease, typically in young adulthood."

Episodes of depression are often the greatest burden of bipolar disorder and are associated with the greatest disability. "The depression can lead to feelings of hopelessness and suicidal thoughts," Dr. Taniski says.

Treatment for bipolar disorder ranges from admission to a hospital for evaluation to ongoing treatment using prescribed medication. "Psychotherapy, in combination with medication, will often improve a patient's response to treatment," Dr. Taniski says. "Treatment is effective for most patients. However, I would stress that it's not curative. Most patients with bipolar disorder require lifelong treatment."

Instructors, Sharon Krispinsky and Nickie Connell, provide support and inspiration to people who attend the class. "They encouraged us to solve our problems and they gave us the tools to do so," Eileen says. "A class is only as good as the teachers, and Sharon and Nickie were great!"

Rowe Hudson, director, Lee Health Solutions, says the chronic pain program is structured like the very successful "It's All About You" chronic disease self-management program, which was also developed by Stanford University and has been offered through Lee Health Solutions since 2013.

"The 'It's All About You' program has had stellar participant satisfaction scores and improvements in self-efficacy," Rowe says. "It has also demonstrated a 24% reduction in hospitalizations for people who complete the program. We believe the chronic pain program will also be successful, especially because there are few community resources available to teach chronic pain suffers the various treatment modalities for this debilitating condition."

The Chronic Pain Self-Management Program and "It's All About You" are examples of community partnerships designed to improve health, wellness and quality of life.

Programs Help Patients Living with Chronic Pain

A number of complicated, chronic health conditions left Eileen Holt living with near-constant pain. The physical pain was often compounded by feelings of guilt and frustration for the things she couldn’t do. As she and her husband, Bob, were preparing to leave Southwest Florida for New York, she found out about the Chronic Pain Self-Management Program developed by Stanford University and offered through Lee Memorial Health System and Healthy Lee.

"Staying for the chronic pain workshop was the best decision we made," Eileen says. "The workshop offered me hope and the tools to a better life. It has taught me to be a good self-manager, using my mind to manage pain, pacing and learning to balance activity and rest; and exercises to build up my strength and balance."

/Common Areas of Chronic Pain/
Where’s Larry?

With Marketing

Lee Memorial Health System chief operating officer and former practicing obstetrician/gynecologist Larry Antonucci, M.D., has spent countless hours in the exam room, the operating room and the boardroom. Now, he is on a new adventure—spending time each month working in various departments throughout the health system.

Larry recently spent time with the Marketing & Communications Department. He observed the weekly departmental meeting and learned about the more than 100 projects the 10-person department manages at any given time. “Our job is to provide guidance to our many system clients on the best way to communicate with their varied audiences about all the services that we offer,” says Bill Oberman, system director, Marketing & Communications. “In addition, we are stewards of the system brand so that we speak with a common voice, look and feel, to connect all locations, services and programs to the system.”

“Fall” Into Healthy Food Choices

Eating what’s in season means fresher choices

September:
avocado, carambola, grapefruit, guava, mushroom, orange, peanut, tangerine

October:
avocado, carambola, cucumber, grapefruit, guava, mushroom, orange, peanut, squash, sweet corn, tangerine, tomato

Healthy Recipe

The Best Chocolate-Avocado Pudding

Ingredients:
- 2 Medjool dates pitted and soaked in warm water for 15 minutes
- 2 fresh avocados, pitted and peeled
- 1/2 cup unsweetened cocoa powder
- 1/4 cup raw honey
- 1/2 cup canned coconut milk
- 2 teaspoons vanilla extract
- pinch of sea salt

Directions:
Blend all ingredients in a food processor and enjoy.
Recipe courtesy of Heather Auld, M.D., Lee Physician Group.

Balance Awareness Week and National Fall Prevention Awareness Day

September 12-18, 2016

Lee Memorial Health System is proud to be a part of The Vestibular Disorders Association’s annual celebration of “Balance Awareness Week.” The goal is to raise awareness about vestibular disorders through education to support patients in their journey from diagnosis to treatment and recovery. Our dedicated team of balance and vestibular rehabilitation therapists have received specialized training in the evaluation and treatment of balance and vestibular disorders.

We offer seven convenient outpatient locations to address complaints of dizziness, vertigo, imbalance and fear or history of falling.

As part of the week’s celebration Lee Memorial Health System is launching the first vestibular support group in Florida as part of VEDA (www.vestibular.org). Call 239-424-3763.

The Healthy Life Center will also host a Balance Health Fair in recognition of National Fall Prevention Awareness Day, 9 a.m.-noon, Sept. 16.

Mark Tesoro from Lee Memorial Health System Trauma Services and Injury Prevention and Nathalie Grondin, PT coordinator of the balance and vestibular rehabilitation team, have teamed up to gather local vendors and organizations for the Balance Health Fair.

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Lee Memorial Health System chief operating officer and former practicing obstetrician/gynecologist Larry Antonucci, M.D., has spent countless hours in the exam room, the operating room and the boardroom. Now, he is on a new adventure—spending time each month working in various departments throughout the health system.

Larry recently spent time with the Marketing & Communications Department. He observed the weekly departmental meeting and learned about the more than 100 projects the 10-person department manages at any given time. “Our job is to provide guidance to our many system clients on the best way to communicate with their varied audiences about all the services that we offer,” says Bill Oberman, system director, Marketing & Communications. “In addition, we are stewards of the system brand so that we speak with a common voice, look and feel, to connect all locations, services and programs to the system.”

Larry and Laura Melbourne, project manager, Internet/Intranet Multimedia, discuss web processes during his visit to Marketing.

Larry and Doug Cook, senior project manager, Graphic Services, review Pantone colors for the system redesign.
**Maintaining Health Requires Daily Choices**

The battle between healthy eating and weight marches on, with our bodies seemingly fighting against us.

“Quality over quantity is very important when it comes to how we manage weight,” says Julie Hill, registered dietitian. “Looking at ingredient labels and identifying whole food ingredients, or purchasing whole foods (fresh produce, meat, eggs and whole grains) is the best way to put quality nutrition into your body.”

Cleaner foods result in better nutrition. “If you’re unable to purchase all organic foods, make sure that you’re washing your produce with a proper product, (not hand or dish soap) such as ‘Fit,’ to remove pesticides and waxes,” Julie says. “These extra chemicals can damage the body and cause dysfunction, leading to weight struggles and disease.”

Other good practices include placing food on a 9-inch plate and filling it with:

- ½ non-starchy vegetables
- ¼ lean meat or plant-based protein
- ¼ whole grains or starches

Fruit and dairy can complete the meal, but are not included on the plate. “It’s important to consume water with meals and between meals,” Julie says. “Calories are important, but quality calories come from natural, whole foods.”

Stress management plays a key role in quality health management. Yoga, meditation, restorative exercises, swimming, saunas, therapeutic massage, reflexology, acupuncture and mental health professionals are just a few ways to better manage stress to continue to meet your health goals.*

“It’s not a diet, it’s a lifestyle,” Julie says. “Dump the diets and find your balance. Most people find that their current diet is unbalanced, which contributes to weight struggles.”

Overconsumption of healthy foods can cause weight struggles, too. Balancing nutrients, such as macro-nutrients (carbohydrates, protein and fat) and micro-nutrients (vitamins and minerals) helps maintain vital functions. “If you feel that you’re struggling to find balance, try a food journal app on your phone or tablet,” Julie says. “At Lee Health Solutions, registered dietitians work to find the correct balance to help you be successful at reaching personal health goals.”

“Get enough sleep. “We have very busy lifestyles with a lot of stress, which usually pushes us to stay awake longer to get everything done,” Julie says. “However, the body finds this stressful and can’t repair properly, leaving us tired. Decreased sleep causes us to need and crave more calories, causing unexpected weight changes.”

The National Sleep Foundation recommends 7-9 hours of continuous sleep for adults, and 8-10 hours every night for children and teens. Consistency with bedtimes and wake times will promote optimal energy, less fatigue and better management of hunger.

*Make sure that your doctor approves these methods before trying them.

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**Celebrate 100 Years of Caring**

As Lee Memorial Health System approaches its 100th anniversary on Oct. 3, we invite members of the Southwest Florida community to celebrate this milestone event with us.

“From the time the wooden frame began to emerge on Lee County’s very first hospital in 1916, that caring spirit has been ever present,” says Jim Nathan, president and CEO, Lee Memorial Health System. “A century later, we remain fully dedicated and engaged in helping improve the health and well-being of the citizens and visitors of Southwest Florida.”

A timeline of our history, a video and memory book are available online. Go to our anniversary page and learn more about us: [www.leememorial.org/100-years-of-caring](http://www.leememorial.org/100-years-of-caring)
Healthy Living Lecture Series with Dr. Sal Lacagnina The Healthy Living Lecture Series is a free, monthly program that covers a variety of health care topics. The topic this month is "Balance and Vestibular Disorders." Time and date to be determined. Location to be determined. Contact Seth Berkowitz at 800-955-4972 or Seth.Berkowitz@comcast.net.

Brain Tumor Support Group 6:30-7:45 p.m., third Tuesday of each month Lee Memorial Hospital Volunteer Conference Room Call Dona Ros at 239-433-4396

Cancer Nutrition Seminar Everything you need to know to feel the best before your replacement surgery Tuesdays at Cape Coral Hospital, Wednesdays at Lee Memorial Hospital and Fridays at Gulf Coast Medical Center-October 12 at 10:30 a.m., Tuesdays at Cape Coral Hospital Room A, 636 Del Prado, Cape Coral Call 239-424-3120

Ortho/Neuro/Spine Preoperative Joint Replacement Seminar Everything you need to know before your replacement surgery Tuesdays at Cape Coral Hospital, Wednesdays at Lee Memorial Hospital and Fridays at Gulf Coast Medical Center-other Tuesday Outpatient Rehabilitation at City Gate Village, Fort Myers

Support Groups/Classes Obstomy Support Group for individuals who have had an ostomy (colostomy, ileostomy or gastrostomy) and caregivers of individuals with outcomes. 12:45-2:30 p.m., first Tuesday of each month Lee Memorial Hospital Medical Office Building, Suite 705 Call Lynne Puglise at 239-418-3520

Pulmonary Fibrosis Support Group 12:30 p.m., second Wednesday of each month Lee Memorial Hospital Medical Office Building, Suite 705 Call Lynne Puglise at 239-418-3520

Cancer Breast Cancer Support Group breast cancer patients get the support they need to be successful 9:30 a.m., for newly-diagnosed patients; 11 a.m., for ongoing breast cancer patients first Friday of each month Regional Cancer Center, 4th floor conference room Call Barb at 239-433-9554 or Tammi Zinn at 239-433-9546

Weight Loss Weight Management Individualized weight loss counseling with registered dietitians Weekly counseling sessions are available at the Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital 239-424-3071 or visit www.LeeMemorial.org/Weight

Positive Parent Support Group Provided by Golisano Children’s Hospital of Southwest Florida in collaboration with the Greater Naples YMCA, this program is for parents of children with special abilities; it provides the opportunity to come together to connect and establish supportive relationships. Tracks and times vary.

Physical therapy services provided by Lee Hospital

Cancer Mastectomy Pre-Operative Education Class for caregivers and patients. Each class is taught by nurses who are patients, survivors and caregivers. Each month new information is presented with topics such as coping skills, education, and support services. 5:30-8:00 p.m., third Thursday of each month Lee Memorial Hospital 5:30-8:00 p.m., third Thursday of each month Lee Memorial Hospital 5:30-8:00 p.m., third Thursday of each month Lee Memorial Hospital

Oral, Head and Neck Cancer Support Group 3-4 p.m., fourth Tuesday of each month Gulf Coast Medical Center 239-941-7321 Call Lynne Puglise at 941-875-5732

Cancer Support Group 10:30 a.m., third Saturday of each month Lakes Regional Library 239-964-7100 Call Sandy Farland at 239-390-0797 or taranfeather@comcast.net.

Support Group 5:30 p.m., fourth Friday of Gulf Coast Medical Center, Women’s Services Entrance, first floor, Room L-317a Call Larry Mickley at 239-454-3308

Support Group 6:30-7:00 p.m., third Tuesday of the month Hope Hospice, 9470 Healthpark Medical Center, 5th floor, Conference Room Call Joy Michelle Borbely at 239-343-7502 or jborbely@myeloma.org.

Stroke Support Group Pre-surgery exercise and stroke survivors 4:30-5:30 p.m., first and third Monday of each month Lee Memorial Hospital Auditorium 239-343-3349 or 239-424-2317 at Cape Coral Hospital

Weight Loss Weight Management Individualized weight loss counseling with registered dietitians Weekly counseling sessions are available at the Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital 239-424-3071 or visit www.LeeMemorial.org/Weight

Pulmonary Fibrosis Support Group 12:30 p.m., second Wednesday of each month Lee Memorial Hospital Medical Office Building, Suite 705 Call Lynne Puglise at 239-418-3520

Gentle Yoga – Multiple Sclerosis Society The complimentary Yoga class for members of the Multiple Sclerosis Society. 11:30 a.m.-12:30 p.m., Tuesdays and Thursdays Wellness Center-Fort Myers Call 41-218-2000

Lifestyle Coaching This program is for Wellness Center members and caregivers. 1:30 p.m., third Friday of each month Lee Memorial Hospital Medical Office Building, Suite 705

Better Breathers for patients, family members and caregivers 6:30 p.m., first month each Wellness Center Cape Coral Call Jan Burkett, COPD advocate, at 239-433-6545

Pulmonary Fibrosis Support Group Meets the 2nd Wednesday of each month Lee Memorial Hospital, Medical Office Building, Room 705. Call Puglise at 41-875-5732 for times.

It’s All About You, Chronic Disease Management This program can help you improve your quality of life. You can’t change your heredity, high blood pressure, diabetes and other health conditions. Learn how to control symptoms, manage medications, and how to better manage their health and the symptoms of chronic disease. Includes physical fitness, chronic illnesses, such as asthma, depression and fatigue. Workshops are facilitated by registered nurses and sometimes also have a chronic illness specialist.

Time and Date varies. For More Information: 239-424-3122

Free Sleep Screenings 9:30 a.m., second Thursday of each month Lee Physician Group Memory Care, 12600 Creekside Lane, Suite 7, Fort Myers. Appointments required; call 239-940-2200

Survivors Group 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 stories, and to develop hope, coping skills and support.

6-8 p.m., second Tuesday of the month Lee Memorial Hospital Auditorium Contact Gloria Ingraham at 239-343-9557 or Gloria.Ingraham@LeeMemorial.org

Lee Physician Group Memory Care Community Mission Dr. Patrick J. Foley, M.D., is the featured speaker. Mended Hearts is a non-profit organization that provides educational support groups for individuals who have had an aortic valve replacement, heart surgery or any other type of cardiac procedure.

Volunteers who provide care for individuals who have had an aortic valve replacement, heart surgery or any other type of cardiac procedure. Registration varies. Caregiver Support Group Call 239-940-2200

Nutrition Counseling Individualized nutrition counseling with a registered dietitian helps support healing for a variety of health conditions. Weekly counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital.

Call 239-424-3122

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Call 239-424-3122
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
Southwest Florida ............................................. 239-343-KIDS (5437)
Golisano Children’s Hospital of
9981 S. HealthPark Dr., Fort Myers, FL 33908
Lee Memorial Hospital ........................................ 239-343-2000
Rehabilitation Hospital ........................................ 239-343-3900
2776 Cleveland Ave., Fort Myers, FL 33901
Convenient Care - Pine Island Road ..................... 239-424-1655
1682 NE Pine Island Road, Cape Coral, FL 33909
7 a.m. - 7 p.m., 7 days a week
Convenient Care - Summerlin .............................. 239-343-7450
16230 Summerlin Road, Fort Myers, FL 33908
7 a.m. - 7 p.m., 7 days a week
Convenient Care - Page Field ................................ 239-343-9800
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
The Breast Cancer Support Group meets on the first Saturday of each month in the 4th floor conference room at the Regional Cancer Center 8931 Colonial Drive, Fort Myers at 9:30 a.m., newly diagnosed breast cancer patients 11 a.m.-12:30 p.m., general breast cancer support group

Liz Bachoo-Garib, CBCN, breast health navigator......239-343-9554
Tammy Zinn, CBCN, breast health navigator......239-343-9546

Breast Cancer Support Group

The support group:
- Provides the opportunity to talk openly and honestly about your feelings
- Helps you gain a sense of empowerment and control
- Reduces stress, depression and anxiety
- Allows you to make connections with other women facing similar issues
- Enables you to share experiences, resources, new medical research and adjustment
- Improves your coping skills and adjustment

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Tammy Zinn, CBCN, breast health navigator......239-343-9546
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

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**Every Monday**

- **Gentle Yoga** – all levels welcome, please bring a mat!
  3-6 p.m.

**Every Wednesday**

- **Walking Club**
  8:30-9:30 a.m.

**Every Saturday**

- **Walking Club**
  8:30-9:30 a.m.

**Thursday, September 8**

- **Prostate Cancer – Learn about Causes, Symptoms and the Latest Advancements in Treatment**
  3-4 p.m. (RSVP)
  Dr. Alejandro Miranda-Sousa, urologist

**Monday, September 12**

- **Stay Home Sweet Home**
  10-11 a.m. (RSVP)

**Tuesday, September 13**

- **Heart Report Card**
  10:30 a.m. – 3:30 p.m.
  Call 239-424-1499 for more information

**Wednesday, September 14**

- **Food Safety: Are the Foods We Eat Safe?**
  11 a.m. – noon (RSVP)
- **Make it and Take it: Essential Oil Roller Ball**
  3-4 p.m. (RSVP)
  Make your own pain relief blend, hormone support or beautiful healthy perfume with essential oils.$5 fee.

**Friday, September 16**

- **Balance/Fall Prevention Awareness Day**
  9 a.m.-noon (RSVP)
  Call 239-495-4475 for more information
- **Diabetes: Exploring the Various Treatment Options**
  2-3 p.m. (RSVP)

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**Saturday, September 17**

- **Keeping the Mature Athlete in the Game! Ankle Injuries in Golf and Pickle Ball**
  10-11 a.m. (RSVP)
  Dr. Evgeny Krynetskiy, orthopedic surgeon

**Monday, September 19**

- **Make It and Take It: Create an Autumn Wreath**
  10:30-11:30 a.m. (RSVP)
  Small fee
- **Balance and Vestibular Disorders**
  Noon-1 p.m. (RSVP)
  2-3:30 p.m., Balance and Vestibular Support Group meeting to follow lunch break.
  Presentation by Nathalie Grondin, Lee Memorial Health System physical therapist.

**Tuesday, September 20**

- **Living Strong with a Weak Heart: Basics of Heart Failure**
  10:30-11:30 a.m. (RSVP)
- **The Microbiome and the Gut Connection**
  10:30-11:30 a.m. (RSVP)
  Dr. Salvatore Lacagnina, internal medicine
- **Nutrition for Arthritis and Inflammation**
  2-3 p.m. (RSVP)

**Thursday, September 22**

- **Are your Social Security Benefits being Hacked?**
  10:30-11:30 a.m. (RSVP)
  Presented by Lee County Sheriff’s Office
- **Self Defense for Women: ages 13 and up**
  1-3 p.m. (RSVP)
  Presented by Lee County Sheriff’s Office, $5 fee

**Friday, September 23**

- **Where Does Your Water Come From?**
  3:30-4:30 p.m. (RSVP)
  Overview with Lee County Public Utilities
- **Look Younger and See Better – Cosmetic Eyelid Surgery**
  10-11 a.m. (RSVP)
  Dr. William Ehrlich, oculofacial and cosmetic surgeon
- **Self Defense for Women: ages 13 and up**
  1-3 p.m. (RSVP)
  Presented by Lee County Sheriff’s Office, $5 fee
- **Preventing Anxiety: Nervous Nellie No More**
  3-4 p.m. (RSVP)
  Dr. Heather Auld, integrative medicine
- **Finding Hope For Living Well With Parkinson’s Disease**
  1-2 p.m. (RSVP)
  Presented by Hope Parkinson Program RSVP to 239-985-7727

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**Saturday, September 24**

- **AFib Awareness Month – Get in Rhythm**
  10 a.m.-2 p.m. (RSVP)
  Call 239-343-7000 for more information

**Monday, September 26**

- **Brain Booster**
  10-11 a.m. (RSVP)
  $5.00 per class.
  Train your brain like you would any other part of your body. Call 239-495-4475 for more information.

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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