Two years ago Cape Coral resident David Hill was not feeling well, so he made an appointment with his primary care physician. His physician was so concerned that David ended up completing a stress test that day—a test he failed.

“I couldn’t do two minutes on the treadmill,” David says. “My heart was out of control.” Within minutes the team conducted more tests and determined that he needed major medical attention. They sent him to a cardiologist, who recommended a pacemaker. He also needed help in managing diabetes, which he did not know he had.

During his recovery, David’s cardiologist, Dr. Robert Cross, prescribed cardiac rehabilitation. Cardiac rehabilitation is available for patients with angina, heart attack, angioplasty/stent, heart surgery and post heart transplant.

“Our comprehensive services include exercise, risk factor education, lifestyle modification and support,” says Sandy Childress, RN, system director, Cardiac Rehabilitation. The program has three phases throughout the continuum of care:

**Phase 1:** If the patient's cardiac condition requires a hospital stay, rehabilitation begins while the patient is in the hospital.

**Phase 2:** This outpatient program focuses on improving quality of life and reducing the risks associated with heart problems. Patients are encouraged to begin the program within 2-4 weeks after discharge from the hospital.

**Phase 3:** This maintenance phase emphasizes independence and maintaining a heart healthy lifestyle. A physician’s referral is required for entry to the program.

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“Cardiac rehabilitation is associated with a 20-30 percent reduction in all-cause mortality rates and significant improvement in quality of life,” Sandy says. “The American College of Cardiology and the American Heart Association give a referral to cardiac rehabilitation the same level of recommendation as treatment with aspirin, beta blockers or statins.”

David completed the program and learned how to make better food choices and the importance of exercise. “I wish I had known all of these things a long time ago,” he says. “They are such great people. I learned how to eat right and how to exercise. Before, I was eating too much meat, a lot of cholesterol and sweets.”

Now, David makes wiser food choices, takes daily walks and rides his bicycle for an hour each day. He has lost 40 pounds and has more energy.

“After completing my cardiac rehab program, I joined the Wellness Center of Cape Coral because I want to keep in close contact with people from the rehab program,” he says. “I’m on the right track and I know I will continue to get better.”
Minnesota Twins Support Lifesaving Cancer Care
Feb. 20 & 23

Twins stars will be out in force to help local cancer patients receive lifesaving treatment.

Let's go Twins fans! Golf or bowl alongside your favorite stars and hot prospects at these very special events benefiting the Regional Cancer Center.

To join your Twin City favorites in these lifesaving events, email TwinsGolf@LeeMemorial.org, TwinsBowling@LeeMemorial.org or call 239-343-6053 for more information and to register.

Minnesota Mixer
Fiddleticks Country Club
Feb. 19
Start your golf adventure at the first Minnesota Mixer at Fiddleticks Country Club proudly sponsored by 21st Century Oncology. Don't miss your chance to partake of great food and refreshments at this evening event as you bid on an unrivalled collection of sports memorabilia, travel excursions, dining packages and more.

Golf Tournament
Fiddleticks Country Club
Feb. 20
The 16th annual edition of this event offers excitement for everyone. Golf on the courses at the exclusive Fiddleticks Country Club, while swinging away to help patients at the Regional Cancer Center. Lunch, on-course beverages and dinner add to the fun on what will surely be a day to remember.

Twin's Pins Bowling Tournament
Gator Lanes
Feb. 23
Roll cancer into the gutter with the Minnesota Twins. Join us for two games of bowling, luncheon buffet, auction, chance drawings and more at Gator Lanes in Fort Myers. A great way to get up close and personal with your favorite players.

World Series Champion Boston Red Sox Help Golisano Children’s Hospital on Feb. 21

Come out and meet your World Series heroes at the beautiful Forest Country Club as your support helps build a new Golisano Children's Hospital of Southwest Florida facility. All event proceeds will once again be matched dollar-for-dollar by a generous long-time donor.

Be sure to email BostonGolf@LeeMemorial.org or call 239-343-6076 to register for the Boston Tee Party and Boston Red Sox Children's Hospital Celebrity Classic, which are both sure to sell out.

Boston Tee Party
The Forest Country Club
Feb. 20
"Champions of Excellence" is the theme for this very special evening event. Help kick off tournament fun while you bid on autographed items from your favorite Sox players, along with exclusive dining, sports and travel packages. Great company, delicious food, tasty beverages and much more!

Golf Tournament
The Forest Country Club
Feb. 21
Here they come! Don't miss your chance to hit the links with the 2013 World Series Champion Boston Red Sox as Scanlon Auto Group presents our area’s most prestigious charity golf event at the beautiful Forest Country Club. Help save the lives of children from across Southwest Florida while enjoying lunch, golf, dinner and more.

Diamond Dinner
JetBlue Park
March 26
Celebrate our World Series Championship as Outback Steakhouse (Cleveland Avenue, Fort Myers) proudly presents the 17th Annual Diamond Dinner on the field at JetBlue Park in south Fort Myers. Your evening includes dinner, autograph session and auction. The fun begins at 6 p.m., about two hours after that day's game (game tickets are not included with general admission).

Be Fashionable on Feb. 6

Come out to Harborside Event Center in Fort Myers for this garden party and fashion show benefiting patient care at the Regional Cancer Center. Enjoy lunch, auctions, chance drawings and much more for just $60 per person. Call 239-343-6950 for tickets and information.

Southwest Florida Wine & Food Fest Set For Feb. 21 & 22

Title sponsor Skanska Gates presents a wonderful weekend of great wine, food and giving friends as guests support lifesaving care at Golisano Children's Hospital of Southwest Florida.

Take part in chef vintner dinners in private homes on Friday evening, Feb. 21, followed by the not-to-be-missed Grand Tasting and Auction on Saturday, Feb. 22 at the exquisite Miromar Lakes Beach & Golf Club.

Visit www.scfwinefest.org, email info@swflwinefest.org or call event organizers at 239-513-7990 to register today.

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Progressive Pain and Numbness May Be Carpal Tunnel Syndrome

Marked by tingling or numbness, pain radiating or extending from the wrist and/or a sense of weakness, carpal tunnel syndrome is caused by a pinched median nerve. The median nerve runs from the forearm to the hand through a passageway in the wrist—called the carpal tunnel.

While there are a number of factors that can lead to a pinched median nerve, in many cases, no single cause can be identified. “Examples of risk factors include wrist fractures, anatomy, underlying health conditions—like diabetes, arthritis—and, sometimes, patterns of use,” explains orthopedic surgeon Sandra Collins, M.D. “Carpal tunnel syndrome is often a result of a combination of factors.”

Keeping track of your history of symptoms can help lead to a diagnosis, and more accurately pinpoint a cause. “We look at patterns, like the typical times you experience symptoms,” Dr. Collins says. “Carpal tunnel syndrome symptoms typically occur while holding things, like a phone, a newspaper or a book, or gripping a steering wheel. Symptoms may also wake you at night.”

Other methods for diagnosis include:

- Physical exam, which tests the feeling in the fingers and the strength of the hand
- X-ray, which is done to exclude other possible causes of wrist pain, like a fracture or arthritis
- Electromyogram, which tests for muscle damage
- Nerve conduction study, which checks electrical impulses through the median nerve in the carpal tunnel

Treatment options range from nonsurgical methods, like wrist splinting or over-the-counter pain medications to injections of corticosteroids. “If symptoms persist or are severe after initial, nonsurgical treatment, then surgery may be the best option,” Dr. Collins says. “Surgery is done to relieve pressure on the median nerve and involves cutting the ligament that is pressing on the nerve. The ligament gradually grows back, but allows more room than existed before.”

Dr. Collins provides the following tips for temporary relief from symptoms:

- Take breaks from repetitive activities that involve using your hands.
- Rotate your wrists and stretch your palms and fingers.
- Wear a wrist splint at night.
- Avoid sleeping on your hands—that will ease the pain or numbness in your wrists and hands.

If you experience symptoms of carpal tunnel syndrome, speak to your physician or health care provider—a referral to the orthopedic surgeon may alleviate your pain.

Sandra Collins, M.D.
Orthopedic Center of Florida
12670 Creekside Lane
Fort Myers, FL 33919
239-482-2663

Therapists Make the Difference for Rehabilitation Patients

Many patients—from the stroke victim who needs help regaining a strong voice to the active senior who has just completed knee replacement surgery—need the help of a trained therapist to make a full recovery.

Lee Memorial Health System has a full staff of trained therapists who help patients regain an active and engaged life. “We are unique in the fact that rehabilitation services are provided throughout the continuum for both pediatric and adult populations, in the neonatal ICU, acute care, outpatient, inpatient rehabilitation, skilled nursing and home health settings,” says Karen Collins.

Karen, along with Ray Cyr, are directors of Rehabilitation Services and oversee a staff of 69 occupational therapists and assistants, 193 physical therapists and assistants, 38 speech language pathologists and two audiologists who work in locations throughout Lee and Collier counties.

Staff members are trained in:

- Orthopedic and sports medicine
- Spine rehabilitation
- Vestibular/balance rehabilitation
- Neurodevelopmental training (to work with stroke patients)
- Hand injuries/surgeries
- Manual therapy
- Vital-Stim for swallowing deficits
- Lee Silverman Voice Training for Parkinson patients
- STAR Program—Survivor Training and Rehab for cancer patients
- Pediatrics
- Women’s Health Rehabilitation

Patients benefited from more than 50,000 treatment sessions in therapy services last year. “All patients are seen for one-on-one treatment sessions with an individual plan of care designed to meet their specific needs,” Ray says. Therapists may meet with the same patient for multiple therapy sessions, based on the patient’s needs. “We work to establish relationships with our patients so that they feel comfortable with their therapist,” Ray says. “For us, building trust and relationships with our patients is an essential part of the recovery process.”
Medications Help Eliminate Blood Clots in Stroke Patients

When a stroke patient enters the hospital, time is critical. The first hour following the onset of stroke, known as “the golden hour,” is an important time in the spectrum of care.

“As soon as we determine that a patient is experiencing a brain attack, we quickly evaluate that individual and begin the best treatment for that condition,” says neurologist Nima Mowzoon, M.D. One of the most important tools is the use of “clot busters,” medication given intravenously to break up blood clots.

“This is critical to each patient’s recovery,” Dr. Mowzoon says. “These drugs are useful because they prevent the ongoing damage of a stroke and they break up blood clots in brain blood vessels causing stroke.”

Reducing or eliminating damage to the brain quickly increases each patient’s odds of recovery, and many who receive these treatments have a better chance of recovery. The longer the time without care, the greater the odds are that a patient will have a more difficult outcome or will die before receiving treatment.

“Clot buster treatments are not safe for everyone,” Dr. Mowzoon says. There are individuals who are not candidates for these treatments, including:

- Pregnant women
- People who have had a previous hemorrhagic stroke or bleeding in the brain
- Patients who have had an allergic reaction to a clot-busting drug
- Anyone who has a known source of active bleeding
- Some individuals on blood thinning medications
- Patients with uncontrolled high blood pressure

“The good news is that more people are surviving, and even thriving after a stroke because of the advances in these treatments,” Dr. Mowzoon says. “The medical advances in the past 15 years have taken us to the next level in 21st century care.”

The best medication is good health, Dr. Mowzoon says. “Keep your blood pressure and cholesterol at healthy levels and avoid smoking. Not all strokes are preventable, but maintaining a healthy lifestyle helps reduce the chances that you will go through this experience.”
Childbirth Education Classes Help New Parents Prepare

Preparing for the birth of a child, especially the first time, is scary and full of expectations. The Lee Memorial Health System childbirth education classes help expectant parents learn the basics of delivery and postpartum care.

Childbirth education classes contain two main components:

**e-Learning childbirth preparation online program**
When women register for the program, they receive access to an online program which can be accessed via the Internet and contains the foundation for childbirth preparation, breastfeeding and newborn care. Women and their support person can access the online program and work through it at their convenience, in the privacy of their own home and at their own pace. The e-Learning contains information, illustrations, video clips and music to enhance learning.

**“Talk and Tour” (face-to-face session)**
Participants are encouraged to schedule a 3-hour “Talk and Tour” at any of our birthing hospitals—Cape Coral Hospital, Gulf Coast Medical Center or HealthPark Medical Center. The “Talk and Tour” is conducted by nurses nationally certified by the International Childbirth Education Association. Women and their support person take a tour of the birth facilities and birthing beds, which provides the opportunity to ask questions and seek additional information about the birthing process.

“Childbirth education program uses combined learning strategies and allows flexibility for the new parents to use strategies that facilitate their personal learning,” says Carol Lawrence, maternal research and evidence-based practice clinical coordinator for Lee Memorial Health System. “New parents have the added advantage of moving at their own pace, and are highly encouraged to schedule and participate in the ‘Talk and Tour’. However, this is optional. Some women may choose to only do the online program.”

There is a fee for attendance, but scholarships are available. For more information call the Family Education and Lactation Office at 239-343-5271.
Lee Memorial Health System Named Employer of Choice®

Lee Memorial Health System has been awarded the designation “Employer of Choice®” in recognition of its dedication to a workplace that attracts, optimizes and retains high quality employees. “The Employer of Choice®” designation is awarded by Employer of Choice International, Inc., after completing a rigorous evaluation process and review by an expert panel of independent human resource consultants.

“Lee Memorial Health System recognizes the significant value of hiring and retaining employees with the experience and skill necessary to provide the highest quality patient care,” says Joyce Gioia, chief operating officer of Employer of Choice International, Inc. and author of the book “How to Become an Employer of Choice.” “Our panel of judges found that Lee Memorial Health System excelled in several categories, including recruitment practices, continuing opportunities for advancement and employee benefits.”

With more than 10,900 employees, Lee Memorial Health System is the largest employer in Lee County. “Creating an environment of employee engagement and job satisfaction is part of our cultural DNA,” says Jim Nathan, president of Lee Memorial Health System. “By focusing on teamwork, collaboration and opportunities for advancement, we can attract, develop and retain diverse, talented, caring professionals, and that leads to excellent care for our patients.”

Employee loyalty and satisfaction is one measure of success, but it also is vital to patient safety and satisfaction. Lee Memorial Health System’s elected Board of Directors established patient safety as the organization’s No.1 core value. “Every member of the team is important and deserves recognition,” says Diane Champion, board director representing District 4 and the board liaison for human resources. “One of the most enjoyable events held each year is a special celebration to honor the successes and milestones of our team members. In 2013, 938 employees were honored who reached benchmark years, including 280 individuals who were recognized for 20, 25, 30, 35, 40 and even 45 years of service,” says Jon Cecil.

Jon Cecil, chief human resource officer for Lee Memorial Health System says the Board should be proud of this accomplishment. “Our Board of Directors plays a significant role in fostering the right culture of employee satisfaction by setting policies that increase employee engagement and build trust,” he says. “Their support is very much appreciated and they, too, are to be congratulated by the honor of this award.”

This is the third time Lee Memorial Health System has earned the Employer of Choice® designation, which previous recognitions in 2005 and 2006.

“In 2013, 938 employees were honored who reached benchmark years, including 280 individuals who were recognized for 20, 25, 30, 35, 40 and even 45 years of service,” says Jon Cecil.

Convenient Care

Visit our NEW Convenient Care walk-in center on Summerlin Road when you or your child need medical treatment.

In an effort to provide another option for prompt medical care for nonlife-threatening issues, Lee Memorial Health System recently opened a new Convenient Care location on Summerlin Road, near HealthPark Medical Center.

Walk-in medical offices, Convenient Care locations are open 7 a.m.-7 p.m., seven days per week and are ideal for minor, common emergencies and illnesses, including:

- Sprains
- Cuts
- Rashes
- Cold/flu
- Routine health issues
- Work injuries
- Broken bones—as long as the bone has not come through the skin

Convenient Care also is a great option for high quality medical care for adults and children who do not have a primary care physician or pediatrician, or for those patients who are in need of care, but unable to get a timely appointment with their physician. Each location is staffed by physicians, has onsite X-rays and labs, and accepts most insurance plans.

**New Location**

(Summerlin & Bass Road)
16230 Summerlin Road

Other locations:
- **Cape Coral**
  1682 NE Pine Island Road (Between Del Prado and Super Target)
- **Fort Myers**
  4771 S. Cleveland Avenue (North of Page Field Commons)

**Convenient Office Hours**
7 a.m. – 7 p.m., 7 days a week
239-481-4111

www.leememorial.org/convenient-care
February is National Cancer Prevention Month

The American Cancer Society recommends the following to help reduce the risk of cancer:
- Do not smoke
- Maintain a healthy weight
- Choose healthy food options
- Stay active
- Get the recommended cancers screening tests

MyChart Offers Epic Experience

Lee Memorial Health System, along with medical systems and physician offices throughout the country, has removed the mystery from medicine.

Patients who cannot remember when they need to make their next appointment, what medications they take or when their physician prescribed something, can sign up for MyChart, which tracks each patient’s health history.

“MyChart is part of the Epic electronic health record (EHR) system,” says Leah Lynch, M.D., internal medicine physician and Lee Physician Group medical director of informatics. “Lee Memorial Health System began implementing the system more than two years ago. Now, we are fully functional in all of our hospitals and almost all physician offices.” MyChart is available to all Lee Physician Group patients.

EHRs allow medical professionals to keep track of their patients, monitor their conditions and reduce the chance of medical errors. Physicians can view a patient’s medical record from anywhere in the health system, and EHRs allow physicians in different practices to immediately see any procedures or medications ordered by others on the same patient. This prevents duplicate testing and adverse medication reactions.

“The Epic electronic health record is a really remarkable tool,” says Mike Smith, Lee Memorial Health System chief information officer. “This system not only provides a local connection, but will ultimately provide a connection with physicians in other parts of the country who may have a need to care for a patient from our area.”

MyChart is easy for patients to use. It can be accessed on most internet devices and is available on iPhone and Droid devices. Patients receive password to access the system when they visit their Lee Physician Group physician. Once initially set up, patients can log into the system as often as they want.

MyChart allows patients to:
- View test results
- Refill prescriptions
- Get reminder notifications for medical appointments
- Review, request and cancel appointments
- Send a secure message to the physician’s office
- View family records (with permission)

“In the end, the electronic health record implementation is about enabling our physicians and clinicians to provide the very best, the safest and the most effective care for citizens in our community,” Mike says. “The best part about the system is that it will change and grow as our health system moves further into the 21st century.”

Contact your Lee Physician Group provider to sign up for MyChart.

MyChart App now available for Android and iPhone

MyChart

HealthPark Care Center Earns 5-Star Award

The Centers for Medicare & Medicaid Services (CMS) has recognized HealthPark Care & Rehabilitation Center with its 5-star award for quality measures.

“We are honored to receive this award, and I think it speaks volumes about the Lee Memorial Health System employees who dedicate so much of their time and talent to help the patients we serve,” says Troy Churchill, HealthPark Care & Rehabilitation Center administrator.

Currently, the center is licensed for 112 residents with half of the population being long-term care and the rest are there for short-term rehabilitation services. “Short-term stays are more common now,” Troy says. “We have developed aggressive rehabilitation programs centered around the resident to assist him/her in a successful transition back to his/her home.”

The average short-term patient’s length of stay is currently about 20 days at HealthPark Care & Rehabilitation Center. Many patients who have orthopedic procedures or other surgeries stay for rehabilitation until they have recovered enough to perform daily care and function on their own.

“We focus on providing high staff to patient ratios at our center,” Troy says. “This leads to better outcomes and overall experiences for our patients.”

The CMS started the ratings four years ago as a way for consumers to make informed decisions.

“We are excited about receiving this high rating and are already looking to the future for ways that we can service our community better,” Troy says.

The CMS is a government agency within the U.S. Department of Health and Human Services and oversees Medicaid and other state aid programs.
Ear Infections: A Common Childhood Condition

Ear infections are a common occurrence during childhood—in fact, children are more likely than adults to get ear infections. Doug Gottschalk, D.O., pediatric ear, nose & throat physician, explains the difference between otitis externa, or “swimmer's ear,” and otitis media, or a middle ear infection.

"Otitis externa is the inflammation of the ear canal," Dr. Gottschalk explains. "This type of ear infection is most common in older children, and can be caused by water exposure, an injury to the ear or excess heat or humidity. The offending organisms that cause otitis externa are pseudomonas and staph bacteria or fungal infections.”

Symptoms of otitis externa include:
• Severe ear pain
• Swelling and discharge
• Pain with movement of the ear
• Discharge from affected ear

"Otitis externa is usually treated by cleaning and changing the pH of the ear canal, normally using ear drops," Dr. Gottschalk says. "Occasionally, a small sponge is placed into the ear canal to allow the drops to penetrate the canal.”

Otitis media is the inflammation of the middle ear. Dr. Gottschalk explains that this type of ear infection is normal due to the dysfunction of the Eustachian tube—which connects the middle ear to the nasal passage—after a cold, sinus or throat infection, or an allergy attack.

“When the Eustachian tube becomes blocked, fluid is retained in the middle ear,” he says. "This fluid acts as a breeding ground for bacteria or viruses to grow into an ear infection. Otitis media most commonly affects babies 9 months of age to 2 years old, but can occur at any age.”

Otitis media symptoms include:
• Ear pain
• Fever
• Decreased hearing
• Discharge from affected ear (Occasionally)

Treatment of acute otitis media may include antibiotics, but watchful waiting may be appropriate for some children, including those who are:
• 6 to 23 months of age with mild inner ear pain in one ear for less than 48 hours and a temperature less than 102.2°F
• 24 months of age and older with mild inner ear pain in one or both ears for less than 48 hours and a temperature less than 102.2°F

“Antihistamines and decongestants have not been shown to improve outcomes,” Dr. Gottschalk says.

Recurrent ear infections may be treated with ear tubes. "Ear tubes are normally used in children with at least three infections in six months or four or more infections in one year," Dr. Gottschalk explains. "Other indicators for tubes include persistent fluid that does not respond to medical treatment or if there are complications from otitis media.

A pediatric ear, nose & throat physician is able to assess your child’s medical history to determine the best course of treatment for recurrent or persistent ear infections.

Doug Gottschalk, D.O.
Pediatric Ear, Nose & Throat
Golisano Children’s Hospital of Southwest Florida
15901 Bass Road
Suite 102
Fort Myers, FL 33908
239-343-9890
tinyurl.com/DrGottschalk
Patients who develop aortic stenosis are usually older than age 65. Edwards Lifesciences, the company that manufactures the TAVR valve, estimates that 7 percent of the United States population age 65 and older develop clinically significant aortic stenosis.

Aortic stenosis can occur from an abnormal valve present at birth, as a result of some childhood diseases like rheumatic fever or as part of the aging process. Over time, with wear and tear, the valve degenerates and calcifies or as it becomes stenotic (narrowed), it limits the blood flow out of the heart. The heart has to work harder and consequently chest pain or pressure may develop as the demand outstrips the blood supply. Blood pressure to the brain is reduced and blood backs up into the lungs. "Patients may not know they have this abnormality until later in life, until they start to experience chest pain, light headedness and shortness of breath," Dr. Comas says. "Many of our patients are octogenarians who have felt bad for years or felt that they aren’t as active as they used to be."

The major signs that patients need to tune into include:

- Chest pain or pressure
- Shortness of breath
- Dizziness

"If someone starts having these symptoms, he or she needs to talk to their primary care physician and get a referral to a cardiologist," Dr. Comas says. "Once that physician completes the necessary tests, we can take the steps to help. This is a wonderful new option for a number of patients."

This is the most significant innovation in cardiology and cardiac surgery in the past decade," Dr. Comas says.

The condition sounds serious and it is: Aortic stenosis occurs when the valve between the heart and the aorta calcifies and becomes constricted, causing decreased blood flow to the entire body.

Healthy patients who need valve replacement traditionally undergo open-heart surgery to replace this valve either with a tissue or mechanical valve. However, this option is not available for fragile patients whose health has deteriorated or are considered high risk.

Since December 2011, those patients have had the option of the transcatheter aortic valve replacement (TAVR) procedure at HealthPark Medical Center.

"This procedure is minimally invasive and involves threading a wire across the diseased aortic valve. The access to the heart is by a small incision in the groin or the chest wall," says cardiothoracic surgeon Brian Hummel, M.D., "and involves several types of surgery, from gallbladder and appendix removal to colon resection. Sometimes, he gets the opportunity to consult with and get to know his patients prior to a surgical procedure. Other times, the surgery is necessary because of an emergency situation and the patient may already be under sedation when Dr. Fonji enters the operating room."

No matter what the circumstance, Dr. Fonji says that he uses laparoscopic techniques when possible, which is most of the time. "With traditional surgery, there is a longer incision," he says. "With laparoscopic procedures I make very small incisions, and a very small video camera allows me to see more."

While the patient doesn’t know the difference at the time of the surgery, the advantages become apparent in the hours and days of recovery that follow any surgical procedure. "There is less pain, the patient is not in the hospital as long, the incisions are smaller and they have an easier return to work," he says. "The thing is, a lot of patients don’t know they have the option. If they need a surgical procedure, they should ask their physician if it can be done laparoscopically."

One of the easiest procedures, which sometimes leaves no scars if the physician can make a cut through the umbilical area, is the removal of the appendix. An appendix can become inflamed at any age, from young children to older adults.

"No one knows why some people develop an inflammation of the appendix and others do not," Dr. Fonji says. "The pain is acute and sudden. Once it starts, it doesn’t get better."

If not treated within 24-48 hours after the onset of the pain, an appendicitis attack will worsen. "The appendix becomes perforated and then you get into more complications," Dr. Fonji says. "If you have pain in the umbilicus (navel) that moves to the lower right side, you need to get treatment right away. Otherwise, you end up with more pain and a longer hospital stay."

Many patients have a family practice physician, cardiologist or gynecologist they see each year, but a general surgeon may treat a patient only once unless the patient needs several unrelated types of surgery. "I want my patients to get well as fast as possible," Dr. Fonji says. "I want them to return to work or school quickly, and without complications."

To view a video on TAVR, go to tinyurl.com/TAVRsurgery

To view a video on laparoscopic surgery, go to tinyurl.com/LaparoSurgery
Pediatric Specialties

Palliative Care
Ahmed Hassun, M.D.

Pulmonary
Ashish Adi, M.D.
Frank Grassi, M.D.
Stephan Halloween, M.D.
SUll Pamm, M.D.
Priya Raju, M.D.
Husnat Sarem, M.D.
Raymond Santucci, M.D.
Kenneth Topley, M.D.
Adelaida Cencera, ARNP
Nancyann Harrod, ARNP

Rheumatology
Shabnam Ali, M.D.

Sleep Medicine
Jose Colon, M.D.

Spine
Donna Lanthier, M.D.

Wound Care & Hyperbaric Medicine
Robert Kupsaw, M.D.

Pediatric Physicians
John Distasio, M.D., PhD
Dorice Drago, M.D.
Kimberly Shuman, M.D.
Lindsey Graham, M.D.
Pierre Loreda, M.D.
Anthony Pietroniro, M.D.
Thomas Schilder, M.D.
Martin Sheerman, M.D.
Pindada Silva, M.D.
Nancy Witham, M.D.
William Danzal Wood Jr., M.D.
Diana Dianza, ARNP
Cynthia Hohman, ARNP
Amy Hicks, ARNP
Kari Howell, ARNP
Julie Vega, ARNP

Pediatric Cardiology
Eric Eason, D.O.

Pediatric Critical Care
Douglas Gottschalk, D.O.

Pediatric Endocrinology
Aijed Khan, M.D.
Caye Jehejm, M.D.
Dina Parness, M.D.
Sujuan Reddy, M.D.
Tammy McCarty, ARNP

Pediatric Hematology/Oncology
Craig MacArthur, M.D.
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Emad Salama, M.D.
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Pediatric Neurology
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Guilermo Phillips, M.D.
Brett Strand, M.D.
Eric Vennier, M.D.
Calie Vandevander, ARNP

Pediatric Orthopedics
Irina Gershon-Stevens, D.O.

Pediatric Psychology (Hematology/Oncology)
Kim Shindura, Ph.D.

Pediatric Sleep Medicine
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Smokeing & Health
Place to Cardiac Rehabilitation
Program
This program is designed to improve each participant's endurance, physical work capacity and physical function. Phase I of the program is for heart patients who have completed Phase II and are no longer dependent on medications. Phase II is designed to reduce the patient's risk of future cardiac rehabilitation is for heart patients who have completed Phase I and are no longer dependent on medications. Phase II is designed to reduce the patient's risk of future heart attacks and prevent further episodes of congestive heart failure. Phase III is designed for heart patients who have completed Phase II and are no longer dependent on medications.

Time and Date: Vary by location
Location: HSMC, GCCMC, and CHC
Fee: Free to participants

Can't Stop! What's Health Problems are Your Faults?
High blood pressure is a silent killer that affects millions of Americans. This interactive program will provide an explanation of the disease. It is designed for high blood pressure.