A Message From Larry Antonucci, President & CEO

Assuming the role of president/chief executive officer for Lee Health has been exciting and humbling. Throughout my career, I have been both a practicing physician and a health care executive. I began my career in Southwest Florida as an obstetrician/gynecologist (OB/GYN). It was a true privilege to be able to serve my community by helping to bring thousands of Southwest Floridians into the world. In 1995, I co-founded Physicians Primary Care (PPC)—a large multi-specialty physician practice in Lee County. I joined Lee Health in 2007—first serving as chief administrative officer for Cape Coral Hospital and later as chief operating officer until I was appointed president and CEO in June.

My experiences on both sides of health care have provided me a unique perspective that will benefit our continuing efforts to transform our organization and the care we provide to Southwest Florida. I believe Lee Health can and should be the model of collaborative, patient-centered care in the nation.

A top priority for Lee Health is to continue the transformation of our organization to one of the highest quality and reliability. Patient safety continues to be a top focus, and the goal is flawless care, zero harm. We cannot falter on that commitment or settle for less.

Significant work has been done in recent years to shift from a volume-based to value-based system, and to move from repair-center medicine to one focused on overall health and wellness. Through collaborative, community efforts, like Healthy Lee and our Healthy Life Center at Coconut Point, we have seen amazing things happen. A great example is the Healthy Lee Million Mile Movement, which kicked off the year encouraging our community to walk, run, bike, or swim 1,000,000 miles in 90 days. Lee County took the challenge seriously and moved more than 700,000 miles during the first three months of 2017.

Additionally, Lee Health has been working toward a more synergistic approach to operations by creating a structure built on physician engagement. Our new shared leader model—known as a dyad—combines physician and nursing leadership in our hospitals and key services lines, and empowers physicians to play a greater role in our daily operations. This dyad model will standardize processes, where appropriate, across our hospitals. As we move forward, we know that engaging physicians, empowering our staff through our lean management system, and partnering with our patients and community will change the narrative of health care to one that is more inclusive, proactive and focused.

I am grateful for the opportunity to build on the legacy Jim Nathan leaves our health system and our community. I am honored to be the first physician appointed to the role of president and CEO for Lee Health. It is my privilege to work with our team of caring people, inspiring health, and to work toward the highest quality, compassionate care and the goal of better health and wellness for all of Southwest Florida.

“Patient safety continues to be a top focus, and the goal is flawless care, zero harm. We cannot falter on that commitment or settle for less.”

Lawrence R. Antonucci, M.D. President & CEO
Design Purse Bingo for October 5!

It’s time for another exciting edition of Designer Purse Bingo, set for Thursday, Oct. 5 at Fathom’s in Cape Coral. Proceeds from the event benefit patients who receive lifesaving care at the state-of-the-art Regional Cancer Center. Guests will enjoy hors d’oeuvres and 18 rounds of bingo with the chance to take home great designer purses by Michael Kors, Kate Spade, Dooney & Burke, Coach and more!

This is a party you don’t want to miss. The fun begins at 5:30 p.m. and tickets are only $45 per person. Purchase your tickets at LeeHealthFoundation.org/PurseBingo or call 239-214-0819.

Help Make Hospitals Less Scary for Kids

Golisano Children’s Hospital of Southwest Florida is pleased to announce that local Southwest Florida Spirit Halloween stores will start pediatric patient discount cards to customers and matching donations to the children’s hospital through Oct. 31. Since 2007, the program has donated more than $147,000 to the Child Life Program at Golisano Children’s Hospital.

Visit LeeHealthFoundation.org/Spirit to learn more about the Spirit of Children program and obtain a list of participating stores, as well as print your coupon. Share your costume photos on social media with hashtag #SpiritOfGolisano and join the fun!

Enhancing the Health of Our Community

Lee Health Foundation has identified six initiatives that focus on enhancing the health and wellness of the Southwest Florida community as priorities during the next few years. This progressive approach aims to improve the overall health of our community while continuing to serve those in need with the highest quality care possible. Lee Health Foundation will focus on raising awareness and philanthropic support in the following strategic areas:

1. Lee Health – Coconut Point
   - will be the most comprehensive health and wellness destination in South Lee County. The 163,500-square-foot medical campus will occupy a 31-acre site south of Coconut Point Mall and offer a broad array of medical services. In addition to providing an excellent experience and healing environment, features include: a freestanding 24-hour emergency department, surgery center, breast health center, cardiac testing and rehabilitation services, a pharmacy, chronic disease management, nutritional counseling including a teaching kitchen, and the Healthy Life Center for exercise, health assessments and education throughout the year. Visit LeeHealthFoundation.org/CoconutPoint.

2. Little Red Wagon Fund
   - Recipient of The Leopfrog Group Top Children’s Hospital Award 2016, Golisano Children’s Hospital of Southwest Florida is the only full service children’s hospital between Tampa and Miami. Every dollar raised will benefit our community’s youngest, most vulnerable patients and their families. In addition to the new children’s hospital in Fort Myers, Lee Health serves children through the Pediatric Specialty Clinic in Port Charlotte and at the Golisano Nicklaus Children’s Health Center in Naples. Lee Health Foundation is raising funds to support critical pediatric care areas of greatest need. In partnership with us, you can help ensure children receive the care they need through your generous support. Visit LeeHealthFoundation.org/LittleRedWagon.

3. The Health & Wellness Initiative
   - is enhancing the overall health of residents and positively impacting Southwest Florida communities. Through programs and partnerships with Healthy Lee, physicians’ groups, local schools, social services and neighborhood organizations, we are taking a proactive, grassroots approach to education and initiating healthy living programs that transform the way our families feel about wellness and health care. Our six key focus areas include: Purpose Driven Living “Your Why”, Physical Activity, Nutrition, Sleep, Stress Management, and Mental & Behavioral Health. Visit LeeHealthFoundation.org/Wellness for more on the CHIP Program, walking trails, gardens, teaching kitchens, food trucks and other efforts.

4. Pediatric Behavioral Health
   - One in five children currently or at some point during their life struggle with a seriously debilitating mental disorder. Golisano Children’s Hospital’s new Pediatric Behavioral Health Fund will assist children with mental and behavioral health disorders by enabling them to receive proper diagnosis, treatment and the best community resources. Your support will provide essential funding to create a pediatric behavioral health program and assist with the hiring of mental and behavioral health professionals, case management and navigation, provide in-patient and outpatient counseling and therapy, and support families of children with behavioral health issues. Visit LeeHealthFoundation.org/NotOnMyWatch and shine a light for someone in need.

5. Regional Cancer Center Expansion
   - Every year since opening in 2008, the Regional Cancer Center has experienced double-digit growth. The five-year success rate for cancers diagnosed and managed within Lee Health exceeds national averages. To continue to provide high-quality comprehensive care in our growing community, Lee Health began a multi-million-dollar expansion of the Regional Cancer Center, including a 24,000 square-foot addition to the existing health center on Colonial Boulevard near I-75 in Fort Myers. The expansion is anticipated for completion by fall 2018 and will include space for cancer treatment research. In partnership with you, we can have a lasting impact on our community. Visit LeeHealthFoundation.org/RegionalCancerCenter.

6. Shipley Cardiothoracic Center
   - Heart disease continues as the leading cause of death for men and women in the United States. Thanks to a $2.5 million gift from Mr. Richard C. Shipley and Shipley Foundation, Inc., Lee Health created Shipley Cardiothoracic Center to address the management and care of those suffering from heart and lung diseases. Outcomes have vastly improved by using a formalized program to improve a patient’s health before surgery with a multidisciplinary team approach engaging all care providers at all levels. Shipley Cardiothoracic Center is at the forefront of developing techniques that will make a difference for patients and significantly improve their health and vitality. Visit LeeHealthFoundation.org/ShipleyCenter.

In partnership with Lee Health Foundation, you can transform the future of Southwest Florida and have a lasting impact on our community through your generous support. Contact our team to discuss the area of need that reflects your passion!

Visit LeeHealthFoundation.org or call 239-214-0819 to speak with our team.
Getting Back Into the Groove of School With a Routine

You have dealt with the mad dash to get your child ready to return to school. Now is the time to make sure your family is settling into a normal, healthy routine—a task that is often one of the most difficult transitions for both kids and parents between summer vacation and starting a new school year.

If you have overlooked evaluating your child’s current health status, make an appointment. “Going back to school should coincide with checking in with your pediatrician for an annual well-child visit,” says Michelle Hoffman, M.D., a specialist in pediatric infectious diseases. “Updating vaccines is essential for all children, but especially those between the ages of 4-5 and 11-12.”

It is also important to make sure your child is practicing healthy habits. “Teach them how to properly wash their hands or to use a gel-based hand sanitizer throughout the day to avoid getting sick and spreading germs,” Dr. Hoffman says. “Also, show them how they need to cover the mouth with an elbow or sleeve when coughing or sneezing. And remember, if your child has a fever, he or she should not return to school until 24 hours after they are fever-free.”

Visit www.flshotsusers.com (under the “Parents & Schools” tab) to find information about which shots are required for school/child care center entry and to participate in physical activities.

What is in a can of soda?

• When you drink a can of soda, you are consuming the equivalent of 10 sugar packets.
• If you drink a can of soda daily for a year, you will consume 54,750 extra calories.
• If you do not exercise to lose those 54,750 calories, you could gain as many as 15 pounds.

Tips to jumpstart your commitment to more physical activity:

• Choose an activity that you enjoy doing.
• If one hour seems too long, commit to shorter sessions throughout the day.
• Make it fun; involve your friends and family members.

Michelle Hoffman, M.D.
Lee Physician Group
Pediatric Infectious Diseases
9981 S. HealthPark Dr.
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Fort Myers, FL 33908
239-343-9710

The 5210 program featured a summer campaign that began in May and ends this August. Each month highlighted a different message for developing healthier eating and living habits. For May, participants were encouraged to eat more vegetables and fruit (at least five servings a day). In June, the goal was to reduce recreational screen time (TV, computers and video games) to two hours or less a day. July’s goal involved committing to one hour of physical activity each day.

For the month of August, avoid drinking zero sugar-sweetened drinks and instead, drink more water. Sweetened drinks such as soda, fruit drinks and energy drinks contain added sugar. Too many sugar-sweetened drinks can lead to unhealthy problems such as dental cavities and unwanted weight gain, according to Rowe Hudson, director of Lee Health Solutions. “There’s no nutritional value in sugar-sweetened drinks,” Rowe says. “They are a major implication in the rising rates of obesity. With these types of drinks, you can easily gain those 15 pounds.

But committing to healthier living and eating should be a year-round goal and not just for summer months. Start small when fitting healthier habits into your busy life, suggests Sarah Mitchell, a health and wellness coordinator with the Wellness Center—Cape Coral. “For example, in September try to get one hour or more of physical activity each day,” she says. “Find something you like to do either outdoors or indoors. If you find one hour is too long, start with shorter segments.” Sarah recommends 10-minute sessions you can do throughout the day. “Time is the No. 1 reason we blame ourselves for not being physically active,” she says. “We have to prioritize our time to fit in that hour.”

Numbers to Live by: 5-2-1-0 Offers Healthier Living and Eating

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Simple Treatment Heals Diabetic Foot Ulcers

Diligent Foot Care Techniques

People with diabetes often develop diabetic neuropathy, a type of nerve damage that affects the ability to feel pain in the feet and lower legs. Often, because of a lack of sensation in the legs and feet, patients can sustain minor trauma, such as stepping on a thumbtack or developing a blister, and not know it. Also, diabetic neuropathy can cause foot ulcers. According to the American Podiatric Medical Association, diabetic neuropathy causes foot ulcers in 15 percent of patients with diabetes. Some people with a diabetic foot ulcer may be unaware they have an ulcer. As a result, they will continue to walk on the untreated ulcer until it becomes infected. The ulcer may eventually smell or bleed, making it noticeable. The infection may be critical and require the foot or lower leg to be amputated. Every 30 seconds, a person who has diabetes loses a limb to the disease.

Jeremy Tamir, M.D., specializes in wound care and hyperbaric medicine and frequently treats diabetic foot ulcers. “We commonly see diabetic foot ulcers on the soles of the feet, over bony prominences,” Dr. Tamir says. “Multiple treatments are available to treat diabetic foot ulcers such as specialty shoes, dressings, antibiotics and surgical intervention.” Some of the more advanced techniques are minimally invasive bone shaving, biological dressings and the hyperbaric chamber. But the most simple and effective approach is to offload or relieve pressure from the wound by placing a special cast called a total contact cast on the foot and lower leg.

Lee Health’s Wound Care is among the 2 percent of wound care centers in the United States that routinely use total contact casts to treat diabetic foot ulcers. “There are many components which make this approach the gold standard,” Dr. Tamir says. “It has a 90 to 98 percent success rate, it is noninvasive and it protects the foot and allows wounds to heal usually in 4-6 weeks. Pressure from walking, even standing in the shower, can cause significant damage to the wound and prevent healing. Total contact casts evenly divide the pressure on the foot to relieve the pressure on the wound.”

“If you have diabetes, practicing proper foot care can prevent diabetic foot ulcers, which is critical to saving your feet. To properly care for your feet, you should:

- Never walk barefoot; always wear shoes.
- Use a mirror to inspect your feet daily.
- Get custom-made shoe inserts to pad your feet. Avoid walking in hard shoes or sandals.
- Ventilate your feet to prevent moisture build-up.

If you have a problem, see your doctor immediately. If you wait more than six weeks before seeking treatment, you run a greater risk of amputation. However, you can decrease this risk by as much as 75 percent if a team specializing in the care of diabetic foot ulcers cares for you.

Workshops Help Manage Chronic Pain Conditions

Lucy Wistreich, 84, keeps moving, despite suffering from advanced degenerative arthritis for 25 years. “That’s what you have to do when you have something like I have,” Lucy says about her condition. “The idea is to keep busy, keep active, keep moving and keep involved. That’s what the workshop is about.”

The Chronic Pain Self-Management Education Program (CPSMP) Lucy completed teaches participants how to self-manage their chronic pain conditions. The program, in which participants meet once a week for six weeks, is a workshop taught in community settings such as senior centers, churches, libraries and hospitals. Each class lasts 2.5 hours.

People with different chronic health problems can attend. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease.

“Offered by Lee Health Solutions and Healthy Lee, the workshop replicates the one developed by Kate Lorig, director of the Stanford Patient Education Research Center and Professor of Medicine in the Stanford School of Medicine. In addition to the chronic pain workshop, the Chronic Disease Self-Management Education Program (CDSMP) also assists people with chronic health problems.

“The difference between the two workshops is that we teach self-management tools related to managing any chronic health condition in the disease workshop,” Sharon Krispinsky, program coordinator, says. “In the chronic pain program, we specifically address the self-management tools for chronic pain conditions.”

The programs feature three critical components: action planning, problem solving and decision-making. “Each week we develop an action plan, similar to goal setting,” Sharon explains. “Participants work on meeting their goals during the week. Then at the next meeting, we discuss our progress with meeting our individual goals and problem-solve if there are barriers.”

“The workshop offers very good information about how keep yourself active,” Lucy says. “It has exercises you could do and suggested strategies for handling pain. I really enjoyed the workshop.”

The workshops are for anyone 18 years of age or older. To register for an upcoming workshop, call 239-343-9264.

The workshop offers very good information about how to keep yourself active.”

Sharon Krispinsky and Nickie Connell, certified trainers, facilitate a chronic pain workshop.
Prescreening for Colorectal Cancer Can Save Your Life

Screening for early detection of colon cancer can save your life. Almost all colorectal cancers, which occur on the lining of the colon or rectum, begin as precancerous polyps (abnormal growths). Over time, some polyps present in the colon or rectum may turn into cancer. “Screening tests can find polyps so they can be removed before turning into cancer,” says gastroenterologist Khalid Alam, M.D. “Screening also helps find colorectal cancer at an early stage, when treatment can lead to a cure.”

According to Dr. Alam, a screening identifies three types of polyps: benign (non-cancerous), precancerous (potential to become cancerous) and cancerous. “When your gastroenterologist identifies any one of these polyps, he’ll remove it and send it to a pathology lab to confirm which type of polyp it is.”

More than 90 percent of cases occur in people aged 50 years and older, according to the Centers for Disease Control and Prevention. Besides age, other risk factors include:

- Having a history: a personal and family history of inflammatory bowel disease, colorectal cancer or colorectal polyps.
- Inheriting certain genes: about 5 to 10 percent of people who develop colorectal cancer have inherited specific genes that may lead to colorectal cancer.
- Eating poorly: a high-fat diet that is low in fruit, fiber and vegetables increases your risk for colorectal cancer.
- Consuming alcohol and tobacco
- Being overweight or obese
- Avoiding physical activity
- Having type 2 diabetes
- Race and ethnic background: Caucasians may be more predisposed than Asians, for example.

There are several types of colorectal cancer screening tests. Colonoscopy is the most comprehensive test, according to Dr. Alam. “Colonoscopy is an extensive evaluation of the entire length of the colon using a thin, flexible tube with a camera attached. If nothing is found during the test, you won’t need another one for 10 years. This test is most recommended by the American Cancer Society and other professional organizations.”

These tests can find both colorectal polyps and cancer. Ask your doctor which one he or she recommends for you.
- Flexible sigmoidoscopy every five years
- Double-contrast barium enema (DCBE) every five years
- Colonoscopy every 10 years
- CT colonography (virtual colonoscopy) every five years

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239-543-6202

Prescreening for Colorectal Cancer

Call 239-343-5720 or 239-424-2396 to learn more about the cardiac rehabilitation program. Ask your physician for a referral.

Cardiac Rehabilitation Program Builds Endurance

Retired Army Warrant Officer James Lozinski, who kept himself fit, thought he had a healthy heart. But in 2010 he needed a stent inserted into an artery to open a narrowing vessel. After completing a cardiac rehabilitation program, he admits to returning to unhealthy eating habits. In September 2016, he had a heart attack.

“My cardiologist, H. Michael Bolooki, M.D., recommended I try the cardiac rehabilitation program offered by Lee Health,” James says. “I firmly believe if I had participated in this specific program earlier, I may not have had the heart attack. The program is excellent.”

Rosa Godoy, a cardiac rehabilitation exercise physiologist, began working with James in mid-October of 2016. “Two months into the cardiac program, James participated in the annual 5k American Heart Association Lee County Heart Walk,” Rosa says. “Our program’s expectation is to increase a person’s metabolic equivalent of task (METs) by at least 40 percent. James has increased his by 125 percent.”

METs is a way to measure the amount of energy your body requires to perform a physical activity, and higher METs relates to developing increased endurance. Now, James is 20 pounds lighter, eats less fried foods, walks five days a week and participates in phase III cardiac rehabilitation maintenance program twice weekly.

In October of 2016, Charles Vavrina knew it was time to get serious about his cardiac health when he experienced his first bout of chest pain while vacationing in the mountains of Georgia. “Within six weeks I was undergoing cardiac artery bypass surgery to correct eight blockages in five arteries,” he says.

Like James, Charles fully committed to the program and attended cardiac rehabilitation sessions three days a week, an hour each day. Charles also has increased his METs significantly (161 percent). “Two weeks ago, I ascended that same hill that caused my chest pain with no more exertion than a hard day on the treadmill,” Charles says. “I credit the cardiac rehabilitation team who gave me the confidence to continue to push myself to achieve my full potential within the program.”

Call 239-343-5720 or 239-424-2396 to learn more about the cardiac rehabilitation program. Ask your physician for a referral.
Regional Cancer Center Expands

As patient volume continues to grow, so will the Regional Cancer Center. Construction is under way for adding 24,000 square feet of space to the cancer-care complex. The new addition, which will join the established structure, is scheduled for completion in May 2018.

“This construction is more than about the buildings; it allows us to bring staff and services together,” says Dennis Bruens, vice president of oncology and palliative care at the Regional Cancer Center. “We want to have everything in one complex to make it easy and convenient for our patients to receive the care they need. For example, one of the most common side effects of cancer treatment is fatigue, which can be helped through an on-site rehabilitation program.”

Medical staff and care teams at the Regional Cancer Center also will grow, bringing together physicians who specialize in head and neck cancer and surgical oncology.

The first floor of the new building will include services such as palliative care, the multidisciplinary clinic, rehabilitation and the cancer data center. The second floor is reserved for additional oncology clinical specialties.

Cancer Navigators at Regional Cancer Center

You don’t have to do it alone, not when it comes to figuring out your next step after you’ve been diagnosed with cancer. The cancer navigators at the Regional Cancer Center are oncology nurses who provide one-on-one assistance to cancer patients throughout their care. Their proactive approach with patients helps remove barriers to available services and timely treatment. Cancer navigators also help patients understand their diagnosis, available treatment options and may coordinate tests and medical appointments.

“So often, patients are overwhelmed by their diagnoses,” says oncology nurse and navigator Bobbi Marino. “Many people don’t know which way to go or where to start. They may face loss of income and insurance coverage, for example. We help patients navigate those challenges by providing information about community resources that may reduce their financial burdens, along with their fear and anxiety.”

Navigators enhance the quality and continuity of care and help guide you through all of the complexities that a diagnosis of cancer can create. They help reduce or remove barriers that otherwise might discourage patients from getting the services and care they need. The four navigators with Regional Cancer Center are oncology certified nurses. Two navigators specialize in breast cancer, and another specializes in cancers of the brain, lung, and head and neck. Bobbi’s expertise applies to esophageal, gastric/stomach, liver, pancreatic, colorectal, kidney, bladder and prostate cancers.

Lee Health offers its cancer navigation services free to individuals who are undergoing treatment or have a history of cancer.

The cancer navigator program offers help in these areas:

Medical
- Helps you to understand your diagnosis and the treatment options.
- May coordinate tests and medical appointments to ease anxiety and inconvenience.
- Assists you in accessing appropriate resources and referrals.

Emotional
- Provides support and communicates your personal needs and concerns to care providers.
- Follows up with you and your family periodically to see how care is progressing.
- Recommends support groups or counselors, as necessary.
- Helps you with spiritual needs when requested.

Educational
- Educates you about available community and Regional Cancer Center resources.
- Empowers you through knowledge of site-specific cancers

Financial
- Advocates for you and helps you seek appropriate financial aid.

Cancer Navigation Services

Regional Cancer Center

8931 Colonial Center Dr.
Suite 200
Fort Myers, FL 33905
239-343-9500

Cancer Navigators

• Advocates for you and helps you seek appropriate financial aid.
• Empowers you through knowledge of site-specific cancers
• Helps you to understand your diagnosis and the treatment options.
• Provides support and communicates your personal needs and concerns to care providers.
• May coordinate tests and medical appointments to ease anxiety and inconvenience.
• Assists you in accessing appropriate resources and referrals.

Regional Cancer Center provides free valet parking services during construction. You can drive your car to the entrance, where an attendant will park and retrieve your car after your visit.
Dream Car Increases Awareness of Alzheimer’s Disease

Challenges of Caregivers

As our loved ones age, many of us will become their caregivers. Caring for those living with memory impairments like Alzheimer’s disease is rewarding, but comes with enormous obstacles and sacrifices.

Dan Summers uses his 1968 Jaguar XK-E to spread awareness about both Alzheimer’s disease and the lack of support for caregivers who choose to keep their loved ones at home. His wife, Joan Summers, wanted him to have this “dream car,” and in 1979 when their four children were older and his business was doing well, Dan bought it and planned for them to ride it during their golden years.

In 2000, Dan and Joan’s lives came to a crossroads when they discovered their hopes for the golden years would look different than they imagined. “When you’re told, ‘it’s definitely Alzheimer’s,’ it’s hard to explain what goes through your mind,” Dan says. “It’s like being stabbed in the heart; it couldn’t have hurt any more.”

Wendy Bond, M.D., Joan’s neurologist, says the extraordinary care Dan has provided Joan has helped her condition. “He has refused to put her in a nursing home, which is one of the reasons she has done so well for the past 17 years,” Dr. Bond says. “He’s a very special man to do this. It’s a tough job because it’s every single day. Not many people can do that.”

A few years ago, when Dan took a short break from sitting bedside with Joan at Gulf Coast Medical Center, he envisioned his “dream car” displayed in the hospital lobby and painted purple with a message that read, “Alzheimer’s Awareness,” in gold lettering to represent how the disease steals the golden years of loved ones. Dan restored his dream car to fit this vision, and uses the car to raise funds to give caregivers a break—to go out for a couple hours and meet with friends, see a movie and/or regain energy.

Caregivers of persons with Alzheimer’s disease face the challenge of not only providing compassionate care, but also attending to their own well-being. Too much stress can be harmful to both the caregiver and the person with Alzheimer’s.

Treating Anxiety Naturally

When Barbara Price began to experience a reoccurrence of periodic anxiety, she made an appointment with Lee Physician Group—Integrative Medicine, a practice that marries traditional medicine—including medications and surgery—and alternative approaches to care which facilitate the body’s innate healing response.

Some years before, she had suffered from symptoms of anxiety, which can include shortness of breath, shallow breathing and muscle tension. At that time, she visited with a medical doctor and received a prescription for her anxiety. “But I seldom take it because I’m a firm believer in alternative medicine,” she says now.

Heather Auld, M.D., who is board certified in integrative medicine, and naturopathic consultant Teresa Spano, who has her doctorate in naturopathic medicine, practice with Lee Physician Group—Integrative Medicine. As a naturopathic consultant, Teresa seeks to discover why the body is experiencing symptoms and works to bring the body back to its natural balance. Naturopathy emphasizes prevention, management and optimal health through nutrition, lifestyle changes, and herbal, botanical and natural supplements.

“Anxiety affects an estimated 40 million Americans, yet it remains an underdiagnosed condition,” Teresa says.

During Barbara’s first visit, Teresa and Dr. Auld went through her health goals and reviewed any supplements she was taking. They also recommended some supplements that would help with her anxiety.

Teresa says botanicals and supplements such as inositol, theanine and 5-HTP can help control panic attacks. Also, relaxation techniques like progressive muscle relaxation can relieve stress and anxiety, along with yoga. “While a single session of yoga can reduce worry and tension, a long-term practice of this ancient art can help make anxiety a thing of the past,” Teresa says.

Teresa and Dr. Auld also trained Barbara on the biofeedback program HeartMath, which provides biofeedback as the user practices breathing while simultaneously feeling positive emotions.

“When I do it 20 minutes a day, every day,” Barbara says. “I started seeing results in tandem with natural supplements after about a month.”

The 4-7-8 Breathing Exercise is one of the more popular exercises to relieve stress and anxiety.

- Breathe in through your nose for the count of four.
- Holding your breath for the count of seven.
- Blow out your breath with a “whooshing” sound for the count of eight.
- Repeat for a series of four breaths.

Lee Physician Group
Integral Medicine
26800 S. Tamiami Trail
Suite 350
Bonita Springs, FL 34134
239-495-4480

Heather Auld, M.D
Teresa Spano, Naturopathic Consultant
Lee Health Calendar

Find your team of health care professionals to help with issues of dizziness, vertigo or problems with your balance at Wa-Ke Hatchee Recreation Center, 10 a.m.-noon, Sept. 12.

Professor Adrian Kerr is an internationally respected lecturer in ancient civilizations and has spent more than 30 years visiting Parthenon. He will be lecturing at Cape Coral Hospital auxiliary conference room, 10-11:30 a.m., Sept. 26.

Call Nancy Gizzi at 239-424-3572 for more information.

Lee Health Calendar

What is Integrative Medicine? 11:30 a.m., Sept. 26
Cape Coral Hospital auxiliary conference room
Heather Auld, MD, will explain integrative medicine to help you improve your health in more holistic ways.

Breast Cancer Support Group
The Breast Cancer Support Group is for female breast cancer patients and their families and clinical social worker.
3:30-5:30 p.m. on the day of the month, Regional Cancer Center - 1st Floor Meditation Room
For more information, please contact Patricia Trenca at 239-343-9549 or Patricia.Trenca@LeeHealth.org.

Abdominal Surgery Pre-Op Education Class
A class designed for the surgical patient. Learn how to prepare for abdominal surgery, and what to expect after surgery, and how to deal with post-op side effects.
Contact Bobbi Mamo at 239-343-9562 or Bobbi.Mamo@LeeHealth.org.

Gastric-Bypass Cancer Support Group
2nd Tuesday of every new month, 4-5 p.m.
Regional Cancer Center, 1st floor Meditation Room
For more information, contact Bobbi Mamo at 239-343-9562 or Bobbi.Mamo@LeeHealth.org.

Diabetes
Diabetes Self-Management Classes: A 10-hour program discussing all aspects of diabetes self-management, including meal planning, exercise, stress management, prevention and treatment of complications. Classes are conducted in English and Spanish. Diabetes education is covered for Medicare and Medicaid.

Diabetes Self-Management Classes
Regional Cancer Center - 4th floor conference room
3-4 p.m., 3rd Thursday of each month Regional Cancer Center - 4th floor conference room
4-5 p.m., 3rd Thursday of each month Regional Cancer Center - 4th floor conference room
Improve coping skills.
Contact Sally Fontaine at 239-590-0797 or taranfeather@comcast.net.

Support Groups/Classes

Balance and Vestibular Support Groups: Group meetings are open to people with vertigo and dizziness. For information, call 239-343-6450.

Chronic Pain Self-Management Program: 8-week program to help improve self-management skills for people with chronic pain such as pain, depression and fatigue. Workshops are facilitated by licensed, many of whom also have a chronic illness.

Chronic Pain Self-Management Program
Regional Cancer Center - 4th floor conference room
9:30-10:30 a.m., 9:30-10:30 a.m., 9:30-10:30 a.m., 9:30-10:30 a.m., 9:30-10:30 a.m.
Regional Cancer Center - 4th floor conference room

Breastfeeding Club
Come network with other breastfeeding parents and get tips from other parents. Breastfeeding support is led by board certified lactation consultant.

Breastfeeding Club
Cape Coral Hospital, 2nd floor conference room, 1-2 p.m., Wednesdays.

Support Groups/Classes
Balance and Vestibular Support Groups: Group meetings are open to people with vertigo and dizziness. For information, call 239-424-3572 to register.

LeeHealth.org
Cape Coral Hospital..............................239-424-2000
Blood Center Location
636 Del Prado Blvd., Cape Coral, FL 33990

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

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

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

Convenient Care..............................239-424-1655
1682 NE Pine Island Road, Cape Coral, FL 33909
7 a.m.-7 p.m., 7 days a week

Convenient Care..............................239-343-7450
16230 Summerlin Road, Fort Myers, FL 33908
7 a.m.-7 p.m., 7 days a week

Convenient Care..............................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
Lee Health Services Directory

The Call Center is open evenings and weekends to make physician appointments.
7 a.m.-7 p.m., 7 days a week, 239-481-4111. See map on page 9.

Allergy/Immunology
Gaston Turner, M.D.
Amy Hidy, ARNP
Alta Raitis, PA
9150 Cape Coral Pkwy. S., Ste. 810
Naples, FL 34110
239-225-7122
239-793-7131

Behavioral Health
Dori Tenek, M.D.
Colleen Hosp, ARNP
Sultan Samreysky, ARNP
955 Health Dr., Ste. 200
Fort Myers, FL 33908
239-343-2950

Cardiology
James A. Conrad, M.D.
Michael R. Grotowski, M.D.
Sudha Khokhhar, M.D.
Steven T. Lee, M.D.
Karnaal Singh, D.O.
Brian C. Tachtron, M.D.
Kristin Brist, PA-C
Nicole Charler, ARNP
Heather Ferry, ARNP
Virginia Pearson, ARNP
Kelly Rios, ARNP
5301 Health Dr., Ste. 100
Fort Myers, FL 33907
239-343-5200

Cancer Center
Patrick Bowman, M.D.
George Ball, M.D.
Internal Medicine
Alvaro Beltran, M.D.
Elena Gatskevich, M.D.
Jean Hage, M.D.
Maurice Ramirez, M.D.

Community Health Centers
Jeanne Aras, M.D.
Eve Bowers, M.D.
Mohammed Islam, M.D.
German Lagunta, M.D.
Jacqueline Becker, ARNP
Magdalena Guerra, ARNP
Valencia Hayes, ARNP
9150 SE 29th Ter., Ste E
Cape Coral, FL 33904
239-343-2272

Endocrinology
Heltahm Alijuni, M.D.
Renato Concepcion, M.D.
Patricia Sareh, M.D.
Matthew Shippack, M.D.
9601 Colonial Center Dr., Ste 202
Fort Myers, FL 33905
239-343-9646

Family Medicine
Anna Ramirez, M.D.
Carol Shultz, D.O.
Diana Dowling, ARNP
Janet Mathie, PA-C
9441 S. Tamiami Trail Blvd.
Fort Myers, FL 33908
239-346-7500

General Surgery
William Ikoma, M.D.
Darin Miter, PA-C
Rahil Qureshi, M.D.
9600 Health Park Dr., Ste. 100
Fort Myers, FL 33907
239-343-9060

General Medicine
Israel Ben-Dor, D.O.
Joseph Lerman, D.O.
Barbara Baker, ARNP
Trish Kamalar, ARNP
13689 Bitterns Blvd.
Building 4, Ste 201
Fort Myers, FL 33901
239-343-5700

General & Vascular Surgery
Ben Doan, D.O.
Eric A. Goldsmith, D.O.
Michael Moe, MD
Stephen Moenning, M.D.
9250 Cypress Lake Blvd.
Fort Myers, FL 33909
239-343-9600

House Call Gastroenterology
Jennifer Citron, ARNP
Denise McPherson, ARNP
Amelia Price, PA-C
10671 Bass Road
Fort Myers, FL 33908
239-343-9000

Infectious Diseases
Robert Castor, M.D.
David Castor, D.O.
Rebecca Driscoll, ARNP
7960 Lakeview Commons Dr.
Fort Myers, FL 33901
239-343-0442

Internal Medicine
George Ball, M.D.
Brian DeLauro, M.D.
Paul Mardis, M.D.
Tim Wood, ARNP
10671 Bass Road
Fort Myers, FL 33908
239-343-9000

Neurointerventional Radiology
Christopher Faumel, M.D.
Anthony Kain, M.D.
Nasser Razaad, M.D.
15695 Doctor's Way, Suite 350
Fort Myers, FL 33912
239-564-9360

Neurology
Patrick Stock, M.D.
Daniel Winkler, MD
1826 N. Pine Island Road
Cape Coral, FL 33990
239-424-8400

Obstetrician/Gynecology
Chadwick Lee, D.O.
John Oliva, M.D.
Dirk Petkiss, M.D.
Rachael Wikes, M.D.
1826 N. Pine Island Road
Cape Coral, FL 33990
239-564-9360

Occupational Health Services
Chadrick Leo, D.O.
Dirk Petkiss, M.D.
Rachael Wikes, M.D.
1826 N. Pine Island Road
Cape Coral, FL 33990
239-564-9360

Palliative Care
Ahmad Hassan, M.D.
Rabia Khan, D.O.
Sarah Newman, M.D.
Coleen Tallon, M.D.
Jonathan Von Koerkell, M.D.
Jeanne Briones, ARNP
Cristina Caffee, ARNP
Debbie Chapp, ARNP
Tonya Gotzhalth, ARNP
Amber Greco, ARNP
Koewe Olawo, ARNP
15695 Doctor's Way, Suite 350
Fort Myers, FL 33912
239-564-9360

Nutritional Services
Christopher Faumel, M.D.
Anthony Kain, M.D.
Nasser Razaad, M.D.
15695 Doctor's Way, Suite 350
Fort Myers, FL 33912
239-564-9360

Palliative Health
Ahmad Hassan, M.D.
Rabia Khan, D.O.
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Jeanne Briones, ARNP
Cristina Caffee, ARNP
Debbie Chapp, ARNP
Tonya Gotzhalth, ARNP
Amber Greco, ARNP
Koewe Olawo, ARNP
15695 Doctor's Way, Suite 350
Fort Myers, FL 33912
239-564-9360
Coconut Point 23190 Fashion Dr., Suite 105, Estero, FL 33928

Every Tuesday
Free Blood Pressure Screening 9 a.m.-1 p.m.

Babes and Babies Fitness Class - 9:10 a.m. RSVP $5 drop in fee

Every Wednesday
Yoga Classes – all levels welcome, please bring a mat 3:30-4:30 p.m. - 5-6 p.m. Call 239-495-4475 to RSVP

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

Every other Thursday (9/7, 9/21)
Fourth Trimester Club - Noon-1 p.m. Moms and children under 1 year

Every Friday
SWFL Produce Box Pickup 4-6 p.m.
To place an order visit swflproduce.net

Monday, August 21
Book Club and Discussion: The Sleep Revolution: Transforming Your Life, One Night at a Time (Author: Arianna Huffington) 9-11 a.m. RSVP

EXCURSION: Smart Shopping for Lowering Your Cancer Risk 10-1:30 p.m. RSVP
Publix Corkscrew Village: 21301 S. Tamiami Trail Ste 200, Estero, FL 33928

Brain Booster: Train Your Brain Like Any Other Part of Your Body 1-2 p.m. RSVP $5 Fee

Wednesday, August 23
Acupuncture and Laser Therapy 10-11 a.m. RSVP

Saturday, August 26
Eye Health: Diseases That Affect Your Retina and Treatment Options 11 a.m. RSVP
Dr. Katrina Mears, ophthalmologist

Wednesday, August 29
Living Strong with a Weak Heart: Basics of Heart Failure 11 a.m.-noon RSVP

Saturday, September 2
Mommy and Me Yoga - 9-10 a.m. RSVP

Dance Your Way to Better Health: Basic Dance Instruction 2-2:45 p.m. RSVP

Monday, September 11
Healthy Weight Management for Cancer Prevention 2-3 p.m. RSVP

Tuesday, September 12
Heart Report Card 10:30 a.m.-3:30 p.m.
Call 239-424-1499 for fees and appointment

A noninvasive screening program for those who may not have symptoms, but could be at risk for heart disease.

Wednesday, September 13
Fun with Fungi: Mushroom Cooking Demo 11 a.m.-noon RSVP

Thursday, September 14
What Can Acupuncture & Massage Therapy Do For You? 3-4 p.m. RSVP

Advocating in a Complicated Healthcare System: Advances Directives & Living Wills 10:30-noon RSVP

Saturday, September 16
Memory Café: Social engagement for mild cognitive impairment, Alzheimer’s or other dementias and their caregivers 10 a.m.-noon RSVP Call 239-495-4475 for more information

Monday, September 18
Brain Boosters: Train Your Brain Like Any Other Part of Your Body 10-11 a.m. RSVP $5 Fee

Integrative Medicine - What is it good for? 3-4 p.m. RSVP
Dr. Heather Auld, integrative medicine

Tuesday, September 19
Protecting Your Identity 2-3 p.m. RSVP

Wednesday, September 20
Lunch and Learn: Laser Cataract Surgery 12-1:30 p.m. RSVP
Dr. Michael Collins, ophthalmologist

Cataract Screenings 1:30-2 p.m. RSVP
Call 239-495-4475 for an appointment

Thursday, September 21
Essential Oils for Physical Fitness 11:30 a.m.-12:30 p.m. RSVP

Wellness Center—Cape Coral 609 SE 13th Court, Cape Coral, FL 33990

Friday, September 8
Memory Café: Social engagement for mild cognitive impairment, Alzheimer’s or other dementias and their caregivers 10 a.m.-noon RSVP Cape Coral Hospital, Classroom A 636 Del Prado Cape Coral, FL 33990 Call 239-495-4475 for more information

Wednesday, September 13
Mini Memory Screenings 9 a.m.-5 p.m.
Call 239-495-4475 for an appointment

Monday, September 18
Self Defense Class for Women 4:30-5:30 p.m. RSVP $5 Fee

Tuesday, September 19
Managing Your Health: MyChart Demonstration 10-11 a.m. RSVP

What Can Acupuncture & Massage Therapy Do For You? 4-5 p.m. RSVP

Wednesday, September 20
Advances and Treatments of Atrial Fibrillation 5-6 p.m. RSVP
Dr. Paul DiGiorgi, cardiothoracic surgeon

Thursday, September 21
Essential Oils for Physical Fitness 11:30 a.m.-12:30 p.m. RSVP

What’s on Your Plate? Nutrition to Improve Cholesterol 1-2 p.m. RSVP

Monday, September 25
Integrative Medicine—What is it good for? 10-11 a.m. RSVP
Dr. Heather Auld, integrative medicine

Book Club and Discussion: The Little Book of Healthy Beauty (Author: Dr. Pina LoGiudice) 1-3 p.m. RSVP

Treatment for Urinary Incontinence 4-5 p.m. RSVP

Thursday, September 28
Elevate Your Fitness with Essential Oils 11 a.m.-noon RSVP

Updates on Tinnitus; Ouch! 2-3 p.m. RSVP

Tinnitus Screenings 3-4 p.m. RSVP
Call 239-495-4475 for an appointment

Saturday, September 30
Inspiring Health 5K & 1 Mile Fun Walk at Coconut Point Mall 8-10 a.m. $30 Race Entry. Call 239-495-4475 for more information.

Golisano Children’s Hospital of Southwest Florida Family Program