Want to be healthier in 2019? Go beyond resolutions and ignite the power of possibilities

**Integrative Medicine: A Fresh Approach to Your Health**

A new year brings new opportunities to live a healthier, more productive life. Whether your goal is to lose weight, eat better, cure stubborn pain, or rid yourself of stress, you might consider a new course of action for 2019—integrative medicine.

Integrative medicine, a unique service at Lee Health, combines conventional Western medicine and scientifically based, alternative treatments such as acupuncture, cupping, nutrition therapy, and energy medicine. Integrative medicine treats the whole person—mind, body, and soul—and takes a personalized, team approach to restoring and maintaining your overall health.

Heather Auld, M.D., left, a board-certified integrative specialist with Lee Health, works with Teresa Spano, a naturopathic consultant, and Renee Sarrs, a licensed acupuncture physician and doctor of oriental medicine.Lee Physician Group Integrative Medicine 26800 S. Tamiami Trail, Suite 350 Bonita Springs, FL 34134 239-495-4480

Our integrative medicine team treats:

- Stress and anxiety
- Weight and dietary issues
- Chronic or acute pain in all parts of the body
- Hormone disorders
- Gastrointestinal problems

Each practitioner has her own unique set of skills and specialties that provide a well-rounded treatment plan. First-time patients who visit the integrative medicine office complete a comprehensive evaluation.

*Story continued on page 5*
Lee Health: Home to the Only A-rated Hospitals in SW Florida

Cape Coral Hospital, Gulf Coast Medical Center, and Lee Memorial Hospital earned an “A” in The Leapfrog Group’s 2018 Hospital Safety Grades last fall. A non-profit organization dedicated to promoting improved healthcare safety, quality, and affordability in the United States, The Leapfrog Group releases its hospital safety grades twice a year.

These grades are determined using national measures from the Centers for Medicare & Medicaid Services (CMS), the Leapfrog Hospital Survey, the Agency for Healthcare Research and Quality (AHRQ), the Centers for Disease Control and Prevention (CDC), and the American Hospital Association’s Annual Survey and Health Information Technology Supplement. Twenty-eight measures are evaluated for the single letter grade.

Golisano Children’s Hospital Earns “Top Hospital” for 3rd Straight Year

Leapfrog also publishes an annual list of the top children’s hospitals in the United States. This year marks the third time Leapfrog has named Golisano Children’s Hospital of Southwest Florida one of the top 3 in the country.

Lee Physician Group Celebrates 25 Years of Compassionate and Patient-centered Care

This month, Lee Physician Group celebrates 25 years of service. This group of health care providers has grown from one doctor and seven employees to a team of nearly 400 primary and specialty care physicians, more than 250 advanced providers and 973 support staff who work in 80 practices throughout Southwest Florida. Lee Physician Group is grateful to be the community’s trusted partner in health. Here’s to the next 25 years!

HealthPark Medical Center Joins Elite Group of Cardiovascular Hospitals

HealthPark Medical Center this year became one of only two cardiovascular hospitals in Florida to earn the prestigious IBM Watson Health 50 Top designation for 2019. The annual study, which recognizes the nation’s best providers of cardiovascular care, also selected Mayo Clinic, Henry Ford Hospital, and Duke University Hospital.

“It is a reflection of the patient-centered, collaborative efforts and the consistent, excellent work of our cardiovascular teams at Cape Coral Hospital, Gulf Coast Medical Center, Lee Memorial Hospital and HealthPark Medical Center,” says Larry Antonucci, M.D., MBA, President & CEO of Lee Health.

HealthPark Medical Center has made the list for two consecutive years.

Little Red Wagon Fund Receives $5 Million Donation

Golisano Children’s Hospital of Southwest Florida received a $5 million donation from the Baycross Christian Family Foundation in November. The foundation directed the donation to the hospital’s Little Red Wagon Fund, which helps fund pediatric medical services and equipment in Southwest Florida.

“Today is a monumental day for the children and families of Southwest Florida,” said Armando Ucheu, the hospital’s chief administrative officer. “We are so grateful to this foundation and the community.” He says the hospital hopes to match with other private donations in the coming months.

Shaila Simpler, executive director of the Baycross Christian Family Foundation, said the donation is the largest the organization has made. “Our region has a growing need for comprehensive pediatric health care, and Golisano Children’s Hospital is doing everything to meet that need and to exceed expectations,” Simpler said. “We see the impact this hospital has on the lives of thousands of children and families who come through these doors in need.”

For more information on how your contribution can benefit pediatric patients, go to leehealthfoundation.org/LittleRedWagon

Lee Health Shipley Cardiothoracic Center Receives Highest Star Rating

Shipley Cardiothoracic Center received the highest rating, three stars, from The Society of Thoracic Surgeons (STS) for lobectomy, a lung cancer procedure that removes a portion of the lung. The center is the only 3-star publicly reporting facility in the state of Florida, and one of only six registry participants in the nation to be designated a 5-star program.

“We’re honored to be ranked among the top centers in the country and look forward to building on this success,” said Paul DiGiorgio, M.D., a cardiothoracic surgeon with the center. “Our surgeons strive every day to provide the best care to our patients and this recognition demonstrates that.”

Thoracic surgeons specialize in diseases of the lungs, the esophagus and the mediastinum (the area between the lungs). For more information, visit www.leehealthfoundation.org/shipleycenter/index.asp

What’s Cooking at Lee Health?
Healthy Habits, Lifestyle Changes, and Culinary Knowledge

We all know that a healthy lifestyle depends on the right kind of food. But sometimes it’s just too hard to get started. What should you cook? How should you cook it? What does a healthier diet actually look and taste like?

Get the answers to these questions and more at Lee Health’s new FARMacy RX Cooking Series. Our experts will teach you how to prepare delicious, nutritious food at two locations in Lee County: Culinary Solutions at LeeSar and Lee Health Coconut Point.

This cooking series will boost your cooking skills and nutritional know-how, but it will also give you the tools you need to control your weight and make your heart stronger.

Flavor Fresh

We invite you to join our team of registered dietitians and professionally trained chefs to create vibrant, nourishing meals!

• Cost: $100 for a five-week series
• Each class offers three hours of the ultimate hands-on experience

For upcoming dates and locations, call 239-468-0050.

Gina Skaranza, left, Nicole Kuhlman, and Alakaterina Gales teach healthy meal preparation.

Lee Health Coconut Point
Healthy Life Center
23450 Via Coconut Point
Estero, FL 34135

LeeSar
2727 Winkler Ave,
Fort Myers, FL 33901

Culinary Solutions at LeeSar

Lee Health

Culinary Solutions

Lee Health

Coconut Point

Healthy Life Center

23450 Via Coconut Point

Estero, FL 34135

LeeSar

2727 Winkler Ave,

Fort Myers, FL 33901

Lee Health

Culinary Solutions

Lee Health

Coconut Point

Healthy Life Center

23450 Via Coconut Point

Estero, FL 34135

LeeSar

2727 Winkler Ave,

Fort Myers, FL 33901

Lee Health

Culinary Solutions

Lee Health
New Lehigh clinic delivers compassionate community care

Office accepts patients regardless of insurance

Jose Ronda often reminds his neighbors the importance of getting the right care at the right time and in the right place. “When their kids have a cold or need an annual check-up, some of my neighbors go to the emergency department,” he says. “I told them it’s better to go to our new clinic in Lehigh Acres instead. It will save them time and money, and frees up the emergency department.”

On Nov. 1, Lee Community Healthcare opened its sixth location in Lehigh Acres. Since Lee Community Healthcare opened its first office in 2011, thousands have avoided emergency departments for their routine care and have better managed their health conditions to avoid hospital visits and admissions. LCH has other locations in Fort Myers, North Fort Myers, Cape Coral, East Fort Myers, and South Fort Myers.

Lee Community Healthcare offices provide accessible, affordable, and high-quality primary care to insured, uninsured or underinsured community members. The office in Lehigh Acres is the first Lee Community Healthcare office to care for the entire family—from babies to adolescents, older adults, and pregnant women.

In 2017, patients of Lee Community Healthcare improved their health in eight of 13 categories including diabetes, hypertension, smoking cessation, depression, and coronary artery disease. The improvements were compared to national benchmarks included in both the Healthy People 2020 and Healthcare Effectiveness Data and Information Sets, which help primary care doctors and health plans measure the performance of care and service.

“Some people won’t go to the clinic because they’re afraid of being turned away,” Jose explains. “We need to educate more people in the community so that everyone can be seen regardless of their ability to pay or insurance status. If I find when you go to the clinic instead of the hospital or emergency department, you don’t have to wait as long to get treated. The clinic’s health staff will do what’s best for you. If you need to go to a hospital, they’ll help you do that.”

As federally qualified health centers, the offices accept insurance, Medicare and Medicaid. Uninsured residents, who are never turned away, pay based on a sliding scale. Because the offices are part of Lee Physician Group, Lee Physician Group specialists will see Lee Community Healthcare patients, when appropriate, also on a sliding scale. That means a patient can see a cardiologist for as little as $10. “When looking at where to open a new Lee Community Healthcare office, Lehigh Acres made sense,” says Bob Johns, Lee Community Healthcare executive director. “But it’s not just opening an office in this area that makes sense—it’s utilizing the family medicine model because this community needs pediatric care and women’s health services, too. We also have United Way-trained social workers at our offices to help patients with other, non-health related, social issues.”

After Jose and his wife Theresa both retired nine years ago, the couple moved to Lehigh Acres from New York. Within a month, Jose found a primary care physician at Lee Community Healthcare’s office at the Dunbar Medical Office in Fort Myers. The new location, which is minutes from his home in Lehigh Acres, saves Jose 20 minutes of travel time. “That’s important to me because my wife has Alzheimer’s disease, and I want to be at home as often as possible,” Jose says. “It’s very convenient and I appreciate that our medical community takes care of our people.”

Lee Health Foundation Events

Make the Right Call: Pledge Your Support to the ‘Helping Kids with Cancer’ Radiothon

Jan. 12, 6 a.m.-6 p.m.

Tune in to Cat Country 107.1 FM and phone your pledge to help make miracles happen for local children. The 16th annual “Helping Kids with Cancer” Radiothon supports Barbara’s Friends – Golisano Children’s Hospital’s Cancer Fund. Patients, their families, and celebrity guests will appear on-air to share stories of hope and healing on this day of giving.

• Mel’s Diner will broadcast the Radiothon live from its Fort Myers location. Visit any Mel’s Diner and enjoy a special breakfast with a $5 donation. All proceeds benefit the Radiothon.

• Become an “Angel” with a donation of $300 ($25/month) and receive a $100 Mel’s Diner gift card!

• Tune in or listen online at CatCountry1071.com and also 95.3 FM OLGZ for updates throughout the day.

Call 1-866-509-KIDS (5437) during the Radiothon and make your pledge or visit LeeHealthFoundation.org/Radiothon for details.

Goin’ Green with the Green Tea Party at Jet Blue Park!

Feb. 13, The Forest Country Club, Fort Myers

Kick-off this year’s 26th Boston Red Sox Celebrity Classic Event Series at the Green Tea Party. This engaging event, hosted by The Forest Country Club, benefits Kids Minds Matter–Golisano Children’s Hospital of Southwest Florida Pediatric Behavioral Health Fund. Tickets are purchased with golf packages, or you can purchase the dinner for only $75 per person.

Learn more and reserve your spot by calling 239-214-0898 or go to LeeHealthFoundation.org/RedSox.

Tee-off with MLB’s World Series Champs at the 26th Boston Red Sox Celebrity Golf Classic!

Feb. 14, The Forest Country Club, Fort Myers

Golf alongside your favorite players from the world champs Boston Red Sox and other celebrities at The Forest Country Club. Tournament proceeds will benefit Kids’ Minds Matter—Pediatric Behavioral Health at Golisano Children’s Hospital.

Learn more and reserve your spot by calling 239-214-0898 or go to LeeHealthFoundation.org/RedSox.

MarineMax Yacht Gala Jan. 25, Fort Myers

Experience an “Evening Under the Stars” to benefit Golisano Children’s Hospital of Southwest Florida. The MarineMax Yacht Gala will happen under the stars aboard stunning yachts with family and friends at MarinaMax Fort Myers. Enjoy an evening of cocktails, dining, entertainment, and live and silent auctions!

Proceeds benefit Golisano Children’s Hospital of Southwest Florida. For more information, visit LeeHealthFoundation.org/MarineMax.

Lee Health Foundation Board of Directors

For more information, visit LeeHealthFoundation.org
Better, Stronger Joints: What You Need to Know

Living with bad joints makes every day a struggle. Simple tasks such as taking out the trash, walking the dog, or going for a walk become impossible.

The problem is widespread. Almost 15 million adults in the United States live with severe joint pain related to arthritis, according to the CDC. You can do a variety of activities to keep your joints healthy, such as eating better, trying different therapies, exercising, or even surgery.

Here are a few things you can do to keep your joints in tip-top shape, courtesy of our friends from the Healthy Life Center.

Range-of-motion exercises
Rolling your shoulders forward and raising your arms over your head can help reduce stiffness and increase your mobility. You can perform these types of exercises at home while watching TV or before going to bed.

Strengthening exercises
Light weight training helps build muscle to support your joints. Consult with your doctor first. When cleared, gently work targeted muscle groups, and avoid exercising the same group of muscles on consecutive days. Always rest a day or two between workouts.

Aerobic exercise
Florida’s weather provides many opportunities to swim, bike, or walk almost year-round. These exercises improve your cardiovascular health, help you lose weight, and boost your stamina and energy.

If you’re new to low-impact workouts, start slowly. Gradually work your way to 150 minutes of moderately intense aerobic exercise per week. You can split that into 10-minute blocks if that’s easier on your joints. Remember to listen to your body, and go at your own pace to make sure you’re not making your joint pain worse.

Bone marrow transplant, also known as stem cell transplant, offers the only potential cure of sickle cell disease (SCD) in children. However, compatible donors are difficult to find and the procedure has serious risks associated with it that could be life threatening. Studies show that transplant offers about an 85 percent chance of cure.

“Stem cell transplant as a treatment option for preventing complications of SCD is the ultimate treatment option currently,” explains Emad Salman, M.D., who specializes in pediatric hematologic/malignant oncology at Golisano Children’s Hospital of Southwest Florida. “The procedure takes healthy stem cells from a matched sibling donor and puts them into a child with SCD to stimulate new bone marrow growth, which is vital to the person’s ability to fight infection.”

Dr. Salman says there is no 100% cure for sickle cell disease. “Treatments, including stem cell transplant, can prevent complications and lengthen the lives of people with SCD. Treatment options can vary among people with SCD, depending on their symptoms and severity. Overall, the goals of treating SCD are to relieve fever and pain and prevent infections, strokes, and other complications.”

What is SCD?
Sickle cell disease derives its name from the shape of red blood cells that have been misshaped by abnormal hemoglobin (proteins in red blood cells that carry oxygen to the tissues of the body).

“Red blood cells (contain hemoglobin), which in healthy people are flexible and round,” Dr. Salman says. “But in sickle cell disease, these cells become irregularly shaped. They look like sickles.” (Sickles are a C-shaped farm tool.)

In people with sickle cell disease, red blood cells become rigid and sticky. “These odd-shaped cells can get stuck in small blood vessels and block the flow of blood and oxygen to the tissues,” Dr. Salman says. “This lack of oxygen-rich blood can cause pain anywhere in the body. Persons with SCD have a higher risk of developing a stroke within their first 20 years of life.” They also have higher risks of developing heart and kidney disease, gallstones, and joint problems, he adds.

A person with SCD is born with it. The CDC reports that in the United States more than 90,000 people, mainly Blacks or African Americans, have the disease. The disease occurs among about 1 of every 500 Black or African-American births and about 1 of every 36,000 Hispanic-American births. Recent studies indicate the median life expectancy for U.S. children with SCD is less than 40 years due to chronic organ damage and dysfunction, which starts in childhood.

Hospitals in the United States screen every newborn for SCD, which will determine if the child has one of the forms of the disease or the SCD trait.

Golisano Children’s Hospital is among only a handful of centers that the state has designated for SCD diagnosis and treatment.

- Babies and children age 2 and younger with sickle cell anemia should make frequent visits to a doctor.
- Children older than 2 and adults with sickle cell anemia should see a doctor at least twice a year.

Because infection is an important trigger of sickle cell illness, Dr. Salman urges parents of children with SCD to get them immunized without fail and on time. “It’s critical to prevent children from an overwhelming infection,” Dr. Salman says. “Children with SCD are more prone to certain bacterial infections because their spleens don’t work properly.” He also suggests that parents establish treatment preferably with a hematologist, a doctor that specializes in the diagnosis and treatment of sickle cell.

A person with SCD can live a long and healthy life. More than 90% of newborns with SCD in the United States will be alive at age 20. Most adults with SCD can lead normal lives, minimize difficulties from the disease and enjoy many normal activities by:

- Getting regular checkups with their doctor.
- Following treatments prescribed by their doctors such as taking medications called hydroxyurea.
- Preventing infections by taking simple steps including washing their hands.

Emad Salman, M.D.
Pediatric Hematology/Oncology
Golisano Children’s Hospital of Southwest Florida
9981 S. HealthPark Dr.
Suite 156
Fort Myers, FL 33908
239-543-5333
The mix of Eastern and Western approaches yields a treatment plan that moves beyond symptoms. Many factors impact our health, from the environment to behavior, to our genes. Integrative medicine combines a spectrum of methods and ideas to address the causes of health conditions.

The trio of integrative medicine practitioners stress that their approaches dovetail with established medical practices. They abide by your primary care physician’s orders and treatment plans. As members of Lee Health, the integrative medicine team works across the system to communicate and offer the best possible care for patients of all ages, at their own pace.

“Because we all come from different disciplines, we can get some very creative ideas,” Dr. Auld says.

More integrative medicine centers have opened across the country. According to the American Hospital Association, the percentage of U.S. hospitals that offer complementary therapies has more than doubled in 10 years.

“Some of our patients are total fitness buffs who want to tweak their health,” Dr. Auld says. “I also see a lot of people who have metabolism disorders that keep them from losing weight. They want to avoid diet pills because of their side effects.”

By embracing both conventional medicine and scientifically-tested alternative therapies, integrative medicine provides a broader spectrum of treatment options with fewer side effects.

Treatments can include:

**Lifestyle medicine.** No pill is going to take the place of taking care of yourself. This involves the food you eat, as well as stress reduction, sleep, and exercise.

**Biolodentical hormone therapy.** These compounds may be creams, gels, pills, injections, or patches to help both men and women who have hormone deficiencies.

**Specialized labs.** In additional to traditional labs, the team offers testing for nutritional deficiencies, comprehensive digestive stool analysis, cortisol (stress hormone), food sensitivities, and others.

**Biofeedback.** This scientifically based feedback uses heart rhythm patterns to help improve concentration, sleep, calmness, fatigue, depression, anxiety, and stress. Added benefits include lower blood pressure, less pain, and improved moods.

**Acupuncture.** Acupuncture can help with colds and flu, allergies, arthritis, bone spurs, joint pain, neck, back and whole body pain, migraines, headaches, gastro-intestinal issues, skin allergies, hormonal issues, weight resistance, smoking addiction, fatty liver, stomach pains, heart palpitations, anxiety, mood disorders, depression, and insomnia.

**Cupping.** Glass, bamboo, or plastic jars placed on specific areas of the body, creating a vacuum by suctioning out the air. The purpose of the cupping is to enhance circulation, help relieve pain, remove heat and clear toxins.

**Therapeutic massage.** A soft tissue manipulation that aims to treat underlying causes of chronic pain involving the muscular and nervous systems.

**Craniosacral therapy.** Craniosacral therapy is a therapeutic approach to releasing dysfunction, pain, and tension that affect the central nervous system. Widely used today for various health issues, such as concussion and traumatic brain injury, migraines/headaches, autism, stress, tension, motor coordination impairments, brain and spinal cord injuries, and chronic fatigue.

**Energy medicine.** Energy medicine recognizes that energy determines our health and happiness. Examples include Chakra balancing and clearing, working with specific meridians, grounding techniques, electrics, Celtic weave, and more.

**Nutrition therapy.** Healing starts with the proper nutrients. With nutrition therapy, the team measures your micronutrients and vitamin levels in order to design the therapeutic diet that’s best for you.
Lee Inspiration
Dedicated by the Dozen: Commitment to Excellence Awards

Twelve Lee Health employees received the 2018 Board of Directors Commitment to Excellence Award, selected from the health system’s hospitals, outpatient centers, physician offices and ancillary and support services, the employees were recognized at a December ceremony with the Board of Directors and senior Lee Health leaders.

The Board of Directors created the award, formerly called the “Doc. Coggins Commitment to Excellence Award,” in 2003 to honor exceptional employees. Recipients are chosen based on their demonstrated commitment to Lee Health’s pillars of patient experience/customer service, teamwork and continuous performance improvement.

“More than 260 employees were nominated for the Commitment to Excellence Award,” said Stephen R. Brown, M.D., Lee Health Board of Directors Chairman. “We are extremely proud of the winners as well as those who were nominated. They truly exemplify everything Lee Health stands for and on behalf of the entire Board, I congratulate them.”

The 2018 winners are:

- Robert Atchison, RN, Resources Nurse Critical Care, Nurse Staffing, Lee Memorial Hospital
- Nicole Bazinet, Occupational Therapist, Rehabilitation Services, Golisano Children’s Hospital of Southwest Florida
- Richard Billian, RN, Emergency Services, Lee Memorial Hospital
- Carly Filer, Speech Language Pathologist, Rehabilitation Hospital, Lee Memorial Hospital
- Emili Frankinburger, Medical Social Worker, Care Management, Gulf Coast Medical Center
- Joann Gallant, Certified Nursing Assistant Advanced, Medical Progressive Care Unit, Gulf Coast Medical Center
- James Hammond, PRN Lead Transport Paramedic, Transport/Vascular Access Nursing, Golisano Children’s Hospital of Southwest Florida
- Isabella Joseph, RN, Critical Care, Medical Intensive Care Unit-7N, Lee Memorial Hospital
- Cheryl McConnell, RN, Dialysis Specialist/Lead Utilization Management Care Case Manager II, Utilization Management Corp., Cape Coral Hospital
- Dorene McCoy, Advanced Provider II, Lee Physician Group Cardiothoracic Surgery, Outpatient Office
- Lauren Rivera, Certified Nursing Assistant Advanced, Medical Progressive Care Unit, Gulf Coast Medical Center
- Nicole Stone, RN, Critical Care, Oncology Outpatient, Regional Cancer Center

Don’t Let the Cold Stop You from Warming Someone’s Heart

The gift-giving season is over, but at Lee Health Blood Centers the “season” to give blood lasts all year. The need for blood remains constant, particularly in the winter months when visitors and seasonal residents visit Southwest Florida.

The blood centers supply blood to Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center, and Lee Memorial Hospital, which houses the only Trauma Center within a five-county radius. Blood also benefits patients at Lee Health specialty hospitals – Golisano Children’s Hospital of Southwest Florida and the Rehabilitation Hospital – and patients receiving treatment at the Regional Cancer Center.

“Since we allow blood donations year-round, you can help whenever you’re able to,” says Susie Suess, director, Lee Health Blood Center. “The influx of more people unfamiliar with blood donation events may be more instances of trauma and cardiac events that may require surgeries.”

Blood Center Locations:

- Summerlin Crossings
  15980 Summerlin Road, Suite 113
  Fort Myers, FL 33908
  8 a.m. - 4:30 p.m., Monday, Tuesday, Thursday, Friday
  8 a.m. - 7 p.m., Wednesday
  239-437-5061

- Cape Coral Hospital
  636 Del Prado Blvd.
  Cape Coral, FL 33990
  8 a.m. - 4:30 p.m., Monday, Tuesday, Thursday, Friday
  8 a.m. - 7 p.m., Tuesday
  239-424-2400

- Bonita Community Center
  3501 Health Center Blvd., Second Floor
  Bonita Springs, FL 34135
  7 a.m. - 4 p.m., Monday-Friday
  239-489-4370

- Lee Memorial Hospital
  2776 Cleveland Ave.
  Fort Myers, FL 33901
  8 a.m. - 4 p.m., Monday - Friday
  239-343-2333

*An outpatient department of Lee Memorial Hospital

Too Busy During the Week to See Your LPG Provider? We Got This.

We know you’re busy. That’s why Lee Physician Group (LPG), your partner in health care, has convenient weekend hours to serve you better. We offer appointments 9 a.m. - 5 p.m., Saturdays, at three locations:

- Family Medicine/Internal Medicine
  9151 College Pointe Court
  Fort Myers, FL 33909

- The Outpatient Center at Surfside
  2441 Surfside Blvd., Suite 200
  Cape Coral, FL 33994

- The Outpatient Center at The Sanctuary
  8960 Colonial Center Dr., Suite 300
  Fort Myers, FL 33905

The LPG Contact Center is open 7 days a week to assist with appointment scheduling. Also, Mychart gives you internet access to your electronic medical records and allows you to discuss non-urgent medical issues directly with your primary care office.

For more information or to schedule your appointment during the week or on a Saturday, call 239-401-4811, or visit www.LeeHealth.org. Our contact center is also open on Sundays to schedule appointments for Monday through Saturday.

Lee Convenient Care is also available on Sundays when you need to see a provider for an acute illness or injury. No appointment is necessary.

Lee Health Convenient Care Locations:

1. Page Field
   4771 S. Cleveland Ave.
   Fort Myers, FL 33907
   239-345-9800
   7 a.m.-7 p.m.

2. Summerlin
   16250 Summerlin Rd.
   Fort Myers, FL 33908
   239-343-7450
   7 a.m.-7 p.m.

3. Pine Island Rd.
   1622 NE Pine Island Rd.
   Cape Coral, FL 33909
   239-424-9655
   7 a.m.-7 p.m.

4. Metro Parkway
   13349 Metro Parkway
   Fort Myers, FL 33966
   239-343-0490
   8 a.m.-6 p.m.
Welcome to Words on Wellness
Healthy Life Center and/SHARE Club News and Information

Words on Wellness, formerly a quarterly publication, now brings you essential health information each month to help you live your best life. Healthy News has joined forces with the experts at Healthy Life Centers, which are endorsed by physicians and backed by the clinical and support staff of Lee Health, one of the top health systems in the United States.

Tip of the Month: Stress

Stress causes the release of cortisol from the adrenal gland, a hormone which helps us cope with immediate stressors. If stress overwhelms you, your body releases too much cortisol, which can become a chronic issue.

Chronic stress can manifest in ways that can be detrimental to our health and mood, including weight fluctuations, sleep problems, muscle tension or pain, anxiety, hormone imbalance, anger or irritability, or restlessness.

Incorporating stress management techniques into our routines helps us control our stress, but also provides rest and relaxation, which helps make lifestyle changes stick.

Massage Therapy Can Reduce Stress

Massage therapy long has been accepted as a great way to relax and renew exhausted and tense muscles. Whether used for relaxation, therapy or stress relief, massage therapy offers advantages for everyone and is supported by licensed massage therapists.

The Healthy Life Center at Lee Health Coconut Point offers a variety of massage techniques to meet your individual treatment goals and needs. Massage services include the following: Swedish, Thai, deep tissue, sports massage, hot stone, facial and scalp, and many more varieties for relaxation and therapeutic benefits.

To schedule with an experienced Licensed Massage Therapist, call a Healthy Life Center near you!

Healthy News Calendar’s Gone Digital!

For your convenience, Healthy News calendar items are now online at leehealth.org/tn-calendar.

The transition represents Lee Health’s commitment to using technology to better serve our patients, their families, and the community. Now you can access the calendar anytime and anywhere on your personal device, smart phone, or computer.

Join the Movement! Join the Challenge!

Take a step toward healthier living by joining Healthy Lee’s Million Mile Movement!

Whether you’re walking, running, biking or swimming, register yourself or your company team for this community-wide challenge for FREE!

We’re challenging Lee County to get more active by moving 1,000,000 miles in three months. So register before Jan. 15, 2019 and download the new MyWellness app to easily track your miles! You can start at any time during the challenge, so don’t worry if you didn’t start on day one.

Healthy Life Centers

1. 42880 Crescent Loop
   Suite 100
   Babcock Ranch, FL 33928
   239-343-3540

2. 609 S.E. 13th Court
   Cape Coral, FL 33990
   239-424-3220

3. 3114 Cleveland Avenue
   Fort Myers, FL 33901
   239-343-4980

4. COCONUT POINT - OUR NEWEST LOCATION!
   23450 Via Coconut Point
   Estero, FL 34135
   239-468-0050

* Fitness facility. Programs vary by location.

Are We Eating Too Much Protein?

Many doctors, nutritionists, and personal health trainers tout the benefits of high-protein diets. Foods, drinks, and supplements are loaded with extra protein. People eat protein to control their weight, to gain or lose pounds, while others believe it gives them more energy and is essential for a longer, healthier life.

Garth Davis, M.D., author of “Proteinaholic: How Our Obsession with Meat Is Killing Us,” has a different take on the merits of protein. Come hear Dr. Davis’ eye-opening examination of the diet and health industry’s preoccupation with protein. Learn why he thinks protein actually hurts our health and can prevent us from losing weight.

Dr. Davis will speak Jan. 12, 9-10 a.m. at First Christian Church
2061 McGregor Blvd., Fort Myers.
To register, go to LeeHealth.org/classes.

Dr. Davis, medical director of the Davis Clinic at the Methodist Hospital in Houston, is an expert in initial bariatric procedures and revisional bariatric surgery. He lectures widely on the importance of a plant-based diet and exercise to help people discover the foods and adopt the behaviors that can lead to a healthy and happy life.
**Healthy Life Center—Coconut Point**

**Januaray 2019**

**EVERY MONDAY AND WEDNESDAY**
Walking Club Meet Up
8:9 a.m.

**EVERY MONDAY**
SHINE Counseling
9 a.m.-5 p.m.
Call: 863-451-5377 to request an appointment.

**EVERY TUESDAY**
Free Blood Pressure Screenings
9 a.m.-1 p.m.

**EVERY OTHER THURSDAY**
(1/10, 1/24)
Fourth Triathlon Club
12-1 p.m.

**EVERY FRIDAY**
SWFL Produce Box Pickup
4 to 9 p.m.
To place an order visit swflproduce.net.

**WEDNESDAY, JANUARY 2**
Whole Food Plant-Based Series: What Can I Change to Lose Weight?
10-11 a.m.

**MONDAY, JANUARY 7**
Dementia Caregivers College: Are You Safe? Home Safety Assessment, Driving Safety
10:15 a.m.
Lift Project Introduction—10 Week Series
11 a.m.-12:30 p.m.
Call: 239-414-9927 to register.

**FRIDAY, JANUARY 11**
Mobil Autism Screening Bus
9 a.m.-2:30 p.m.
Call: 239-343-6834 for an appointment.

**SATURDAY, JANUARY 12**
Family Yoga
9:40 a.m.

**MONDAY, JANUARY 14**
New Tips and Techniques for Hip and Knee Surgery
12-1 p.m.
Dr. Daniel Heston, orthopedic surgeon
Living Well with Parkinson’s Disease
4:30 p.m.

**TUESDAY, JANUARY 15**
New Year’s Resolutions and Lifestyle Medicine
3:45 p.m.
Dr. Salvatore Lecagnina, internist

**WEDNESDAY, JANUARY 16**
Community Guided Meditation
2:30-3:30 p.m.
Lecanto Sheriff’s Office Behind the Scenes Tour
1:30-4 p.m.
Dr. Christopher Myer, orthopedic surgeon

**THURSDAY, JANUARY 24**
Dutch Dine & Discover: Lago’s Costa Rican Crab
11:30 a.m.-1 p.m.
Book Club: Proteinaholic
(12 p.m.)

**MONDAY, JANUARY 28**
Senior Living Options in SWFL
10 a.m.-1 p.m.

**TUESDAY, JANUARY 29**
Jumpstart Your Health through Plant-Based Eating
10 a.m.-noon.

**MIND & BODY STUDIO**
The Healthy Life Center is expanding the yoga and fitness class offerings to include multiple yoga styles, mediation, mat Pilates, and more!
Class passes are available for purchase. Please call 239-468-0050 or see a team member for details.

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**Healthy Life Center—Cape Coral**

**January 2019**

**EVERY TUESDAY**
SHEP Club office
10 a.m.-2 p.m.
Call: 330-422-1737 to schedule an appointment.

**EVERY OTHER THURSDAY**
(1/17, 1/31)
Fourth Triathlon Club
10:11 a.m.
Walking Rooms Family Birth Place Cape Coral Hospital
Mom and children under 1 year.

**EVERY FRIDAY**
SWFL Produce Box Pickup
4-6 p.m.
To place an order visit swflproduce.net.

**MONDAY, JANUARY 7**
10 Week Series
5:30-7 p.m.
Call: 239-414-9927 to register.

**TUESDAY, JANUARY 8**
Whole Food Plant-Based Series: What Can I Change to Lose Weight?
5:30-6:30 p.m.

**WEDNESDAY, JANUARY 9**
Senior Living Options in SWFL
11 a.m.-1 p.m.

**THURSDAY, JANUARY 10**
Hearing and Hearing Loss: Unraveling the Myths
10-11 a.m.
Ms. Chapman, audiologist
Beyond Medication: Other Treatment Modalities for Chronic Pain
2-3 p.m.

**NEW YEAR, NEW BODY**
Start your Detox Today!
1-2 p.m.
Dr. Heather Auld, integrative medicine.

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**Friday, January 11**
Memory Café
10 a.m.
Cape Coral Hospital, Classroom A
Call: 1-800-279-3000 to RSVP.

**Monday, January 14**
How TeleHealth Is Improving Healthcare
10-11 a.m.
Brain Boosters
12:15 p.m.
Fee: $5

**Tuesday, January 15**
Living with Lymphedema
12:30-1:30 p.m.

**Wednesday, January 16**
Living Well with Parkinson’s Disease
10-11 a.m.

**Thursday, January 17**
Contact Information within a Senior Living Facility
10-11 a.m.
The Time Is Now: Take Charge of Your Nutrition
1-2 p.m.

**Friday, January 18**
Cardiac Connection
10 a.m.-noon

**Saturday, January 19**
Workshop: Debunking Yoga Myths
11:30 a.m.-1:30 p.m.
Fee: $25
Ms. Linwood, yoga instructor
Location: Mind & Body Studio

**Tuesday, January 22**
Guided Meditation for Wellness
5:30-6:30 p.m.

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**January 23, 2019**
Benefits of Exercise for People with Parkinson’s
10-11 a.m.

**February 14, 2019**
Jumpstart Your Health through Plant-Based Eating
10 a.m.-noon.

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**Lee Health**

**January 2019**

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**Saturday, January 26**
Lee Health and Estero Parks & Recreation Health Fair
8 a.m.-1 p.m.
Location: Estero Parks & Recreation Center

**Monday, January 28**
Senior Living Options in SWFL
10 a.m.-1 p.m.
Brain Boosters
3:30-4:30 p.m.
Fee: $5

**Tuesday, January 29**
Jumpstart Your Health through Plant-Based Eating
10 a.m.-noon.

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