Progressive Facility Meets Thriving Community’s Current, Future Needs

Emergency department. Primary and specialty care offices. Women’s health services. Rehabilitation center. Outpatient experts. A Healthy Life Center. And so much more.

Welcome to the intersection of preventive health care and medical care services at Lee Health Coconut Point.

“Our new facility offers the spaces, technology, and equipment to provide emergency and acute care, as well as primary, proactive, and preventive care”

For a summary of Clinical Services and the Letter to the Community, see page 2

New Era Dawns for Health & Wellness in Bonita Springs and Estero

The opening of Lee Health Coconut Point signals a new day for health and wellness in South Lee County. Our new facility offers the spaces, technology, and equipment to provide emergency and acute care, as well as primary, proactive, and preventive care.

Lee Health Coconut Point’s Healthy Life Center adds the vital wellness component with the goal of enriching the lives of those who visit and participate in valuable education, cooking demonstrations, health screenings and more.

For years, Lee Health has been committed to improving access to health care in South Lee County, and we have worked for many years to fulfill our community’s request for more access to services. So, it is a very exciting day for us to see our commitment come to fruition. It is not yet complete, though, because we are still working toward the opportunity to build a hospital tower. We built Lee Health Coconut Point to the exacting standards required for a hospital, so we are prepared to proceed when given the chance.

In the meantime, as your partners in health and wellness, we are very proud to welcome you to Lee Health Coconut Point!

For more on the Coconut Point Health and Wellness Village, visit leehealth.org/coconut-point
Clinical

• Emergency Department: Receive care right away with our freestanding emergency department, open 24 hours a day, all year long.

• Lee Physician Group: Find a primary care physician or specialist for you and your family at our medical office complex that has 50 exam rooms and two procedure rooms.

• Full-Service Pharmacy: The pharmacy provides a full array of generic and brand-name medications and other essentials for you and your family.

• Rehabilitation: Enjoy a personalized plan to help you recover from various injuries and conditions with the latest in technology, cutting-edge methods, and a watchful eye that ensures steady progress.

• Short-stay observation and recovery beds.

• Women’s Health (OB/GYN): These comprehensive services combine a variety of specialties and programs including obstetrics and gynecology, bone density scans, and mammography.

• Outpatient services: More outpatient services mean less time inside a hospital. Lee Health Coconut Point (LHCP) is home to diagnostic imaging services such as X-rays, CAT scans, ultrasounds, and other essential tests.

Future development opportunities at Lee Health Coconut Point include:

• Geriatric medicine and emergency medicine

• Memory care and behavioral health

• Preoperative health optimization

• Senior care choices program, including comprehensive care advisers

• Concierge health coaching
Healthy Life Center: Inspiring Your Best You

You are why the Healthy Life Center at Coconut Point strives to promote your well-being in body, mind, and spirit. Through active lifestyle changes, health and nutrition education, and social activities personalized for you and our community, together we can achieve new levels of well-being.

“The Healthy Life Center at Coconut Point, like all our locations, is a place to connect with others and also get inspired to live a healthier life,” says Carrie Bloemers, manager of the Healthy Life Center at Coconut Point. “We have something for everyone whether you are newly diagnosed with diabetes or looking to maintain your current health.”

The Healthy Life Center is endorsed by physicians and backed by the clinical and support staff of Lee Health.

LPG Doctors: Supportive Care From Start to Finish

Life can get complicated sometimes when navigating the medical care services you need. Maybe you have to go there for a diagnosis of what ails you, then maybe somewhere else for, say, orthopedic x-rays or some other imaging test, then you have to battle traffic going across town to yet another facility for a follow-up consultation.

At Coconut Point, our physicians, providers, and therapists maintain a continuity of quality health care from diagnosis to recovery by integrating patient care, same-day surgery, and physical therapy rehabilitation services in a single destination.

“We wanted to make this location a one-stop place for patients to receive their care or retail experience,” says Angela Snyder, practice director of LPG Family – Internal Medicine. “We are working hard to deliver exceptional personal service to our visitors. Patients should always know where they’ve been and where they’re headed, both medically and logistically.”

Patients can access specialists such as cardiologists to ensure full heart health; orthopedic specialists, who can address your bone and joint issues; and surgery, gastrointestinal, women’s health, pulmonary, and pediatric specialists.

Because we know you are busy, our LPG primary care family physicians offer extended hours from 7 a.m. to 7 p.m. Monday through Friday. The space features 50 exam rooms and two procedure rooms for regular check-ups, screenings, disease management, and physicals.

Lee Health Solutions Expands, Enriches Your Life

Sometimes patients require care management beyond the walls of the hospital or their doctor’s office. That’s why Lee Health Solutions offers medically based services, therapies and classes to help patients and community members achieve optimal well-being and quality of life.

Our highly personalized approach features individualized treatment based on each person’s specific needs. Staffed by registered dietitians and registered nurses who work together as a team with patients and their physicians, we strive to be your partner in your journey to wellness every step of the way.

Our services include:

• The Diabetes Self-Management Program, which provides the tools necessary for you to successfully control your condition and reduce the risk of complications.

• The National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC) and offered by Lee Health Solutions, benefits anyone who is at risk for developing diabetes. Participants will become empowered to prevent Type 2 diabetes.

• The Outpatient Nutrition Counseling Program, where you meet with a registered dietitian who will tailor a customized eating plan to help achieve your nutrition goals. If you want to lose weight, eat healthier, or have a medical condition that can be improved with good nutrition, a dietitian can help you improve your dietary habits.

For more information about these programs, call 239-424-3120.

Lee Physician Group’s multi-specialty clinic makes it easy—so you can take it easier.

How? By simplifying your health care journey all under one roof. In other words, who cares if it’s raining outside? You won’t get wet traveling from one facility to another.

To learn more about the Healthy Life Center, go to leehealth.org/coconut-point or call 239-465-0050.

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Technology Connects Us to Health

Your Lee Health Coconut Point offers many digital tools, including Wayfinder, which integrate with your personal device to streamline and enhance your health care journey with us. You’ll never forget where you parked again!

Find Your Way to your doctor’s office, pharmacy, cafe, and other places.
- True turn-by-turn indoor navigation with reliable indoor positioning accuracy of one to two meters, navigation cues, visual landmark references, off-route notification and more.
- “My Car Saver” feature saves your location and guides you back to your car when you’re ready to leave the campus.
- Patients and visitors can access vital information anytime and anywhere across mobile, web and three touch screen kiosks located conveniently throughout the campus.
- From home or at the kiosks, visitors can input their visit details to get directions and print them out or send the directions to their phones.

MyChart: Securely access your health information online with MyChart from your home computer, tablet, or smartphone.

Convenient, free, online services make it easy for you to:
- Schedule your own appointment. For example, patients can schedule their own mammogram screening and laboratory draw appointments.
- View your health summary, medications, and most test results.
- Receive important health reminders.
- Request prescription renewals.
- Manage health care for your loved ones.
- Send secure messages to your physician’s office.
- Pay your medical bills, and more.

Hello, it’s time to eCheck-in!

If you’ve ever checked in early for a flight, you know the convenience before you arrive at the airport. MyChart eCheck-in offers you the same convenience with your doctor appointments before you arrive for them.
- Register with your health care provider.
- Update your personal information.
- Make payments at the touch of a button.

Hello, Patient!

This timesaver application identifies your smart phone location to automatically check you in for your appointment (if all your pre-work is complete) when you’re within a certain distance of Lee Health Coconut Point. Reduces your time in the waiting room.

Convenient Kiosks

Check in for your appointment at a conveniently located kiosk. You can update your health record, arrangement payment, schedule future appointments, or download one of our applications to your personal device.

Smart Call Messenger

A convenient technology that works like a restaurant waiting list. You can either provide your cell phone number or receive a “buzzer” that will notify you when your physician is available for you. The buzzer only works on campus.

Emergency Department Saves Critical Time for All of Us

The emergency department (ED) at Lee Health Coconut Point marks an era in meeting the emergency needs of the Bonita Springs /Estero community. Until now, residents had to travel 30 minutes to visit an emergency room, often crossing county lines and always battling traffic.

“The area needed better access to health care for quite some time, and the community has been looking for a partner in health and wellness,” says Alex Greenwood, vice president of Lee Health Coconut Point. “Having this new facility centrally located will help residents’ peace-of-mind, knowing that they aren’t losing precious minutes when they need care the most.”

The emergency department, open 24 hours a day, includes 16 exam rooms and nine rooms for short-stay observation and recovery. An EMS station is on site to provide quick community response.

Experienced emergency physicians and nurses specially trained to respond to medical emergencies and advanced cardiac life support services staff the ED.

The team will be ready to deal with any emergency ranging from a broken ankle to trauma-related injuries from a vehicle accident, Alex says. Other reasons to visit an ED include chest pain, difficulty breathing, lacerations, deep ankle to trauma-related injuries from a vehicle accident, Alex says. Other medical emergencies and advanced cardiac life support services staff the ED.

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If You’re Injured or Ill

You need medical advice fast. But you can’t see your primary care physician because it’s after hours. Should you visit a Lee Health Convenient Care (urgent care) clinic or seek treatment at an emergency department?

Learn the difference between an urgent care center and an ED to access the right care at the right time in the right place. The right choice could save you time and money.

Convenient Care clinics offer walk-in urgent medical services for minor emergencies and illnesses seven days a week. Adults and children receive prompt, high quality care in a cost effective, comfortable environment. No appointment or referral is necessary, and most insurance is accepted.

Convenient Kiosks

Update your personal information on any device, even your mobile phone.

Smart Call Messenger

A convenient technology that works like a restaurant waiting list. You can either provide your cell phone number or receive a “buzzer” that will notify you when your physician is available for you. The buzzer only works on campus.

For the complete story go to leehealth.org/coconut-point
Outpatient Center: Same-day Treatment, Surgery Options

Lee Health Coconut Point provides quick, efficient, and minimally invasive surgical procedures.

The idea is to get you in, out, and on your way with ease of access, exceptional health care service, and peace of mind. Kathy Fairfax, director of the Surgery Center Sanctuary in Fort Myers, says patients will find a variety of options at Coconut Point including gall bladder surgery, breast surgery, gastrointestinal procedures such as colonoscopies and endoscopies, shoulder and knee arthroscopies, urology treatments, podiatry options, and pain management help.

“We will have four operating rooms, two procedure rooms, and the ability to perform procedures on an outpatient basis,” Fairfax says. “We do anything as minimally invasive as possible on the same day and will try to get you back to work within the next few days, if not sooner.”

Lee Health Coconut Point offers a one-stop shop for the community—from testing to surgery and through recovery. For instance, patients can get all the preliminary appointments, tests, and multiple surgeries for breast cancer in one building.

The facility’s focus on ease, convenience, and top-notch care is part of Lee Health’s mission of wellness and keeping the community out of the hospital.

“I just think that people in general prefer outpatient when they can instead of going into an acute care center,” Fairfax says. “Patients are basically healthier, there is little interruption to our schedules, and you can plan better in a different environment.”

Comprehensive Women’s Health Services Meet a Growing Need

Women have plenty of options for breast care diagnosis and treatment at Lee Health Coconut Point. Physicians and staff have set up shop to provide a central location for screening and diagnostic mammographic imaging.

The ambulatory surgical center also will perform additional outpatient breast surgeries, says Diana Hammock, director of outpatient breast health imaging.

“We are extremely excited to be part of Lee Health Coconut Point,” Diana says. “We will focus on breast health and wellness while continuing to improve and promote the healthy lifestyles of the community.”

Diana says all exam rooms for breast care will provide the latest in technology including 3D mammography and 3D biopsies. 3D breast imaging is the most advanced type of mammogram, allowing physicians to better visualize the breast and detect cancer. This technology yields more efficient cancer detection, fewer appointment callbacks, and for the patients, a greater piece of mind.

Other breast health services include:
- Breast ultrasound
- Ultrasound guided biopsies as well as bone densitometry
- Stereotactic biopsies
- Breast MRI and MRI breast biopsies
- Minimally invasive treatment options including laparoscopic and robotic gynecologic surgery options using the most advanced robotic surgical system available
- Pelvic floor physical therapy for the treatment of incontinence
- Integrative medical options for the prevention and treatment of disease
- Contraceptive counseling
- General OB/GYN and menopause treatment
- The vision for Lee Health Coconut Point is a very exciting one,” says Larry Antonucci, M.D., MBA, President & CEO of Lee Health. “We know that a large percentage of the population of Lee County will be living in that southern region in the next 10 to 15 years. And what we want to do is build a center that revolves around the patient and the patients’ needs.”
Rehabilitation: Quality Services with a Personal Touch

Regain your function and quality of life through the patient-focused and goal-oriented teams at Outpatient Rehabilitation Services at Coconut Point. The center provides a comprehensive array of treatments for conditions ranging from ankle sprains to traumatic injuries. Certified physical, occupational and speech-language therapists treat patients recovering from strokes and other neurological disabilities, joint replacement, spinal conditions, and sports injuries.

“Our full-time therapists receive an extraordinary amount of training and education, significantly more than the industry average,” says Janna Trottier, manager, rehabilitation services. “We’ve also invested in the latest equipment to help patients improve their motor skills, mobility, and independence.”

For example, patients with dizziness or balance issues receive a comprehensive evaluation, including computerized clinical systems originally developed with NASA support. “We use the same system to develop a personalized program of therapy to improve patient’s balance performance,” Janna says. The facility also offers other individualized therapy programs tailored to meet the needs of patients, including those with complex clinical diagnoses.

Emerging technology sets trends, restores well-being

- AlterG® Anti-Gravity treadmill – allows for normal gait pattern without weight bearing
- Bertec Balance Advantage - virtual reality with a dynamic force plate to challenge balance
- BITS (Biomechanics Integrated Therapy) - interactive touch screen to challenge visual motor and visual-auditory processing
- Zero G-Fall proof harness gait and balance system - a dynamic body weight support on an overhead track that allows for earlier patient mobility without the risk of falling
- Telemetry monitoring - for cardiac rehabilitation patients
- Warm-water therapy pool - features a self-contained underwater adjustable treadmill
- Outdoor therapy garden - a fall prevention and therapy tool, the mobility garden offers patients a real-world practice field for navigating varying types of terrain and texture, real-life experiences whether you’re walking or using a wheelchair

Who do physical and occupational therapists treat?

Physical and occupational therapists treat people of all ages who have pain, limited loss of mobility, decrease in function or a decrease in strength, with exercise and other techniques. Our experts give patients the tools they need to continue treatment at home, if necessary. Cardiac and stroke rehabilitation experts help patients enhance their long-term survival skills, achieve weight loss, lower high cholesterol levels, and improve their mobility, endurance, and strength.

The Coconut Point rehabilitation services department spans 7,000 square feet and houses an open therapy gym, four private treatment rooms, a specialized balance room, and much more.

Orthopedics Puts You Back in the Game of Life

Our orthopedics team provides expert, coordinated, and personalized care to produce excellent results with improved health, increased mobility, and reduced pain. From a simple hand condition to the most complex shoulder issue, we try to maximize each patient’s recovery and return to a healthy and productive lifestyle by using advanced procedures, equipment, and rehabilitation programs.

And you can receive all these exceptional services under one roof: diagnosis, pharmacy and laboratory services; imaging tests; expert consultations; outpatient pharmacy and laboratory services; imaging tests; expert consultations; outpatient rehabilitation; and houses an open therapy gym, four private treatment rooms, a specialized balance room, and much more.

How can physical therapy help prevent falls?

Health experts say falls are the most common cause of nonfatal injuries and hospital admissions for trauma, and the leading cause of injury deaths for older adults. Falling once doubles your chances of falling again.

Many conditions, or risk factors, can lead to falls, such as Parkinson’s disease, dehydration, inner ear problems, or vision problems. Our experts can help reduce your risk for falls. For example, if you have balance problems, physical therapy can help determine the type of exercises you should practice to lower your risk of falls and keep you safely on your feet.

Therapy services

- Physical therapy
- Occupational therapy
- Speech-language therapy

Specialty therapies

- Hand therapy
- Vestibular / balance rehabilitation
- Sports injury rehabilitation
- Orthopedics
- Neurologic
- Parkinson’s disease

Upper extremity services

- Arthritis of the hand, shoulder, and elbow
- Hand, wrist, and elbow trauma
- Arthroscopy of the wrist, elbow, and shoulder
- Nerve injuries
- Microvascular surgery

Lower extremity services

- Adult reconstruction of the hip and knee
- Minimally invasive joint replacement surgery
- Total hip replacement (direct anterior approach)
- Total knee replacement
- Hip and knee arthroplasty revision surgery
- Conservative and nonsurgical management of hip and knee orthopedic conditions

Trauma services

- Traumatic fractures and reconstruction of the pelvis and acetabulum
- All fractures and injuries of the upper and lower extremities
- Complex fractures involving the joints
- Surgical and non-surgical treatment of delayed and non-healing bones
- Post-traumatic reconstruction
- Infections of the bones
Golisano Children’s Hospital, Hyatt Coconut Point Fashion Show—Dec. 3

Join more than 600 women for a preview of the latest fashions, lunch, and an auction at the 9th Annual Golisano Children’s Hospital Fashion Show at Hyatt Regency Coconut Point. Tickets are $100. For more event details, visit LeeHealthFoundation.org/GolisanoFashionShow.

By partnering 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.

Healthy Life Center Coconut Point

December 2018 Events

Walking Club Meet-Up
8-9 a.m., Mondays and Thursdays

SHINE Counseling
9 a.m.-3 p.m., Mondays
Call 866-413-5337 to request an appointment.

Blood Pressure Screenings (Free)
9 a.m.-1 p.m., Tuesdays

Fourth Trimester Club
12-1 p.m., Every other Thursday (12/13, 12/27)
Moms with infants younger than a year

SWFL Produce Box Pickup
4-6 p.m., Fridays
Visit swflproduce.net to place an order.

Lee Health MyApp Demonstration
10-11 a.m., Mondays (12/3, 12/10, 12/17)
Call for reservations.

Dementia Care Giver College: Caregiving Through the Holidays
10-11:30 a.m., Dec. 3

Whole Food Plant Based Living Series: Holiday Recipes
12-1 p.m., Dec. 5

Essential Oils Make it and Take it - Lip Balm, Bath Salts & Vapor Rub
1:30-3 p.m., Dec. 5
Fee: $15

Family Yoga
9-10 a.m., Dec. 8

Healthy Living Series: How to be a Role Model for Healthy Living
10:30-11:30 a.m., Dec. 11
Dr. Salvatore Lacagnina, internal medicine

Foam Rolling Benefits & Demonstration
10-11 a.m., Dec. 11

Cooking Demo: Homemade Chips & Dip
11 a.m.-Noon, Dec. 12

Keeping the Next Generation Healthy
10-11 a.m., Dec. 13
Denise Drago, M.D., pediatrician

Car Seat Safety Class
5:30-6:30 p.m., Dec. 13

Community Yoga Class
9-10 a.m., Dec. 15

Memory Café
10 a.m.-Noon, Dec. 15

Brain Boosters
12-1 p.m., Dec. 17
Fee: $5

Inside the Lee County Sheriff’s Office
4-5 p.m., Dec. 18

Cooking Demo: Healthy Hearty Meals
11 a.m.-Noon, Dec. 19

Introducing the Mind & Body Studio!
The Healthy Life Center will be expanding yoga and fitness class offerings to include multiple yoga styles, meditation, mat Pilates, and more! Class passes will be available for purchase. Call 239-495-4475 or speak with a team member for details.
Lee Health Coconut Point serves a thriving South Lee community that has been hungry for health care. We believe in compassion, convenience, expert care, and patient safety. As the population in the Bonita Springs/Estero area continues to boom, our experts will guide you on a journey toward well-being and happiness—mind, body, and spirit—because you deserve it.

The pages inside detail our new comprehensive services, but did you know these fun facts about our destination?

- **Location, location, location means access, access, access:** Lee Health Coconut Point beats in the heart of the Bonita Springs/Estero area. Residents and visitors don’t have to brave traffic along U.S. 41 trying to make an appointment elsewhere or find help in an emergency.

- **We’ll help you stay on course:** Our putting green helps rehabilitating patients test how their knees and joints respond to surfaces as they shift and balance their weight.

- **Strap in:** You can achieve Zero G at Lee Health Coconut Point with a fall-proof harness to help you feel safer and have more confidence in your balance therapy sessions.

- **Or, you can soar:** The AlterG® Anti-Gravity Treadmill enables patients unrestricted pain-free movement to build muscle and improve function. This technology comes from none other than NASA.

- **The beat goes on:** Our expert cardiologists in our Pacemaker Clinic help patients track and monitor the effectiveness of their devices. We’ll review your history, monitor for any abnormal activity, and make adjustments to your device as necessary.

- **Pulmonary promotion:** Pulmonary patients in South Lee County now have one-stop local access to our new onsite pulmonary function testing service at Coconut Point—no more trips north and south to multiple offices. Get tests and film on the same day. Walk out of the radiology suite and right into an exam room next door. All under one roof.

**But, wait, there’s more!**

- **Garden party:** Take a walk in our outdoor therapy garden—a fall prevention and therapy space that offers patients a real-world practice field for navigating all types of terrains and textures whether you walk or use a wheelchair.

- **Check out MyChart eCheck-in:** If you’ve ever checked-in early for a flight, you know the convenience before you arrive at the airport. MyChart eCheck-in offers you the same convenience with your doctor appointments before you arrive for them. Register, update information, make payments — at the touch of a button!

- **Then and now:** Lee Health officials listened to what you wanted. This new facility belongs to you. You and your fellow community members have been asking for more health care and better options for a long time, and we tailored Lee Health Coconut Point to fit your vision. We believe in partnership and fulfilling our promise to help take care of our community. We’re glad you trust us!

- **Toward tomorrow:** Lee Health remains committed to the future by putting patients first while investing in the community and in you. We can achieve great things together, starting right here with outreach, health fairs, classes, lectures, and education to keep you out of the hospital and on track for a long, fulfilling life.

Lee Health Coconut Point Welcomes You!