HealthyNEWS

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World-Class Stroke Care Available at Lee Memorial Health System

When it comes to stroke diagnosis, treatment and outcomes, time is of the essence and the faster, the better. To ensure the fastest and most effective treatment for stroke patients in Southwest Florida, Lee Memorial Health System hospitals have worked diligently to incorporate up-to-date, research-based protocols. In fact, Cape Coral Hospital and Lee Memorial Hospital are designated as Primary Stroke Centers, while Gulf Coast Medical Center recently received Comprehensive Stroke Center designation.

“There is a high prevalence of strokes in our community,” says Josh DeTillio, chief administrative officer of Gulf Coast Medical Center. “Lee Memorial Health System sees approximately 1,700 strokes a year, so it is vitally important that we have the right care available. The introduction of the Comprehensive Stroke Center at Gulf Coast Medical Center means that our community has 24/7, year-round access to neurointerventional services and care, which includes lifesaving procedures like stents and clotting for brain aneurysms and strokes.”

Josh explains that the stroke centers are a hub-and-spoke system, meaning that the Primary Stroke Centers are the first line for stroke patients and the Comprehensive Stroke Center is available for the most serious cases, including patients needing neurointerventional procedures. Gulf Coast Medical Center will still treat all stroke patients, while also accepting transfers from the other Primary Stroke Centers.

In addition to gaining Comprehensive Stroke Center designation, Gulf Coast Medical Center has worked diligently to incorporate national best practices to improve door-to-needle times, which is the interval between patients’ arrival to the hospital and the start of treatment.

“Using LEAN process improvement, which is a step-by-step review of the process, we created efficiencies and eliminated extra/unnecessary steps,” Josh says. “The national standard is 60 minutes door-to-needle, and the best stroke centers in the nation average 30-40 minutes. Gulf Coast Medical Center is right there with the best—averaging 30-35 minutes. Cape Coral Hospital, Lee Memorial Hospital and HealthPark Medical Center are well within the national standard, but we are rolling out the process improvements to the other campuses, too, so all patients have access to the most efficient care. We are very proud that we have world-class stroke care right here in Southwest Florida.”

Josh adds that HealthPark Medical Center will officially earn Primary Stroke Center designation this fall/winter.

WHAT ARE THE DIFFERENCES BETWEEN A PRIMARY STROKE CENTER AND A COMPREHENSIVE STROKE CENTER?

Primary Stroke Centers
• Takes care of most cases of ischemic—blood vessel blockage—types of stroke.
• Minimally invasive catheter procedures are not required.
• No requirement for a separate intensive care unit for stroke patients.
• Access to neurosurgery within 2 hours.
• Sends complex patients to a Comprehensive Stroke Center.

Comprehensive Stroke Center
• Cares for all types of stroke patients, including bleeding—or hemorrhagic—strokes, such as those caused by brain aneurysms.
• 24/7 access to minimally invasive catheter procedures to treat stroke.
• Dedicated neuroscience intensive care unit for stroke patients.
• On-site neurological availability 24/7 with the ability to perform complex procedures.
• Receives patients from Primary Stroke Centers.
**Aug. 21 Rumrunners Event Helps Young Cancer Patients**

At right, celebrity chef teams take a break before creating culinary masterpieces at the 2013 Rumrunners event.

Corporate Spending Innovations (CSI) is pleased to once again serve as presenting sponsor for Rumrunners Celebrity Chef Night set for Thursday evening, Aug. 21 at Rumrunners in Cape Harbour. All are invited to come out for a special “Epicurean Escape.”

The event is a true labor of love for Todd Johnson, Ralph Centaloonza and Jeff Gately from host restaurant Rumrunners with all proceeds benefiting Barbara’s Friends—Golisano Children’s Hospital Cancer Fund. Tickets are just $75 per person and include refreshments and the full tasting menu. These mouth-watering creations will be prepared by the finest chefs in our area, including Todd Johnson and Ralph Centaloonza from Rumrunners; Charles Mereday from Monday’s in Naples; Harold Balkin of Creo; Brian Roland from Crave Culinaire; and Norman Love from Norman Love Confections.

The event also offers guests the opportunity to bid on items in both silent and live auctions. Travel packages, dining excursions, and one-of-a-kind sports and entertainment experiences will all be up for grabs.

Major sponsors: Leeser. Cat Country 107.1 FM and Century 21 Sunbelt Realty are once again supporting the event.

Visit www.LeeMemorial.org/event/rumrunners to purchase tickets online and to learn more about available sponsorship packages. Call 239-343-6053 for information.

**Harper and McNew Families Gift $250,000 To Capital Campaign**

For more than 50 years, Fort Myers business partners Daniel Harper and the late Quinton McNew built roads, interstates and golf courses. Now their family foundations are helping to build one of the area’s most important projects to date—Golisano Children’s Hospital of Southwest Florida.

Representatives of the Daniel R. & Anne M. Harper Foundation and the Quinton B. and Beverly H. McNew Foundation recently attended an appreciation luncheon recognizing the generous $250,000 donation made to the Gift of a Lifetime capital campaign.

**Charlotte County Residents Make Matching Gift Challenge**

Erik and Diane Hoffner recently announced a community match challenge in support of Golisano Children’s Hospital of Southwest Florida’s capital campaign. Under the terms of the challenge, The Hoffner Family Foundation will match dollar for dollar, as much as a total of $25,000, all donations made by any Charlotte County individual or corporation. The Hoffners decided to make the challenge after touring Golisano Children’s Hospital and meeting with Emad Salman, M.D., who serves as medical director for the hospital. The Hoffners were impressed with the strong commitment both Dr. Salman and the children’s hospital staff exhibited during the tour.

For more information and to make your gift toward the challenge, please contact Keith Callaghan at 239-343-6077 or Keith.Callaghan@LeeMemorial.org.

**Spadathon Supports Golisano Capital Campaign**

Judy and Andrew Williams, owners of Spada Day Spa and Salon on McGregor Boulevard in Fort Myers, recently joined together with their staff to present a check for $11,350 to Golisano Children’s Hospital of Southwest Florida’s capital campaign. Spada has pledged $25,000 to the campaign.

Funds were raised at the recent SPADA-thon event—which highlighted many of Spada’s services—and was promoted through the Impact Initiative program, which brings community leaders together to support lifesaving and life-changing projects at Lee Memorial Health System.

For more information about Impact Initiative, contact Christin Collins at Christin.Collins@LeeMemorial.org or 239-343-6062.

**Bonita Blues Festival Supports Music Therapy**

Representatives of the Bonita Blues Charitable Foundation celebrated another successful event by presenting a check for $7,500 to Lee Memorial Health System Foundation in support of Golisano Children’s Hospital of Southwest Florida’s Music Therapy Program. Accepting the check on behalf of the program were Tracy Connolly and Julie Avirett.

The successful 2014 Bonita Blues Festival, held this past March, brought together some of the world’s finest blues musicians in support of great causes here in Southwest Florida.

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Heart Attack Symptoms Not Always Obvious

On the silver screen the man having the heart attack clutches his chest, an obvious sign that he is in distress. In real life, the signs and symptoms may be quite different.

In fact, many times, patients do not realize they are having a heart attack. “Silent heart attacks tend to happen in diabetics or other patients with neuropathy (disease of the nervous system) or they are seen with atypical presentations,” says cardiologist Robert Cross, M.D. “The patient has indigestion or shortness of breath and doesn’t realize he or she is having a heart attack.”

Classic signs of a heart attack include:

- Chest pain
- Pressure (may be associated with nausea)
- Shortness of breath
- Profuse sweating
- Pain radiating to neck, jaw, back or arms

“The difference is usually the intensity, duration and frequency, with a classic heart attack having worse symptoms in all categories,” Dr. Cross says. “If you experience these symptoms, it’s important to call 911 and take 325 mg of aspirin.”

Dr. Cross and other cardiologists treat heart attack patients with a number of options, ranging from medicine to the insertion of a balloon or stent—Or for the most serious cases, bypass surgery. Many patients resume a normal life after a heart attack, while others do not survive.

“I am here to help my patients recover,” Dr. Cross says. “But the best thing is to stay healthy and stay out of my office. The best way to avoid a heart attack is to control risk factors, including blood pressure (hypertension), levels of fats or lipids in the blood (hyperlipidemia) and diabetes, and most of all, don’t smoke.”

Scoliosis is Possible Later in Life

A condition often associated with adolescence, scoliosis—or an abnormal curvature of the spine—can develop and present later in life. Known as adult degenerative scoliosis, this condition occurs because of age and deterioration.

“Adult degenerative scoliosis is usually caused by a disc collapsing unevenly and tilting the spine,” explains Paul Fuchs, D.O., orthopedic spine surgeon. “This happens over time, and patients may not even know they have it.”

Though the severity of symptoms vary, Dr. Fuchs says back or leg pain, shooting pain, and weakness and/or numbness usually sends a patient to his or her primary care physician. An X-ray aids in diagnosis.

“Patients are referred to an orthopedic surgeon to determine the severity of the curve and a treatment plan,” he says. “We usually start with conservative treatment options, including anti-inflammatory medication, injections, exercise, physical therapy or braces. While these options won’t change the curvature of the spine, it will help with pain and symptom management.”

Dr. Fuchs says surgery is the last resort and is usually done to take pressure off of pinched nerves.

“Adult degenerative scoliosis is pretty common,” Dr. Fuchs says. “If you experience back or leg pain, it is worth getting an X-ray, so if it is degenerative scoliosis, we can pursue the more conservative treatment options.”
Safety Important Component of Returning to School

The notebooks are fresh, pencils waiting to be sharpened. Students are heading back to school, but amid the rush to purchase and prepare school supplies, parents may overlook an important component of starting a new school year: health and wellness.

“As parents prepare to have children go back to school or start school for the first time, it’s important to be sure your child has seen his or her doctor within the past year,” says family medicine physician Kristin Miller, M.D. “Yearly ‘well child visits’ address things like vaccine status, daily eating habits, school and study habits, discipline, safety and other issues.”

Dr. Miller says it is important to make medical exams a priority because physicians can address many types of health issues, including ways to keep children safe.

“Safety is important at every age,” Dr. Miller says. “This is something that your physician will go into detail on during a routine visit. Things that are typically discussed include making sure young children know whom they can and cannot talk to or even take rides from; and making sure young children have their parents phone number memorized is very helpful.”

Conversations with older children—11 to 13—should include how to avoid drugs and alcohol, and the dangers of risky sexual behavior. “In general, parents need to have these conversations with their children before these events occur,” Dr. Miller says.

Parents also need to discuss the dangers of technology and establish boundaries. “Our current recommendation to families is to only allow 2 hours or fewer per day of ‘screen time’ with TV, video games, texting, etc.,” Dr. Miller says. “Parents should also educate their children on safety, regarding walking or riding bikes to school, and that listening to headphones or looking at a screen could cause preventable accidents, due to lack of concentration.”

Most of all, Dr. Miller suggests families take time to unplug from the work and school day and tune into family conversation and together time. “Most families have working moms and working dads which can make it difficult for parents to be as involved as they need to be,” she says. “One suggestion would be to try to have dinner together as a family, without TV, as often as possible and discuss what’s going on with everyone. You’ll be surprised how much you can learn about your kids over a meal.”

While physicians are eager to help families who are faced with a medical condition, Dr. Miller says the ultimate goal is to keep families safe so they do not require emergency medical attention. Paying attention to scheduled exams helps families stay healthy the rest of the year. “Don’t forget to make a yearly well visit appointment with your family physician,” Dr. Miller says.

Hemophilia: A Rare, but Treatable Condition

A rare bleeding disorder, hemophilia occurs because blood does not clot normally and can result in prolonged and/or internal bleeding. Though hemophilia can be acquired, it is most commonly inherited, known as congenital hemophilia. It is often diagnosed at birth.

“The two most common types of congenital hemophilia are A and B,” explains hematologist/oncologist Frank Rodriguez, M.D. “The difference between the two is the clotting factors in the blood and whether they are abnormal or absent. Hemophilia is linked to the X-chromosome, which means it almost always occurs in males and is passed from mother to son through one of mom’s genes. Women who carry the hemophilia gene usually do not exhibit signs or symptoms of the condition, but do risk passing it on to sons.”

In people without hemophilia, clotting factors in the blood help platelets—which are small blood cell fragments that form in the bone marrow—stick together and adhere to the edges of an injury to minimize bleeding. Deficiencies or the absence of the clotting factors can result in even small wounds, cuts or abrasions continuously bleeding. An additional concern is internal bleeding in joints, like the knees and ankles, which can result in joint dysfunction and/or arthritis.

“With regard to the treatment of hemophilia A, we must replace the missing clotting factor,” Dr. Rodriguez says. “Historically, we would treat on-demand—when a patient was bleeding. But, studies show that preventative treatment—called replacement therapy, which is either done on a regular basis to prevent bleeding or to stop bleeding when it occurs—results in fewer complications and a better quality of life.”

Dr. Rodriguez says hemophilia can be controlled, but notes that there isn’t a cure—yet. “It is unclear today if we will be able to cure hemophilia,” he says. “But, genetic therapy may offer the opportunity to transfer normal genes to those who carry the abnormal gene, so the body can make the necessary coagulation factor. We aren’t there yet, but it is the next frontier.”

Most commonly, Dr. Rodriguez says hemophilia can be controlled with factor therapy, which is either done on a regular basis to prevent bleeding or to stop bleeding when it occurs. “We aren’t there yet, but it is the next frontier.”
Sleep Apnea Not Just for Adults

At the age of 9, William Einbinder was energetic, creative and enthusiastic about life. A year later, all that changed.

He woke exhausted each morning and had no appetite for school or friends. “I was tired all the time,” he says. After extensive testing for depression and other personality disorders, William completed a sleep study with pediatric neurologist and sleep medicine specialist Jose Colon, M.D. There, he learned the cause of his condition: sleep apnea.

Sleep apnea is common in overweight adults whose weight impairs their breathing. In children like William, sleep apnea is generally caused by an obstruction of the tonsils or adenoids. In many cases, physicians can alleviate the problem by prescribing Continuous Positive Airway Pressure (CPAP) therapy.

“Drowning is caused by respiratory impairment from immersion in water,” says K. Alex Daneshmand, D.O., pediatric intensive care specialist. “As a result of drowning, or submersion injury, there are a number of secondary injuries, which can affect the brain, heart or other organs. The neurological injuries are the most devastating and have the most impact on the patient and his or her family.”

Dr. Daneshmand says submersion injuries, including neurological injuries, can occur in as few as 2 minutes and in as little as 2 inches of water. “There are different threats for different ages,” he says. “Infants and toddlers can drown in kiddie and large pools, toilets, buckets of water and bathtubs. Submersion injuries in adolescents usually happen at the beach or in canals, rivers or lakes.”

While swimming lessons are important, they are just one tool in drowning prevention. Other safety tools and tips include:

- Never leave a child alone in or around water. An adult should always be an arm’s length away.
- Assign an adult to watch all children who are in an area with water—designate a “water watcher.” Adults should have a phone and know how to use it—grandparents and older adults should know how to use cell phones to call for help. Teach children how to dial 911.
- Learn CPR—it saves lives. Water watchers should know CPR.
- Install pool barriers such as pool fences, alarms and self-locking gates.
- Keep a lifesaving ring in the pool area.
- Keep the pool and its surrounding environment safe—cover pool drains to prevent entrapment. Pool covers should be able to hold the weight of a child. Remove toys from the pool so the children are not attracted to them. Keep chemicals out of reach.

Stay Alert, Use Tools and Tips to Prevent Drowning

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If left untreated, sleep apnea can lead to risk factors associated with heart disease. “It’s a modifiable risk factor,” Dr. Colon says. “There is absolutely no reason to lose sleep when something like this helps so many people.”
Highly Treatable, ADHD Treatment is Tailored to Each Child

Attention deficit hyperactivity disorder, or ADHD, is marked by hyperactivity/impulsivity and inattention. Early identification and treatment can help improve and maintain a child’s quality of life.

First, it is important to understand the core symptoms of ADHD.

Hyperactivity and impulse behavior almost always occur together, explains Joseph Hobson, D.O., family medicine physician. "This subtype of ADHD is usually apparent around 4-6 years of age," he says. "Though parents may notice signs of hyperactivity and impulsivity earlier on, we tend to hold off treating ADHD with medication until the child reaches kindergarten because it is best to see how he or she matures and performs in a structured school setting."

Inattention—the other subtype of ADHD—is characterized by the reduced ability to focus and reduced speed of intellectual processing and responding. The signs and symptoms of inattention are usually apparent when the child is 8 or 9 years of age, due to the increased academic demands.

While there isn’t a specific test to diagnose ADHD, Dr. Hobson says he performs a medical exam, reviews personal and family medical histories, and uses questionnaires and feedback from family members and teachers to aid in an accurate diagnosis. He adds that he is aware of the extent of the ADHD diagnosis in our society and guards against it.

"ADHD can overlap with other conditions," he says. "So, we look for other coexisting conditions, like oppositional defiant disorder, learning disabilities, depression, anxiety, post-traumatic stress disorder (PTSD) and conduct disorder. Up to one-third of children with ADHD have one or more coexisting behavioral-emotional conditions, so it is important to treat all conditions in conjunction with the ADHD. We utilize community and school resources, as well as additional medications to treat the coexisting conditions."

Medications are the first line of therapy for ADHD, though behavioral interventions may be used in conjunction, if indicated, Dr. Hobson explains.

Stimulants are the most commonly prescribed medications for ADHD. "These medications improve communication between different areas of the brain," Dr. Hobson says. "Because there are different medications to choose from and every patient is different, we really tailor and customize the treatment plan to each child. Additionally, we follow up with our patients frequently because things change and medications may need to be adjusted. Fortunately, the medications’ benefits outweigh the side effects—which mainly includes decreased appetite. Should there be any moodiness, rebuff—or irritability when the medication wears off—or insomnia, these are approached by adjusting the characteristics of the particular medications."

Dr. Hobson says parents understandably worry about putting their children on a long-term medication. But, it is important to understand that forgone diagnosis and treatment of ADHD can have adverse effects on children, Dr. Hobson says. "ADHD [left untreated] can lead to failing grades, disciplinary issues, poor self-image and self-esteem, difficulty interacting with peers and adults, and more difficulty being accepted;" he says. "I spend much of the visit educating the family about ADHD."

Dr. Hobson says caring for a child with ADHD can be challenging, but very rewarding. "Every person is unique, so the treatment isn’t one-size-fits-all," he says. "We customize treatment so each child has the best possible quality of life."
Breastfeeding Benefits

Mother and Baby

The first few hours of life are among the most important, especially for mother-child bonding. Breastfeeding is a natural way for new mothers to connect with and comfort their babies.

The Centers for Disease Control and Prevention and the Surgeon General of the United States recommend breastfeeding for all mothers who can. “There are very few reasons not to breastfeed,” says Carol Lawrence, maternal research evidence-based practice coordinator at HealthPark Medical Center. “If the mother or infant has a medical condition that prevents the infant from feeding at the breast, then the mother can express breast milk and provide the breast milk to her infant. In rare circumstances that mothers cannot use their own breast milk, alternatives include formula and donated breast milk.”

Breastfeeding saves families $1,500 or more per year, the estimated cost of formula that replaces the nutritional needs of a mother’s milk. In addition, mothers who breastfeed are at a reduced risk for type 2 diabetes, breast cancer, ovarian cancer and post-partum depression. They also have fewer missed work days if returning to work. Infant benefits include a lower risk for respiratory infections, ear infections, asthma, obesity, type 1 and 2 diabetes, childhood leukemia, SIDS (sudden infant death syndrome) and necrotizing enterocolitis (occurs when the lining of the intestinal wall dies in premature infants and requires extensive treatment, possibly surgery).

“It can be helpful to take a breastfeeding class and talk with your doctor and lactation consultant before the baby is born,” Carol says. “Mothers who are breastfeeding often get fatigued. Mothers with a good support system are more likely to be successful.”

Mothers who choose to breastfeed receive help while still in the hospital following the birth. “One of the first decisions a parent has to make is that of infant nutrition—breast milk or formula,” Carol says. “Breast milk is perfect nutrition—designed specifically for your baby. It is worth the investment for yourself and your baby’s health to breastfeed. If you encounter problems it is imperative that you reach out and get help.”

Lee Memorial Health System offers breastfeeding classes and support groups. Both include the services of board certified lactation consultants. Free support groups meet:

- 10 a.m., Monday, Cape Coral Hospital
- 10 a.m., Tuesday, Gulf Coast Medical Center
- 10 a.m., Wednesday, HealthPark Medical Center

For more information on classes, support groups, or to schedule a consultation with a lactation consultant, call 239-343-5271.

Talk to Your Teen about Dating Violence

There are a number of exciting moments in the life of a teenager, especially when it comes to dating. As teenagers begin to date and develop different types of relationships, it is important for parents to guide and support their children toward the best and healthiest relationships. Though adults and adolescents often are unaware, teen dating violence occurs.

“Teen dating violence includes physical, sexual and/or psychological/emotional abuse, as well as stalking,” explains Syndi Bultman, RN, Lee Memorial Health System trauma injury prevention and resource manager. “Nationwide studies and surveys show that teen dating violence covers all races, gender and socioeconomic lines; and both boys and girls are victims. Girls tend to yell; threaten to hurt themselves, kick, slap, pinch or scratch. Boys tend to injure girls more severely and frequently.”

Whether they are embarrassed, ashamed, afraid, confused or convinced it is their fault, teenagers may not share their experiences with their parents or even close friends. So, it is important for parents to be aware of warning signs—especially if they happen suddenly or without explanation—including, but not limited to:

- Failing grades
- Dropping out of school or school activities
- Changes in personality—becoming depressed or anxious
- Acting out or being secretive
- Bruises, scratches or other injuries
- Sudden changes in clothing or make-up
- Changes in eating or sleeping habits
- Using tobacco, alcohol or other drugs
- Giving up activities, interests or family time that had previously been important

“It is important for parents to know that it is never too early or too late to talk to their teens about healthy, safe relationships and mutual respect,” Syndi says. “If parents think or find out that their teenager is being abused, they should act swiftly to ensure their safety by enlisting the help of guidance counselors, the principal or, if necessary, the police.”

The American Academy of Pediatrics offers tips and tools for parents to talk to their teens—information can be found at www.tinyurl.com/maximum. Additionally, the Lee Memorial Health System Trauma Center offers a variety of Trauma/Injury Prevention programs, including Gang Awareness Training Education, or G.A.T.E., that also covers youth dating violence. For more information about this and other programs, call Syndi Bultman at 239-343-3797.
It’s the hidden giant that shows up in small ways—in bread, condiments, beverages, cereal, granola, yogurt and other “healthy” foods. Sugar has consumed the American diet.

Because it’s legal and food manufacturers put processed sugar into so many foods, it’s difficult to get a handle on how much sugar we’re eating. "One of the biggest issues is eating too many processed foods and not enough foods in their natural state," says Lee Memorial Health System dietitian Jeanne Struve. "We allow other people to add sugar, fat and salt to our foods in the name of convenience, when many foods are not that difficult or time-consuming to prepare ourselves."

Food manufacturers spend a great deal of money to find the perfect combination of fat, sugar and salt that causes us to crave a food, Jeanne says. "It is a science with them and it is all about the money," she says. "Do not fool yourself that companies are interested in your health; only your pocketbook. If we want them to change, that is where we have to hit them. If we don’t buy it, they will not make it." The only reason there are so many lower sodium items today is because Americans wanted less salt and spoke with their wallets. Food manufacturers changed.

Consumers can start by getting their sugar fix through natural sugars found in whole fruits and vegetables. "The recommended number of servings for fruits and vegetables is at least five each day," Jeanne says. "It’s a good start. Choose whole foods instead of processed or quick foods. Don’t set yourself up for failure. Decide which items you can easily eliminate from your diet, especially if you are choosing those foods out of habit."

The sugar trap comes loaded with additional calories, too—empty calories. “You get more calories in these foods and beverages but these calories don’t fill you up as much,” Jeanne says. “So, you overindulge. The weight piles on; blood sugars go up, along with cholesterol and blood pressure. You don’t feel as alert or as energetic and you move less, so, again, more weight piles on.”

People generally do not eat too many fruits, vegetables, beans or whole grains. “These are not the foods that call your name that you impulsively put in your grocery cart,” Jeanne says. Resisting the urge of colorful packaging and cute names, and reaching for whole, real food can be the key to dietary success. “As you eat more fruits, vegetables, legumes (beans) and whole grains you will find your taste buds change,” Jeanne says. "The cravings will go away or at least be manageable. Too often, because of the sugar, fat and salt in foods that cause cravings, it is next to impossible to be in control of the cravings. People get frustrated and then give up."

Jeanne suggests starting with small changes. Exchanging sugary snacks with something healthy and adding fresh items at meals makes the shift to a healthier diet less jarring. "It does not take long to readjust your thinking and your taste buds," she says. Want to take control of your eating habits? Lee Health Solutions can help. Call 239-424-3120 for information.

Sugar Overwhelms the American Diet

HealthPark Care & Rehabilitation Center Offers Congestive Heart Failure Program

The cause of frequent hospital admissions and readmissions, congestive heart failure (CHF) is a chronic condition that requires appropriate treatment and lifelong management. Proper education and care can keep CHF patients out of the hospital. HealthPark Care & Rehabilitation Center, as part of the continuum of care throughout Lee Memorial Health System, now offers a dedicated CHF program.

Led by coordinator Cindy Brandon, RN, the program helps patients and family members gain a better understanding of CHF by teaching them how to take control of the management of their disease. "CHF is complex, so we start the program with education for patients and family members," Cindy says. "It is important that patients know what they have. Patients need to know if their CHF is systolic—meaning that there is a pumping problem with the heart; diastolic—which means that the heart can’t relax or fill with blood properly; or valvular—meaning that the valves of the heart are damaged due to a heart defect, coronary artery disease or heart infection. I explain the disease; go over the patients’ medications, diet, exercise and other valuable information. We partner with the patient and family, so they have the knowledge, ability and confidence to manage their disease once they return home.”

From the first day and throughout the patient’s stay at the Center, Cindy monitors the patient—checking his or her weight, listening to the heart and lungs, and looking for edema. If any changes occur, Cindy works with the patient’s physician to figure out treatment and the best plan of care.

The average length of stay for CHF patients varies. “We want our patients to get to the point they are compensated, which means they are able to manage their medication and diet,” Cindy says. “Once the patients are discharged, they have options for continued care.”

One option is Lee Memorial Health System’s Care Transitions Program, which involves an in-home visit from a transition coach who looks for safety issues, reviews medications, nutrition needs and monitors medications. The transition coach also encourages the patient to set personal health goals by developing an action plan with the patient and his or her caregiver.

Another option is to enroll in the Lee Memorial Home Health Telehealth program, which monitors vital signs daily from each patient’s home and transmits the information to a central monitoring station where it is reviewed by registered nurses. The telehealth nurses assess the results and communicate the status and any changes to the patient’s doctor.

“One of the biggest issues is eating too many processed foods and not enough foods in their natural state,” says Lee Memorial Health System dietitian Jeanne Struve.

www.LeeMemorial.org
Where’s Larry?

Chief Operating Officer Spends Time with the Emergency Department Registration Team at Lee Memorial Hospital

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

Emergency department financial counselor Aimee Slater shows Larry how to record patient information on the computer. Aimee says she was impressed with Larry’s ability to relate to emergency situations. “I love the way he is trying to really be engaged with what’s going on and asks questions about what’s happening,” Aimee says. Patients who checked in with Larry and Aimee included a child with stomach pains, relatives of car crash victims and a man with leg pain.

Emergency department financial counselor Evelys Velazquez and Larry check the records of a patient who was brought to the Trauma Center by ambulance. “It was my pleasure and honor to work alongside such a terrific group,” Larry says. “Their competence and compassion was truly impressive. The work they do is so critical to the function of the EDs and in fact, the entire hospital.”

Avoid Heat Exhaustion in Higher Temps

Full sports are under way and athletes who participate in outdoor activities need to be aware of the heat. Heat exhaustion can affect athletes and people who are exposed to high temperatures and have not had enough fluid.

**Signs of heat exhaustion include:**

- Cool, moist skin with goose bumps when in the heat
- Weak, rapid pulse
- Heavy sweating
- Low blood pressure upon standing
- Faintness
- Muscle cramps
- Dizziness
- Nausea
- Fatigue
- Headache
- Cool, moist skin with goose bumps
- Low blood pressure
- Muscle cramps
- Nausea
- Headache

If you or someone you know experiences these symptoms, stop all activity, move to a cooler place and drink cool water or a sports drink. Seek immediate medical attention if your body temperature reaches 104 degrees Fahrenheit or higher.

To avoid heat exhaustion, which can lead to heat stroke, wear loose-fitting clothing, avoid sunburn, drink plenty of fluids and seek shade and other cooler places.

Road to Recovery Leads through Trauma Center

Climbing down a ladder from a rooftop should take a minute. For trauma survivor Mark Otto, the journey took months.

In 2011, Mark was making repairs to his Lehigh Acres home when he realized he forgot a tool. He stepped onto the ladder, slipped and fell more than 15 feet to the concrete below. By the time a man who was walking in the area got to him, Mark wasn’t breathing. A call to 911 saved Mark’s life, but he was in critical condition.

Mark suffered a traumatic brain injury, a punctured lung and broken neck, back, wrist and collarbone. He spent 35 days in the Lee Memorial Health System Trauma Center at Lee Memorial Hospital, before moving to a rehabilitation center, then to the Shepherd Center, a hospital in Atlanta that specializes in brain and spinal cord injuries. He spent much of his recovery in a wheelchair. His wife, Jackie, did not know if he would make a full recovery.

After months of therapy, Mark regained his cognitive and motor skills. Today the former golf pro still hits the links as a volunteer for the Shepherd Center; and volunteers at the Lee Memorial Health System Trauma Center, where he and Jackie mentor other survivors who attend the Trauma Support Group.

“It’s a small way I can pay back over time,” Mark says.

The Trauma Support Group helps people recover from and overcome injuries they sustained during a traumatic event. It is a place for survivors and their families to grieve, and get real advice from patients who have had the same experiences and the support they need as they move forward with the rest of their lives. Mark and other survivors are proof that, although a serious injury creates changes, life can, and does continue.

“None of the people in the group ever expected to be there,” Mark says. “They don’t know what to expect and they are afraid of the unknown. They find out that certain aspects of their condition really aren’t that bad.”

Mark and Jackie maintain a positive attitude because they know that time is a healer. In the three years since Mark’s accident, he has made almost a full recovery. He is active physically and has no lingering neurological damage. “I’m pretty much back to normal,” he says. “The most lingering effect is that sometimes I now have maudlin (emotional) days—but more than anything, I’m really grateful. Without the Lehigh (Acres) paramedics and the trauma team, I would not be here.”
Calendar of events

**Cancer**

**Bladder Cancer Support Group**

**Diabetes**

**Diabetes Management Classes**

A 10-hour education program discussing all aspects of diabetes self-management. Classes are available in English and Spanish.

**Time and Date:** Weekly, morning, afternoons.

**Locations:** LMC/H, GCMC, HPC, LMH.

**Registration and for More Information:** Call 239-433-2072 or email Sarah.Mitchell@LeeMemorial.org.

**Weight Management**

A 12-week weight loss program under the guidance of dietitian. Will give you a customized eating plan to help you achieve your weight loss goals.

**Time and Date:** Weekly, evening sessions are available.

**Registration and for More Information:** Call 239-965-3422 or email Sarah.Mitchell@LeeMemorial.org.

**Cancer**

**CCH Auxiliary Conference Room**

**Registration and for More Information:** Call 239-433-1645 or email Larry.Mitchell@LeeMemorial.org.

**Baby Care & Safe Sleep**

This is a one-time class for expectant parents. It provides parents in becoming more confident and comfortable in their parent role and assists them in the birth of their baby. This class also teaches parents how to properly use and install child restraint systems.

**Time and Date:** Classes take place throughout the year.

**Locations:**
- Varied; 10-30 per class, 5 per additional person in attendance.

**Registration and for More Information:** Call 239-433-2072 or email Sarah.Mitchell@LeeMemorial.org.