Primary care, primary partners

Our expert team builds strong relationships while making you better. Here’s how they do it.

When you listen to classical music, you are hearing an ensemble of musicians playing woodwind, string, brass, and percussion instruments under the direction of a conductor. An orchestra works off a team-based approach with each musician playing a vital role.

Lee Health officials and staff members believe in the power and beauty of teamwork, too, and have seen its benefits. Teamwork is an essential part of primary care—often a patient’s easiest place to establish a relationship and start a healthy journey. Lee Physician Group primary care doctors recognize and manage a wide range of acute and chronic health problems.

In short, your primary care doctor guides a team of healthcare professionals dedicated to keeping you healthy and out of the hospital and doctor’s office.

“Studies show that patients treated by their doctors in a team-based practice had fewer hospitalizations”

Your primary care doctor remains the focal point for all your healthcare services, says Joseph Hobson, D.O., a board-certified family medicine physician. “But when you see a primary care doctor, you’re also interacting with your doctor’s entire team of healthcare professionals,” Dr. Hobson says. “It’s a team-based, patient-centered approach that integrates the unique experiences, skills, and training of all our team members to provide you comprehensive, compassionate care. It works.”

Studies show that patients treated by their doctors in a team-based approach had fewer hospitalizations, visits to emergency departments, and referrals to specialists.

“Your primary care doctors are the ones who care for you,” Dr. Hobson says. “That won’t change because it’s about building and sustaining relationships. Your doctor knows you, is someone you can turn to in crisis, and can help you navigate life’s important healthcare-related moments and decisions.”

Your Primary Care Doctor Leads Your Healthcare Team

Your primary care doctor can be an internal medicine doctor, family doctor, or pediatrician. Your doctor’s healthcare team may include other primary care providers such as:

- Advanced practice providers (APPs)
- Advanced practice registered nurses (APRNs)
- Physician assistants (PAs)

(To learn more about the differences, training, and education of APRNs and PAs, see page 5)

- Resident doctors
- Clinical pharmacists
- Nurse care coordinators
- Medical assistants (MAs)

A team-based, patient-centered care model allows patients to get into their doctor’s office for primary care services when their doctor is busy.

“Under the physician’s supervision and consultation, an advanced practice provider such as an APRN or PA can provide the same kind of patient care as your primary doctor;” Dr. Hobson says. “These highly trained and experienced providers work in close consultation with the doctor, who still maintains responsibility for the healthcare team and your comprehensive, ongoing healthcare.”

Dolan Abu Aouf, a physician assistant and Lee Physician Group advanced provider adviser, says that a PA and an APRN contribute to a medical team approach that consistently delivers exceptional, efficient patient-centered healthcare services.

Physician assistants and APRNs play vital roles in the medical team approach. Understanding the difference between APRNs and PAs can be difficult, because in many cases the job descriptions overlap. Both APRNs and PAs hold advanced degrees, and both usually provide direct patient care with a supervising/collaborating physician available for consultation.

To see what it takes to become a PA and APRN, go to page 5.

continued on page 5
Shipley Cardiothoracic Center Celebrates Expert Care

The Shipley Cardiothoracic Center celebrated the move into its larger and new patient-centered center inside HealthPark Medical Center. The center’s bigger footprint—nearly 13,290-square feet—was needed the night guests gathered to toast Shipley’s cardiothoracic surgeons, Randall Buss, M.D., Michael DeFrain, M.D., Paul DiGiorgi, M.D., and Brian Hummel, M.D., and staff on their new home.

Established five years ago as a hub of innovation, education and research, the new clinic features space for hosting presentations, seminars and simulations. It also houses specialized team members, including the research team, data managers and education specialists who work collaboratively with patients and their families.

Dr. DiGiorgi stressed that patient education is the key to Shipley’s mission. “The Shipley staff strives to create special doctor-patient relationships that set us apart from anything else in the region,” he said. “The people you meet tonight come to us with new innovative ways to save lives. We need that extra advantage to succeed in that struggle.”

Dr. Hummel said that a shared vision from both the community and staff has helped propel Shipley into the forefront of compassionate care, technology, and patient education.

Lee Health CEO Larry Antonucci, M.D., MBA, added, “This will be the home to our incredible team of surgeons.

Oncology Patients Blanketed with Love

Cindy Neumann, a volunteer at Lee Memorial Hospital, buys and collects donated material to craft beautiful blankets that she donates to the hospital’s oncology department. Each blanket, reversible with different fabrics on each side, displays a sewn tag that reads “Made with love” and a matching ribbon. Some blankets are large enough for the beds and others are lap blankets.

“The staff is proud to give them to our patients and the patients love them,” says Nancy Finn, supervisor of volunteer resources at Lee Memorial Hospital.

Looking to Make a Difference?

Many different volunteer opportunities are available at Lee Health. For more information, go to leehealth.org or call a volunteer resource location:

- Cape Coral Hospital 239-424-2206
- Golisano Children’s Hospital and HealthPark Medical Center 239-343-5055
- Gulf Coast Medical Center 239-343-0636
- Lee Memorial Hospital 239-343-2388

Are You Fire Smart?

Smoke alarms save lives—but only if they’re working. Test the smoke alarms in your home monthly and practice fire drills at home.

Home fires can start and spread quickly. “That’s why we all need to be careful and educated when it comes to fire safety,” says Sally Kreuscher, Safe Kids coordinator at Golisano Children’s Hospital of Southwest Florida. “Every day in the United States, at least one child dies from a home fire and every hour fires or burns injure about 14 children.”

Ninety percent of all fire-related deaths are due to home fires, Sally says. Because home fires spread rapidly, they can leave families as little as two minutes to escape after an alarm sounds. “Create and practice a fire escape plan,” Sally says. “The little bit of planning you take with your family can save lives.”

- Create and practice a home fire escape plan with two ways out of every room.
- Designate one person to get infants and small children out safely. Have a back-up plan for young children just in case the primary person is overcome by smoke.
- Smoke is toxic. Teach children to “get low and go” if there is smoke when they are leaving the home.
- Practice feeling the door, doorknob and cracks around the door with the back of your hand to see if they are too hot. Help your children practice this step.
- Choose a place to meet outside that is a safe distance away from your home.

To create your own fire escape plan, go to: www.tinyurl.com/HomeFireEscape
Convenient Care vs. ED
Convenient Care Saves Time and Money Without an Appointment

There’s no good time to be sick or injured. That is why Lee Health Convenient Care clinics offer extended hours—before and after the work day—seven days a week. If you have a nonlife-threatening health issue or are unable to immediately see your primary care doctor, an urgent care walk-in clinic offers immediate access to quality, hospital-affiliated health care provided by Lee Physician Group physicians and skilled nurses—without an appointment. Medicare patients are accepted.

Registered Dietitian Nutrition Day: March 13
What is a registered dietitian?

- A registered dietitian is a person with a degree in dietetics, human nutrition, public health, or a related field from an accredited college or university, and has completed a dietetic internship and passed the national registry examination.
- Registered dietitians work in hospitals, schools, public health clinics, food industry, research, nursing homes and beyond. They are the nutrition experts who can translate nutrition and food science into practical solutions.

Lee Health Foundation Events

Madisen’s Match Returns with Golisano Children’s Hospital Pro Tennis Classic

Madisen’s Match, a premier charity tennis event, supports pediatric and adult cancer services in our community. Madisen’s Match was formed in 2008 to honor Madisen Abramson, who at 3 years old was diagnosed with an inoperable brain tumor. Now 14, Madisen has become an ambassador for brain tumor survivors both young and old. The event consists of a VIP gala and auction and celebrity tennis camp.

All funds raised will benefit the Golisano Children’s Hospital of Southwest Florida Cancer Center Fund and the Brain Tumor Navigator Program at the Regional Cancer Center. Miromar Lakes Golf and Beach Club will host the events.

VIP Gala & Auction
6 p.m., March 18
Join us for an evening of fine cuisine, celebrity appearances, and the opportunity to bid on live and silent auction items.

Match Legends Tennis Camp & Golisano Pro Tennis Classic
4 p.m., March 18
Join us as we bring together the world’s best tennis players to raise money for adult and pediatric cancer programs in Lee County. Participate in the Madisen’s Match Celebrity Tennis Camp, Lunch with the Legends, and Madisen’s Match Pro-Am. That evening, enjoy the Golisano Children’s Hospital Pro Tennis Classic at Suncoast Arena, located on the Florida SouthWestern State College campus.

To learn more about Madisen’s Match or to purchase tickets, visit MadisensMatch.com.

Dinner on the Diamond
March 19
Bring your family and join players and personnel from the Boston Red Sox for a fun-filled evening at JetBlue Park. Dinner on the field, Red Sox Celebrity appearances and autograph signing, as well as a sports memorabilia filled silent auction and entertainment round out this exciting, family friendly event.

Proceeds benefit Kids’ Minds Matter – Voices for Pediatric Behavioral Health at Golisano Children’s Hospital.

Adult tickets are $75 per person and $35 for kids age 10 and younger. To purchase tickets, call 239-214-0819 or visit LeeHealthFoundation.org/RedSox for more information and/or purchase your tickets online.
Sleep and Your Mental Health

Many of us have experienced the mental and emotional effects of being sleep deprived. We become cranky, irritable, and have trouble staying focused. In fact, recent studies show that lack of sleep is even linked to negative thinking and can make it harder for us to maintain a positive outlook on life.

“Intrusive thoughts, worrying about the day, my mind won’t shut off, I keep thinking about things I have to do the next day, the tasks I have to get done, the things I did and wish I didn’t do, and things I wish I would have done differently,” says Jayme Hodges, director of behavioral health at Lee Health. “All of that factors into the ability to calm down and close the mind off so you can get a restful sleep.”

But contrary to what many believe, sleep deprivation isn’t just a symptom of mental and emotional health issues—it can actually be the cause.

“Not getting enough sleep is one of the vulnerability factors for emotional distress,” Jayme says. “Everything will appear and feel much worse than it actually might be.”

Sticking to a consistent sleep schedule, exercising daily, and relaxing your mind and body before bed can mean a better night’s rest. It is also important to stay off your cell phone, tablet, or computer before you go to sleep. The blue light emitted from these electronic devices can actually suppress the production of melatonin, according to the National Sleep Foundation.

“Don’t take those wonderful electronics into the room with you,” Jayme says. “Too many people are married to their cell phones, and the problem is that they are lying in bed with the lights out and they have a cell phone right in front of their face, and that light can have an impact.”

Putting better habits into practice before bed can make a difference not only on your mental health, but also your overall health and well-being.

Five Tips to a Better Night’s Rest

Don’t nap during the day or evening
Create a comfortable and quiet place for sleeping
Avoid alcohol, large meals, and drinking a lot of fluid for several hours before bedtime
Eliminate clutter from the bedroom
Turn off electronics and minimize artificial light, like alarm clocks

Jayme Hodges
Director of Behavioral Health
Lee Health
12550 New Britney Blvd.
Fort Myers, FL 33907
239-343-9180

Are You Getting Enough Sleep? If not, Your Health May Suffer

Are You and Your Brain Getting Enough Sleep?

When we think about staying healthy, our thoughts are about healthy eating and exercise. We often forget that we have to do other things in order to keep the brain, as well as the body, healthy. Certainly, healthy nutrition and regular exercise are vital to the health of the brain, while we often minimize the importance of sleep and stress management.

“Quality sleep is essential to brain health and studies have reported a higher risk of dementia in people who do not get enough quality sleep,” says Salvatore Lacagnina, D.O., Lee Health system medical director. “During the night is when the brain rests and recovers. It clears itself of toxins and regenerates. It creates growth hormone which is essential to metabolism and muscle health. Because so many essential brain functions occur during sleep, the required 7 to 8 hours of quality sleep every night is vital.”

Dr. Sal says we also can improve brain function by:

• learning something new each day
• avoiding chemicals and brain toxins as much as possible
• eating organic foods often
• exercising regularly
• adding specific supplements to the diet
• responding to life's stresses in ways that do not injure the brain

Salvatore Lacagnina, D.O.
System Medical Director of Wellness and Employee Health
Lee Health
708 Del Prado Blvd., #2
Cape Coral, FL 33990

Here’s an example

FOOT
_____
_____
_____
_____

BALL

Answer

FOOT

Game #1:
SNOW

FORT

GAME #2:

FOOT

SIDE

Game #1:

FOOL

Game #2:

FOIL

TIDE

Game #1:

FAIL

TALE

Game #1:

WALK

WALK

Word Ladder: Challenge your brain cells in this clever game.

Change one letter on each line to go from the top word to the bottom word. Do not change the order of the letters.

Foot

Walt

Talk

Tale

Tide

Walk

Give it a try!

BRAIN BOOSTER!

Brain games are designed to make us think. Yes, think! If we want our brains to stay healthy, we have to use them to think, solve problems and train our memory.

Word Ladder: Challenge your brain cells in this clever game.

Change one letter on each line to go from the top word to the bottom word. Do not change the order of the letters.
Collaboration, communication, and compassion: Lee Health’s team works at every level to give you the care you deserve.

Dolan lauds the benefits PAs and APRNs provide to patients and the healthcare system. “As advanced practice providers, we help expand access to care,” he says. “By reducing the workload of physicians, we can help improve the overall patient experience by reducing wait times. That’s key during Southwest Florida’s busy peak tourist and visitor season.”

“We are very impressed with what APRNs, PAs, and NPs do,” says the LPG physician. “By providing an environment for our LPG physicians if any issue comes up. This is what the team approach is about—working together as a cohesive team to treat the patient all along the continuum of care.”

“Our goal is that each patient receives patient-centered care,” says. “By reducing the workload of physicians, we can help improve the overall patient experience by reducing wait times. That’s key during Southwest Florida’s busy peak tourist and visitor season.”

How are PAs educated?
- Master’s degree and may obtain other advanced degrees.
- Curriculum is modeled on the medical school curriculum.
- Students complete 2,000 hours of clinical rotations in family medicine, internal medicine, general surgery, pediatrics, obstetrics and gynecology, emergency medicine, and psychiatry.
- Trained as medical generalists, providing them diagnostic and treatment skills in all areas of medicine and for all patients, regardless of age or gender.

How are APRNs educated?
- Master’s degree; may obtain a doctor of nursing practice degree.
- Trained in the advanced practice of medicine and family medicine.
- There’s a big shortage of internal medicine and family medicine doctors. Advanced nurse practitioners are ready and willing to fill that void with exceptional care.
- Students complete 2,000 hours of supervised clinical practice.
- Trained in a chosen health population focus area: family, adult/gerontology, neonatal, pediatrics, women’s health, or psychiatric/mental health.

How are PAs educated?
- Master’s degree, may obtain a doctor of nursing practice degree.
- Trained in the advanced practice of nursing.
- Students must complete 1,000 hours of supervised clinical practice.
- Trained in a chosen health population focus area: family, adult/gerontology, neonatal, pediatrics, women’s health, or psychiatric/mental health.

Visit www.LeeHealth.org
Health Info in the Palm of Your Hand

Meet Your Healthcare Team
Get to know your providers “up close and personal” in upcoming issues of Healthy News.
Coconut Point’s New MRI Pelvis Scan Service Saves Lives

Scan for rectal and anal cancers vital for improving outcomes

Lee Health Coconut Point continues to roll out new medical services for the residents of South Lee County and surrounding areas. In January, the new facility’s radiology department began offering magnetic resonance imaging (MRI) pelvis scans to help colorectal surgeons and oncologists treat patients diagnosed with rectal and anal cancers.

Each year, more than 8,000 people in the United States are diagnosed with anal cancer. If detected early, anal cancer can be successfully treated. Anal cancer usually affects adults older than age 60 and women more often than men. New cases of rectal cancer are far higher than anal cancer, with more than 40,000 people diagnosed with rectal cancer every year. Chances are good that rectal cancer can be treated successfully with early diagnosis.

Colorectal Cancer Screening Guidelines Updated

Last May, the American Cancer Society (ACS) updated its guidelines for colorectal cancer screening. Among the new recommendations: screening should begin at age 45 for people at average risk. Previously, the guideline recommended screening begin at age 50 for people at average risk. Previously, the guideline recommended screening begin at age 50 for people at average risk. Recommendations for screening test options are also part of the guideline changes.

Corey Duffek, M.D., a radiologist who designed the MRI pelvis scan used at Coconut Point, says the pelvis imaging test uses a magnetic field and radio frequency pulses to make detailed pictures of internal organs.

“We conducted a number of studies and experiments with magnets and radio frequency pulses to make sure we can get a clear picture of internal organs,” Duffek says.

The procedure usually takes about 30 to 35 minutes, depending how many pictures are needed,” Dr. Duffek explains. “The patient can then go home the same day of the procedure.”

Radiologists Matthew Assing, M.D., and Nikhil Rajadhyaksha, M.D., interpret the MRI results. The duo shares a wealth of expertise and experience. Dr. Rajadhyaksha is a board-certified diagnostic and oncologic radiologist. Dr. Assing is an oncologic imaging expert whose experience includes oncologic diseases of the abdomen, pelvis, breast, rectal and prostate MRIs.

“The scan is remarkable because it shows us where the tumor may be involved in the different layers of rectal wall, which is vital for cancer staging,” Dr. Assing says. “These scans have the potential to save a patient from unnecessary or more radical treatments. Our interpretations help the treating clinicians develop treatment strategies that will maximize the patient’s chances for successful treatment outcomes, long-term survival, and quality of life.”

Did You Know? Reports are often completed and signed within an hour or two of performing the exam. Anxious patients quickly receive the information they need to know from their doctor.

Dr. Duffek says other Lee Health sites will begin offering the MRI pelvis scan service for staging of anal and rectal cancers sometime this year.

Lee Health Coconut Point Radiology
23450 Via Coconut Point
Estero, FL 33928
239-468-0065

Studies report that chronic sinusitis can impact a person’s quality of life as much as heart failure, emphysema, or chronic back pain.

Some patients with the condition often resort to antibiotics after trying the full range of over-the-counter sinus rinses, oral steroids, and medications. Often, as soon as the patient heals from one infection, another one is around the corner.

Chronic sinusitis occurs when the sinus membranes swell from infection and become blocked. Typical symptoms include coughing, sneezing, a runny nose and eyes, nasal obstruction, facial pain, postnasal drip, and congestion.

“The condition occurs mainly due to the anatomy of the sinuses,” says Justin Casey, M.D., an ear, nose and throat (ENT) specialist—professionally, ENT specialists are called otolaryngologists—on the medical staff of Lee Health.

“Surgery may be an option for people who have long-term or chronic sinusitis because of polyps, a deviated septum, or other structural problems that allow these recurrent infections.”

Surgery can remove blockages and make the sinus openings bigger. “The procedure helps the sinuses drain, preventing more infections,” Dr. Casey explains. “Most important, it markedly improves quality of life.”

The procedure offers patients the benefits of minimally invasive surgery with lower risks and better outcomes. Most people experience little discomfort after the procedure.

“Patients usually go home the same day of the procedure,” he says. “Most of them return to work, get back to golf, light workouts, and resume other normal activities within the first few days. Our goal is to get you in, get you out, and get you back to doing what you do.”

A (high) definition of an endoscopic sinus surgery involves an endoscopic camera and a computer-based surgical navigation system that operates using an electromagnetic field. An emitter placed under the patient’s head generates the electromagnetic field.

The endoscope is inserted into the nose to the openings of the sinuses, visualizing and magnifying the sinus tissues. The navigation system allows the surgeon to visually track the position of the surgical instruments during the surgery. This real-time surgical navigation uses radiological images of the patient’s sinus cavities. Surgical tools are passed alongside the endoscope and used to safely and effectively remove tissue blockages, nasal polyps, and obstructive scar tissue.

For more information, go to www.tinyurl.com/HighDefScope

High-tech nasal procedure gets you home the same day
**March is Multiple Sclerosis Education and Awareness Month**

**Healthy Life Centers: People with MS Achieve New Levels of Well-being**

Lee Health Healthy Life Centers recognize that for some people with multiple sclerosis (MS), regular exercise as part of an overall wellness approach can help manage their condition. A disease of the central nervous system (CNS), MS damages or destroys the protective covering around the nerves of the CNS, and also can potentially injure the nerves. This damage impairs communication between the brain and nerve pathways, producing symptoms such as fatigue, balance and coordination difficulties, impaired mobility, depression, and cognitive issues. Multiple sclerosis, which has no cure, affects more than 400,000 Americans.

Studies suggest that for people with MS, exercise can improve strength, reduce pain, relieve stress, and improve mood, says Justin Klein, manager of the Healthy Life Centers. “Our Healthy Life Centers offer multiple exercise programs for people living with MS,” he says. “Programs like our aquatic classes and one-on-one training, especially, have shown to help improve flexibility and motion.” (See below for more information about aquatic programs for people with MS).

Any exercise program should be appropriate for your capabilities and limitations, Justin says. Over time, as changes occur in your MS symptoms, your program may need adjustment. A Healthy Life Center exercise specialist experienced with the unique and varied symptoms of MS can help design a balanced exercise program to help you achieve a new level of well-being.

**Staying Active with MS**

The Healthy Life Centers, in partnership with the Multiple Sclerosis Society, now offer yoga and aquatic therapy classes for individuals in the community diagnosed with multiple sclerosis.

“Swimming helps reduce your blood pressure, strengthens your heart, and improves your aerobic capacity,” says Philly McMurrin, aquatics coordinator at the Healthy Life Center-Cape Coral. “Yoga is good for allowing muscles to relax and reduces the level of pain from MS.”

- **Yoga for Multiple Sclerosis**
  Noon-1 p.m., Monday
  Healthy Life Center - Cape Coral

- **Aqua Therapy for Multiple Sclerosis**
  11:30 a.m.-12:30 p.m., Tuesday and Thursday
  Healthy Life Center - Cape Coral

- **Yoga for Multiple Sclerosis**
  130 a.m.-12:30 p.m., Tuesday and Thursday
  Healthy Life Center - Fort Myers

**Call the Healthy Life Center - Cape Coral at 239-424-3220 for more information.**

**Get Moving to Better Health and Win a Cruise for You and a Friend to Cozumel!**

Healthy Lee and the Million Mile Movement want to get your body moving. To get you going, we’re offering one lucky winner a Caribbean Cruise for two! Simply move a total of 45 miles or more through April 14 and you’ll be entered in a drawing for a 4-day cruise FOR TWO! Start your healthier lifestyle today because every step counts.

Go to HealthyLee.com for additional details. Get moving!

**FREE! One Week (7 consecutive days) Guest Pass**

**Healthy Life Center**

One Week Free Guest Pass

**Healthy Life Centers:** We are dedicated to providing you a personal experience.

Are you looking to get fit or improve your athletic performance? Perhaps you need help recovering from an illness or injury. Maybe you just want to change your lifestyle to feel happier and more energetic. Whatever your needs, we are here to help you reach your “best you.”

**Healthy Life Center Locations**

1. 42880 Crescent Loop, Ste. 100
   Babcock Ranch, FL 33982*
   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
   23450 Via Coconut Point
   Estero, FL 34135
   239-468-0050

*Please note: Fitness facility programs vary by location.

**Tip of the Month:**

**March is Nutrition Month**—a great opportunity to focus on developing sound eating and physical activity habits. Just say no to diet fads. Instead, partner with our health and wellness experts to learn how to build the components of a healthy diet. Nutrition is a key building block for a healthy lifestyle. Invest the time to plan balanced meals that include whole foods that deliver healthy levels of macronutrients (carbohydrates, protein, and fat) and micronutrients (vitamins and minerals).

Our registered dietitians and wellness professionals will work with you to personalize an eating and exercise program that will help you reach an optimal state of health—and stay there.

“Keep things simple,” says registered dietitian Carrie Bloemers, manager of Healthy Life Center Coconut Point. “Be mindful of portion sizes and choose a variety of fresh, colorful produce to eat every day.”

**Healthy Life Center News and Information**

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**Words on Wellness**

Words on Wellness supports your healthy life mission with health guidance, services, and education.

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