Surviving Cancer Requires Special Support and Care

The reality of a cancer diagnosis hits hard. For Michele Turns, a triple negative breast cancer diagnosis left her feeling like she was hit by a ton of bricks.

“When Dr. [David] Rock told me that the lump in my left breast was cancer, I told him I wanted a bilateral mastectomy,” Michele says. “I wanted that cancer out of my body and I didn’t want to worry about my other breast.”

That option was drastic and not one that Dr. Rock supported. Instead, he recommended a lumpectomy to remove the cancerous mass and a sentinel node biopsy to check whether the cancer had spread to other lymph nodes in Michele’s body. The cancer had not spread, but Michele’s oncologist Bill Harwin, M.D., told her she needed chemotherapy and radiation.

“When you have cancer, you wake up every morning thinking about it,” Michele says. “Every ache and pain and cough triggers the thought that the cancer has spread. At my heart level I understood that I am more than this disease, but it is hard to think past the cancer.”

A nurse herself, Michele had faith in the treatment. For five months, she had 16 rounds of chemotherapy, followed by radiation. That protocol left her with side effects, including fatigue, peripheral neuropathy in her hands and balance issues. To address these and other concerns, Michele was referred to the Survivorship Training and Rehab (STAR) Program®.

STAR is a state-of-the-art cancer rehabilitation program. More than 60 medical providers work collaboratively in the program to ensure that cancer patients are screened for services they might need. The STAR team consists of physicians, nurse navigators, physical and occupational therapists, speech therapists, social workers, registered dietitians, exercise physiologists and other clinicians.

Once referred to the program, patients are screened by the STAR navigator, Denise Pfeiffer. Denise reviews patient histories and works with patients to determine their physical, emotional and nutritional needs, and individual limitations that interfere with their quality of life. She works with physicians to refer patients to the appropriate clinician—whether that is physical, occupational or speech therapy; nutrition, counseling services; support groups; social work or palliative care services. The goal for cancer rehabilitation is to minimize the effects of cancer and encourage survivors to have the best possible quality of life.

Michele worked with occupational and physical therapy to alleviate her peripheral neuropathy—the tingling and pain in her hands—and balance issues. She also met with the palliative care team and tried acupuncture to aid in her recovery.

In addition to those treatment protocols and care from the medical team, Michele says her church, friends and pets helped in her recovery. “So much about healing is knowing someone cares,” she says. “Cancer makes you re-prioritize your life, and helped me focus on what is important. I now wake up saying, “Thank you, God, for this beautiful day.”

Since finishing treatment, Michele must now have a mammogram on the affected breast every six months for the next two years. The first mammogram did not show any cancer.

The Regional Cancer Center is hosting a special Celebration of Life luncheon in honor of National Cancer Survivors Day®.

11 a.m.-1:30 p.m., June 7
Crowne Plaza Fort Myers at Bell Tower Shops
13051 Bell Tower Drive
Fort Myers, FL 33907

Guest speaker Don S. Dixon, M.D., from Massachusetts General Hospital will discuss Survivorship.

This event is sponsored by Regional Cancer Center—Lee Memorial Health System, 21st Century Oncology, Florida Cancer Specialists, Florida Gynecologic Oncology—and The Landings Yacht, Golf and Tennis Club.

Space is limited; RSVP required to attend. Send your name, phone number and the number of guests (two guests maximum) to Debbie.Manee@LeeMemorial.org or call 239-343-9557.
Red Sox Events Raise More Than $1,050,000 for patients at Golisano Children's Hospital of Southwest Florida

Lee Memorial Health System Foundation is pleased to announce the 2015 Boston Red Sox Children's Hospital Celebrity Classic Event Series raised $1,050,947—a record total—directed to Golisano Children's Hospital of Southwest Florida's Bullseye of Hope campaign. The total includes support provided by many local corporate sponsors and outstanding community support. Community groups, businesses, and individuals wishing to help make a capital campaign gift to the Children's Hospital "Meet the Match" by July 31 are asked to visit www.childrenshospitalgoal.org or contact Lee Memorial Health System Foundation at 239-343-6050.

Group Issues Additional $1.2 Million Matching Challenge through July 31

SWFL Children's Charities, Inc. continued their giving ways by presenting hosting leaders with the final installment of their $10 million pledge to help build the new Golisano Children’s Hospital of Southwest Florida, then added a wonderful new twist—a $1.2 million matching challenge to the community.

"SWFL Children's Charities is pleased to issue this challenge to everyone here in Southwest Florida," said organization president Elaine Hawkins as the check presentation was made. "From May 1 through July 31, we will match each and every dollar donated to the Golisano Children's Hospital capital campaign, up to a total of $1.2 million, with matching funds provided only through July 31.

The match is in addition to the $10 million already gifted by SWFL Children's Charities. SWFL Children's Charities sponsors the annual Southwest Florida Wine & Food Festival each year, donating proceeds to local charities with the lion's share directed to Golisano Children's Hospital. Donations are being used to support construction of the new state-of-the-art, 128-bed Golisano Children's Hospital on the campus of HealthPark Medical Center, set to open in early 2017.

Longtime Children's Hospital supporter and SWFL Children's Charities Trustee David Copham noted, "The matching program is a great way for those who want to help local kids to step up, now, rather than later, to donate to the capital campaign. "He added, "If you haven’t already made your donation, now is the time. Your gift will do twice as much good for children who depend upon the lifesaving care provided at our Children's Hospital."

Act now to be sure your donation is matched. Gifts eligible for matching funds include those made through cash, written campaign pledges payable within five years, children's hospital event sponsorships and donations of stock.

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July 18 Fishing Tournament Supports Lifesaving Trauma Care

Accidents happen. When they do, Lee Memorial Health System’s Trauma Center, the only trauma center on Florida’s Gulf Coast between Tampa and Miami, is ready to help. Now, you can help the Trauma Center by taking part in the 12th Annual David Lee Root, Jr. Memorial Fishing Tournament on Saturday, July 18 at D & D Bait and Tackle in Matlacha.

D & D Bait and Tackle owners Dave and Debbie Root generously organize and host the tournament each year in memory of their son, David Root Jr. Proceeds benefit the Lee Memorial Health System Trauma Center.

David Jr., then 18, never made it to the Trauma Center. Involved in a terrible car crash on Pine Island, he was transferred to another hospital, where he died that night. One year later, his brother, Dustin, then age 15, also suffered a traumatic injury in an automobile accident. Affiliated to the Trauma Center at Lee Memorial, his life was saved by the trauma team.

The “catch and release” event offers a fun—and affordable—way to help a great cause. Adults can take part for just $65 per person while the cost for an angler age 12 and younger is only $25. Come out and enjoy the post tournament barbecue for only $8. Sponsorship opportunities are also available. Along with the chance to compete for tournament prizes, participants will enjoy great food and drink at the barbecue, which follows the fishing fun. In attendance will also have the chance to compete for drawing prizes, including gift cards, fishing equipment, merchandise and more.

Visit www.LeeMemorial.org/root for more information or contact Jason Powell at 239-343-6063 or Jason.Powella@LeeMemorial.org.

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City Center Combines Rehabilitation and Wellness Services

When medical staff and physicians address an immediate injury or illness, this is often just the beginning of the healing process. Many patients need the specialized care of rehabilitation professionals to make a full recovery.

City Center is home to adult outpatient rehabilitation, children's rehabilitation and the Wellness Center – Fort Myers.

"Quality rehabilitation care, state-of-the-art equipment and a convenient location close to work or home are generally the most important qualities patients look for in an outpatient rehabilitation center," says Ray Cyr, system director, Rehabilitation Services. "Our newest facility, Outpatient Rehabilitation at City Center hits the mark on all of these."

Patients who enter the center receive one-on-one sessions with licensed therapy staff, designed to meet their individual needs. Services include physical, occupational and speech therapy. At times patients will benefit from all three services. "We can help you recover from everything from basic sprains, strains and surgery to more involved things like stroke, and other brain and neurological disorders," Ray says.

For pediatric rehabilitation, City Center is home to the newest location of the Children’s Rehabilitation Center. Associated with Golisano Children's Hospital of Southwest Florida, this location provides a convenient access point to families in need. It is the only location north of the HealthPark campus and is aimed at helping children who need rehabilitative services. The center boasts all new pediatric equipment, as well as its own entrance and pediatric-designed waiting area, treatment rooms and gym.

Outpatient Rehabilitation at City Center is also home to specialty programs including:

- The Balance Clinic (the area’s premier balance and vestibular rehabilitation care)
- Driving rehabilitation and evaluation
- Wheelchair seating evaluations
- Functional capacity evaluations
- Phase 3 spine rehabilitation
- Conduction rehabilitation
- Vital Stims’ swallowing therapy
- Speak Out!® voice therapy for Parkinson’s care

Another unique feature is the Wellness Center – Fort Myers, a full service medically-based fitness center. "Integration with an expertly staffed fitness center offers a smooth transition to patients finishing formal therapy with ongoing needs for lifestyle changes and wellness," says Diana Rippl, director, Health and Wellness Integration. “Having these services together eases the burden for patients and their families, and reduces the number of stops they have to make to stay well.”

Outpatient Rehabilitation at City Center
3114 Cleveland Ave.,
Fort Myers, FL 33901
Hours: 7:30 a.m.-5:30 p.m., Monday-Friday
Scheduling: 239-424-1499
Clinic: 239-343-4960
Wellness Center: 239-343-4980
Hours: 5:15 a.m.-7 p.m., Monday-Friday
7 a.m.-1 p.m., Saturday, Closed Sunday

Maze Procedure Nearly Eliminates Stroke Risk for Patients with Atrial Fibrillation

A common condition that affects millions of Americans, atrial fibrillation—or an irregular heartbeat—can cause a number of serious problems, including congestive heart failure, leaky valves and high blood pressure in the lungs. One of the biggest risks associated with atrial fibrillation is stroke. Paul DiGiorgi, M.D., cardiothoracic surgeon, says approximately one-third of patients with atrial fibrillation will have a stroke. While blood thinners have been the traditional route for treatment, a new minimally invasive surgical option—the maze procedure—can reduce stroke risk by 99 percent.

“The maze procedure has been around for 30 years, but was not commonly adopted because it required open-heart surgery,” Dr. DiGiorgi says. “But, with improvements in technology, we now can perform this procedure minimally invasively and get the same efficacy as the original surgical maze procedure, but without the trauma to the patient.”

To understand how the maze procedure essentially cures atrial fibrillation, it helps to understand what happens in the heart during atrial fibrillation. "Normally, the smaller, back chamber of the heart—the atria—fills and beats, sending blood to the main, larger ventricular chamber of the heart,” Dr. DiGiorgi explains. “With atrial fibrillation, the atria does not beat properly, but fibrillates and decreases the filling of the main pumping chamber. Because the blood does not pass through as smoothly and quickly, it gets stagnant. Additionally, there is a pouch-like appendage on the back of the heart, called the left atrial appendage, which can harbor blood clots that can break off and cause a stroke.”

The maze procedure involves the ablation (burning) of nerves in specific lines on the back of the heart, which prevents the erratic atrial fibrillation rhythm. Additionally, the left atrial appendage is clipped, which further reduces the risk of stroke.

“This is an exciting time for patients with persistent atrial fibrillation—those patients who have had a stroke and those who have not,” Dr. DiGiorgi says. “They have an alternative to a lifetime of blood thinners, and it’s an alternative that is safe, minimally invasive and nearly eliminates their risk for stroke.”

Dr. DiGiorgi says the hospital stay after a maze procedure is usually three days and the recovery is one to two weeks. HealthPark Medical Center is the only hospital in Southwest Florida performing the maze procedure.

If you have persistent atrial fibrillation, talk to your cardiologist about all treatment options, including the maze procedure.

Paul DiGiorgi, M.D., Cardiothoracic Surgery
Lee Physician Group
9981 S. Healthpark Drive
Suite 120
Fort Myers, FL 33908
239-343-6341
www.tinyurl.com/DrDiGiorgi
Pediatric Cardiologist Treats Adult at Our Port Charlotte Location

Her heart is in the right place. But for Lora Wolff, part of the organ that pumps blood through her body is in the wrong position. Lora, 41, was born with congenitally corrected transposition of the great arteries (CCTGA). The condition results in the ventricles, the large pumping chamber of the heart, in a reverse position. The condition affects 5-1 percent of all babies born with a heart defect. In 1974, when Lora was born, doctors were not sure how to treat her. Because physicians did not have a plan to permanently treat her, the solution was a pacemaker that was supposed to be temporary. She was first hooked to an external pacemaker, and then received a temporary internal pacemaker at the age of 4. She had that pacemaker until the age of 19, when it was replaced by another one. She still lives with a pacemaker.

“Patients with corrected transposition will commonly do well as children and teenagers, but sometimes can go into failure as adults,” says pediatric cardiologist Eric Eason, D.O. “CCTGA can produce fatigue and arrhythmias, among other symptoms.”

As a child, Lora’s prognosis was not good. Doctors made no promises to her parents on her life expectancy. “The prognosis for these patients varies based on the severity of other defects within the heart, the success of prior procedures and development of other complications,” Dr. Eason says. “Since the care for infants and children has improved greatly, prognosis for adults with CHD (congenital heart defect) is improving dramatically compared to the 1970s. Currently, there are more adults living with congenital heart disease than there are children.”

As a young adult, Lora, who lives in Punta Gorda, went through a series of physicians and landed with pediatric cardiologist Sam Edwards, M.D., who treated her condition for several years before referring her to physicians in Miami. “Patients who have had repairs of their congenital heart disease require lifelong follow up with specialists who have specific training in this type of heart disease,” Dr. Eason says. “Thus, it takes a coordinated, teamwork approach of numerous specialists, both pediatric and adult, to keep adult congenital heart disease patients healthy.”

The problem for Lora was that so few children had her condition that by the time she was grown, adult cardiologists did not know how to treat a pediatric heart condition, and she had outlived the expectations for most pediatric cardiologists, so most did not have a successful treatment plan in place, either.

Lora sought ongoing treatment at University of Miami, until Dr. Eason arrived at Golisano Children’s Hospital of Southwest Florida in 2013. After enduring more than 30 lifetime surgeries and the implantation of a defibrillator in 2011, Lora is excited to finally find a cardiologist close to home who understands and can treat her condition. She still makes trips to Miami twice each year because she may be a candidate for a heart transplant in the future.

“Lora represents the population of kids who have benefited from improved pediatric care, but now represent special challenges as they move into adulthood,” Dr. Eason says. “Golisano Children’s Hospital, local adult cardiologists, and the Heart and Vascular Institute are collaborating to ensure the framework is in place to take care of this special population.”

Lee Memorial Health System has partnered with the Greater Naples YMCA to bring expanded services to Collier County. The YMCA, located at Airport Pulling and Pine Ridge roads, will soon offer: • Physical therapy • Occupational therapy • Speech therapy • Orthopedic sports medicine

Through the agreement, staff from Lee Memorial Health System will work with patients, close to home. “This is a great partnership because patients who live in and near Naples will be able to get care without making a longer drive,” says Lisa Edwards, Lee Memorial Health System rehabilitation manager. “Our goal is to bring care to people where they work and live.” Programs will be available this fall.

Welcome to The “Y” in Naples

Even although Lora is one of the oldest patients in Dr. Eason’s pediatric practice, the fit is just right. “He’s not just looking at me as just another pediatric patient,” she says. “He’s checking my heart and working on a treatment plan that is just right for me as an older adult with CCTGA.”

Lora has already beaten tremendous odds. She has lived long enough to give birth to four children and lives a normal life. Most people who meet her have no idea her heart is unique. “My pacemaker scar is really ugly, so on the occasion when someone notices that, I tell them what it is. More than anything, I’m glad I met my lifetime goal—to have children and to live long enough that they would remember me.”

At ages 14-19, her children have watched their mother remain healthy, even as she outlived her expected mortality rate. “My goal now is to watch them all graduate,” she says. Dr. Eason sees a bright future for Lora and other patients like her. “Outcomes vary by the severity of the congenital defect,” he says. “The more severe forms sometimes will require heart transplantation. However, with close follow-up and medical management, adults can enjoy productive lives, much like Lora.”
**MR CLEAN Cleans Up Stroke**

Mr. Clean is a popular moniker for a fictional cleaning character, but stroke specialists rely on their own version of the name to treat patients.

The Multicenter Randomized Clinical Trial of Endovascular Treatment for Acute Ischemic Stroke in the Netherlands (MR CLEAN) found that patients who received advanced care consisting of directly working within the brain’s blood vessels within six hours of the onset of symptoms are more likely to recover from a stroke.

“This study is important because it reinforces our role as a comprehensive stroke center,” says neurointerventional radiologist Nasser Razack, M.D. Gulf Coast Medical Center is the only comprehensive stroke center in Southwest Florida and is equipped to treat patients in this manner.

**The Multicenter Randomized Clinical Trial of Endovascular Treatment for Acute Ischemic Stroke in the Netherlands (MR CLEAN)** found that patients who received advanced care consisting of directly working within the brain’s blood vessels within six hours of the onset of symptoms are more likely to recover from a stroke.

**A Perfect Fit: The 3-D Knee**

Knee replacements often are the last resort for patients dealing with pain caused by osteoarthritis or rheumatoid arthritis. A common surgery, knee replacements now have a more customizable option thanks to 3-D technology and manufacturing techniques.

“This is the only knee that is actually customized to the patient’s anatomy,” explains George Markovich, M.D., orthopedic surgeon. “Using a digital CT scan and 3-D models, we create a perfectly matched implant.”

Dr. Markovich says the old, off-the-shelf joint implants were limited in sizes because they were most often molded using anatomical information from men. “Some of the sizes were very clunky and large in certain diameters, so they didn’t match women as well,” he says. “And women make up about 65 percent of knee replacement surgeries, so it is nice to have an option to recreate the size, shape and pattern of the individual’s joint.”

The benefits of this individualized care include quicker surgery, less blood loss, less time in the hospital and faster recovery overall. “By matching each patient’s particular anatomy, we do not have to manipulate the bone to accept the implant—it is designed to fit the bone,” Dr. Markovich says. “With the 3-D knee, the proper alignment and fit is determined more accurately, which is especially important in patients with severe deformities from previous trauma or surgeries. This leads to more favorable outcomes. Using this technology, the ultimate goal is a knee replacement that works better and lasts longer.”

**George Markovich, M.D.**

Institute for Orthopaedic & Sports Medicine
8350 Riverwalk Park Blvd.
Suite 1
Fort Myers, FL 33919
239-482-5399

To view a video on 3-D knee replacement surgeries, go to www.tinyurl.com/3DKneeFit

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**Gray Matters**

Time wasted is brain wasted for stroke patients. If you suspect someone is having a stroke, check the following **FAST** signs:

**Stroke symptoms:**
- **F**ace—Does one side of the face droop?
- **A**rms—Is one arm weak or numb?
- **S**peech—Is speech slurred?
- **T**ime—Is time critical. Call 911. Don’t drive.

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**“This is the only knee that is actually customized to the patient’s anatomy,” explains George Markovich, M.D.**
Abdominal pain can be sharp and last an extended period of time, but the larger pain is doing nothing about it. Many people refuse to visit a physician for abdominal pain because they fear they may have cancer. “Most people don’t realize that the odds are way in their favor that they do not have cancer,” says general surgeon Stephen Moenning, M.D. Dr. Moenning treats patients who suffer from abdominal issues, from appendicitis to inflammatory bowel disease. Abdominal conditions can be inherited—like colitis (inflammation of the colon)—or can come on suddenly, as often happens with appendicitis (inflammation of the appendix). Appendicitis can affect people of all ages, including young children. Other conditions, including gallbladder dysfunction, are more common in older adults.

“When a patient comes to see me, I examine all aspects of the abdomen,” Dr. Moenning says. “I learn about family history, conduct a physical exam and explore diagnostic challenges. As a practitioner, abdominal pain is interesting because we get back a good history on each patient. It’s detective work.”

Common abdominal disorder symptoms include:
- Bleeding
- Fever
- Diarrhea

Irritable bowel syndrome is common, especially in patients older than age 50. Dr. Moenning starts with basic advice. Consume 4-6 glasses of water each day, exercise, take fiber and include a probiotic like Align.

“Of course, different conditions require different levels of treatment,” Dr. Moenning says. “Gallbladder dysfunction can include gallstones, blockage. In serious cases, we have to operate to remove the gallbladder. This offers relief and patients recover, usually without complications.”

The best treatment is to avoid developing painful abdominal issues. “One of the best things anyone can do is to get a colonoscopy at age 50, or earlier if there is a family history of colitis of colon cancer,” Dr. Moenning says. “Colon cancer is the silent killer because it doesn’t present with symptoms until it’s too late. Don’t die of embarrassment.”

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Gait Mapping System Directs Individualized Care

Following a stroke, traumatic injury or orthopedic procedure, many patients may require additional, specialized care and training, and close medical supervision. The Rehabilitation Hospital at Lee Memorial Hospital provides the comprehensive, individualized care these patients need on their road to recovery. Part of the care may involve the use of a gait mapping system, which provides objective information on a person’s walking pattern.

Using a sensored walkway and a computer program, physical therapists can analyze and measure a variety of gait patterns, including footfall, stance, step length and speed. “Using this technology, we show our patients their specific patterns and direct therapies to address their issues,” explains Joe Ryan, DPT, manager of rehabilitation services at the Rehabilitation Hospital. “Also, because it is so quick and easy to use, we can periodically test the patients in order to show them how they are progressing in therapy. We have found that it really keeps the patients motivated and engaged in their recovery because they can see objective progress.”

By pinpointing specific issues, Joe says physical therapists can set goals for patients, like increasing stance percentage or extending step length. “One of the most important elements we look at is speed,” Joe says. “A patient who walks 0.8 or 0.9 meters/second is a lot more likely to be able to go out and engage in the community—go grocery shopping, out to dinner, the movies, etc.—than someone who shuffles or walks more slowly.”

The patient who needs a walker, cane or hands-on assistance from a physical therapist is still able to gain valuable information from the system because the computer program can be directed to erase the therapists’ foot prints or the imprint of the assistive device. The goal of all therapies and treatment at the Rehabilitation Hospital is to help patients regain their basic, daily functions and get them back to their lives. “It is not enough to send patients home just surviving,” Joe says. “We want our patients to have a good quality of life and to be able to participate in their lives. Mobility is key to that and the gait mapping system helps us direct treatment to each patient’s goals.”
Routine Exams Help Men Stay Healthy

Men often provide great care for their families, but fail to address an issue that should be at the forefront of their agenda: their health.

“Men tend to avoid seeking health care providers unless they sense great risk or have an active problem,” says family practice physician and director, Lee Memorial Health System/Florida State University Family Medicine Residency Program Gary Goforth, M.D. “However, many serious conditions such as colon cancer, depression, abdominal aortic aneurysm, diabetes and hypertension can be detected earlier to avoid major complications.”

“If I try to emphasize the need for additional testing to include colonoscopy, abdominal aortic aneurysm ultrasound scans, lipid and diabetes screening,” Dr. Goforth says. “I also focus on family history and the importance of diligent screening for family history conditions (heart disease, cancer). I strongly encourage smoking cessation for all smokers; weight loss and exercise for patients with a body mass index (BMI) over 25. I also encourage administration of the recommended adult vaccines, including Tdap, Pneumococcal (Prevnar at age 65, then Pneumovax one year later), Zostavax (for preventing shingles after age 50) and other vaccines for certain conditions.”

Patients who do not have regular exams and screenings could be at-risk for coronary heart disease, stroke and peripheral vascular disease; or death from an aortic aneurysm rupture not detected by a screening ultrasound exam.

Dr. Goforth recommends:
- Colonoscopy every 10 years beginning at age 50 (every 3–5 years if polyps are present)
- Abdominal aortic aneurysm screening for men aged 65-75 years old if prior smoking history
- Lipid screening in men age 35 and older
- Blood pressure screening in adults beginning at age 18
- HIV screening for all adolescents and adults
- Depression screening for adults age 18 and older when staff-assisted depression care supports are in place
- Obesity screening and management for all adults
- Diabetes screening for adults with obesity or sustained blood pressure higher than 135/80

Men who do not have regular exams and screenings are at-risk for coronary heart disease, stroke and peripheral vascular disease; or death from an aortic aneurysm rupture not detected by a screening ultrasound exam.

“Our goal is to get men to pay attention to their health,” Dr. Goforth says. “Our goal is to get men to pay attention to their health,” Dr. Goforth says. “The best time to visit your primary care physician is before a problem exists. That way we have a historical record of your health and are in a better position to help with any problems that may arise.”

“Diligent screening of family history conditions (heart disease, cancer). I strongly encourage smoking cessation for all smokers; weight loss and exercise for patients with a body mass index (BMI) over 25. I also encourage administration of the recommended adult vaccines, including Tdap, Pneumococcal (Prevnar at age 65, then Pneumovax one year later), Zostavax (for preventing shingles after age 50) and other vaccines for certain conditions.”

Healthy Help Men Stay
Routine Exams

Dr. Goforth focuses on basic care and his exams include:
- Blood pressure check
- Weight assessment
- Prostate and testicle exam

“Dr. Goforth focuses on basic care and his exams include:”

An Exciting Summer for the Family Medicine Residency Program

From an application pool of more than 1,500 medical school graduates, Lee Memorial Health System and The Florida State University College of Medicine Family Medicine Residency Program are proud to welcome six new first-year residents, including:
- Shane Drahos, M.D., West Palm Beach, Fla.
- Tyler Hendricks, M.D., Jacksonville, Fla.
- Alim Karim, M.D., Ontario, Canada

In July, the inaugural group of residents who started the program in 2014 will advance as second-year residents. This group includes:
- Mohammad Ayaz Sadat, M.D.
- Lee Coghill, M.D.
- Alyson Lewis, M.D.

Also in July, the following physicians will be promoted to third-year residents:
- Jack Arnold, M.D.
- Sherry Farag, M.D.
- Lucia Huffman, M.D.
- Roy Klossner, M.D.
- Chelsea Schetner, M.D.
- James Toldi, D.O.

The summer also brings the first resident to graduate from the program—Kristin Miller, M.D.

Under the guidance of physicians and faculty, medical school graduates are required to complete residency training in their chosen specialty in order to become independent, practicing physicians. The Family Medicine Residency Program prepares these new physicians with a 36-month curriculum that includes rotations in:

- Adult medicine
- Behavioral medicine
- Pediatrics
- Obstetrics and gynecology
- Emergency medicine
- Internal medicine
- General surgery
- Ophthalmology
- Psychiatry
- Orthopedics
- Critical care
- Practice management
- Community medicine
- Geriatrics
- Sports medicine
- Neurology
- Cardiology

Most physicians set up practice near the location where they complete their residency training. So, Lee Memorial Health System hopes the residency program will play a significant role in meeting the primary care needs of Lee County and Southwest Florida.

The system hopes to retain more than 50 percent of these talented residency graduates here in our community.

Family Medicine Residency Program

Family Medicine physicians are accepting new patients of all ages.
The Need for Blood is Real

Sylvie Laders lives with sickle cell disease—an inherited disorder that affects the shape of red blood cells. The condition also affects the immune system and can lead to serious infections, chronic anemia and damage to vital organs. For six years, Sylvie has required regular blood transfusions to decrease the risk of stroke.

“While I was around 17, I started having symptoms of a stroke,” Sylvie says. “One whole side of my body would go numb—my face, hands, arms, legs. MRIIs and tests found that the sickle cell disease caused blockages in the main arteries to my brain. My doctor [Emad Salman, M.D., pediatric hematologist/oncologist] said I would need regular blood transfusions to prevent a stroke.”

In the beginning, Sylvie got a transfusion every three weeks. The frequency later changed to every four weeks, and now stands at every five weeks. In addition to decreasing the occurrence of life-threatening blood clots, the transfusions assist the blood’s oxygen-carrying capacity and reduce the percentage of red blood cells that carry the sickle gene.

Sylvie needs five units of blood every five weeks for her exchange transfusion, which involves the removal of her blood along with the transfusion of new blood.

“I have one arm with blood going out and the other arm with new blood coming in,” she says. “I have gotten used to the process and I know it’s helping me stay as healthy as possible.”

Sydney is just one patient who relies on Lee Memorial Health System having an adequate supply of blood.

“The need is constant,” says Susie Nystrom, director, Blood Center Services. “The health system transfuses about 426 units of blood each week. Surgeries—like trauma, orthopedic, gynecologic or open-heart surgeries—are the main reason patients need blood. But, hematology/oncology patients—both adult and pediatric—also need red blood cells and platelets.”

Because the health system also is home to the regional Level II Trauma Center, which serves Lee, Collier, Charlotte, Hendry and Glades counties, the need for blood can fluctuate. Susie says there have been trauma patients—motorcycle or car accident victims—who need hundreds of units of blood to save their lives.

“There is no substitute for human blood,” says Nancy Hendrick, Blood Center community relations coordinator. “We rely on our community to help ensure we have a safe and adequate supply of blood to care for our patients. We need all blood types, but O negative is so important because it is universal, meaning it can be transfused to almost any patient in need.”

From the unexpected motor vehicle crash to the standing transfusion appointment, the need for blood is real.

The Lee Memorial Health System Blood Centers are hosting blood drives in the hospitals:

- **10 a.m.-5 p.m., June 9-10 and 7 a.m.-4 p.m., June 11, HealthPark Medical Center Atrium**
- **10 a.m.-5 p.m., June 29-30 and 7 a.m.-4 p.m., July 1, Gulf Coast Medical Center Main Entrance**
- **10 a.m.-5 p.m., July 14-15 and 7 a.m.-4 p.m., July 16, Cape Coral Hospital Auxiliary Conference Room**
- **10 a.m.-5 p.m., July 29-30 and 7 a.m.-4 p.m., July 31, Lee Memorial Hospital Auditorium**

Or, donate anytime at the Blood Center nearest you.

Call 239-343-2333 or go to www.tinyurl.com/BloodCenters.

### Donors must:
- Feel well and healthy on the day of donation
- Be a minimum of 16 years old
- Weigh at least 115 pounds

### Conditions treated at Convenient Care include:
- Coughs, colds, sore throats and flu symptoms
- Ear pain
- Eye redness, pain or irritation (Not including any change in vision)
- Fever (Not associated with mental status changes or lethargy)
- Minor breathing difficulty such as asthma complications (Not congestive heart failure)
- Vomiting, diarrhea and mild dehydration (Not requiring IV fluids)
- Urinary tract infections
- Sexually transmitted diseases and minor female vaginal complaints
- Minor burns
- Skin tears, rashes, irritations or infections

“I have one arm with blood going out and the other arm with new blood coming in,” she says. “I have gotten used to the process and I know it’s helping me stay as healthy as possible.”

The emergency department is the right choice for the following conditions:
- Chest pain, pressure or discomfort and symptoms of a heart attack (arm, neck, jaw or back pain; dizziness; nausea; sweating, difficulty breathing and/or fatigue, particularly in women)
- Stroke symptoms (loss of vision, sudden numbness of weakness, slurred speech or confusion)
- Head trauma (loss of consciousness, nausea, vomiting, mental status changes)
- Seizures
- Serious neck or back injuries (related to car accidents, falls from ≥10 feet)

Other injuries or conditions are less serious and are better served by Convenient Care. Lee Memorial Health System has four locations and most are open 7 a.m.-7 p.m., seven days a week. “We try to make it easy for people to access our locations so they can get the care they need and get back to their activities without a huge time commitment,” Dr. Higgs-Doughty says. “We usually treat patients in order of their arrival so no one has to wait for hours to see a medical practitioner.”
Common Causes of Headache

Headaches are a common occurrence for many adults. In fact, according to the Migraine Research Foundation, someone goes to the emergency department with a headache or migraine every 10 seconds. Family medicine physician Gilberto Riveron, M.D., says there are a variety of causes of headaches, including emotional, environmental, physical and edible factors.

Emotional
“Stress is the most common cause of headaches,” Dr. Riveron says. “The chemical and physical changes caused by stress—like clenching your teeth—make you susceptible to tension headaches and migraines.”

Making a conscious effort to relax and control how you react to stress can help decrease the frequency of these types of headaches.

Environmental
There are a number of environmental factors that can cause headaches, including:

• Bright lights, including the sun’s glare
• Weather—sudden or drastic changes in temperature or barometric pressure
• Strong scents—perfumes, colognes or chemicals, like paint or gas
• Smoking and second-hand smoke contain nicotine which causes blood vessels in the brain to narrow
• Exercise can cause headaches for those who suffer migraines

Physical
“Poor posture, especially from sitting at a desk all day, can take a toll on your head and neck,” Dr. Riveron says. “To avoid tension headaches, be sure your chair has good lower back support and your monitor is at eye level—not too high or too low. Staring at a screen all day can also strain your eyes and result in a headache, so get up from the computer at least every hour. Also, when looking at your cell phone, hold it upright because looking down at it strains your spine and neck.”

Other physical factors that cause headaches include:

• Hair accessories—tight braids, up-dos, ponytails and hats can squeeze and pull your scalp and cause a tension headache

Edible
Dr. Riveron says that foods that are aged, smoked, dried or pickled contain known headache triggers, including:

• Tyramines in aged cheeses, wine, beer and processed meats
• Sulphites in wine and dried fruits
• MSG and nitrates found in cured meats
• Salicylates in vinegar and certain teas and fruits

“Being dehydrated or skipping meals also can trigger headaches,” he says. “Caffeine can either help a headache—some headache medications actually contain caffeine—or cause one—if you don’t drink your regular cup of coffee, you may experience a nagging headache.”

Just as there are a variety of factors that cause headaches, there also are a many different types of headaches. Get help immediately if you experience a sudden, intense headache accompanied by fever, weakness, numbness, difficulty speaking and confusion. Or, if you experience a new onset or type of headache that does not improve with standard home remedies, call your doctor and schedule an appointment.

Gilberto Riveron, M.D.
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Lee Physician Group
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Aging Sensitivity Experience

Aging is inevitable and with time comes new physical challenges. Tasks that once seemed easy can become difficult or nearly impossible.

“With so many generational differences and so few intergenerational programs, today’s young people tend to believe much of the aegis that is taught to them by other people,” says Teresa Frank-Fahrner, Older Adult Services program coordinator. “Even our own seniors help to promote one of the most common myths about aging, which is that everyone will have significant memory loss as they get older. This is just not true. Significant memory loss is not a normal part of aging, but when we hear people say, ‘I must be having a senior moment,’ this portrays that all people who get old lose their memory.”

Teresa works to combat these stereotypes, and one of the tools in her arsenal is AgePlay™, a hands-on simulation training that allows people to experience some of the physical challenges people may have when they get older. The goal of the aging sensitivity experience is to enhance understanding and increase empathy for older people.

“Clearing up the myths of aging is critical to maintaining the dignity and respect we have for our senior citizens,” Teresa says. “The value of a person’s life is sometimes determined by what we see. When we see an older person with wrinkles, who do we see?”

Many people will not consider the life experience the older person may have had, such as being the mother of 10 children, a military veteran, a physician, an athlete or a CEO of a big company. “That’s not necessarily what we see,” Teresa says. “Instead, we just see an ‘old person.’ The better we understand the challenges some seniors may experience, the better service we can provide to them.”

AgePlay puts users through a number of experiences, from vision changes caused by glaucoma, macular degeneration, cataracts, stroke and yellowing of the lens; hearing loss; loss of sensation in fingers and hands and motor skills; and teaches participants how to best communicate and assist people with these losses. “We also discuss various causes of memory loss and confusion in memory to make sure that people understand that some of the causes of memory loss are treatable,” Teresa says. “We discuss depression and how common this is in our older generation; and why older people tend to avoid mentioning this to their family or physician, and what some of the treatment options are for depression.”

AgePlay is available to local businesses and organizations who want their staff or employees to gain a better understanding of the aging experience. “This training is not about the negative side of aging,” Teresa says. “It is about increasing empathy for our most precious resource, our senior citizens.”

For more information on pricing or to schedule this valuable training for your business, please call 239-424-3298.

Skin Cancer Screenings Can Save Lives

There are three major types of skin cancer—basal cell carcinoma, squamous cell carcinoma and melanoma. Both basal cell carcinoma and squamous cell carcinoma develop on areas of the body that are exposed to the sun, like the face, scalp, ears, arms, chest, hands and legs. Melanoma, on the other hand, can develop anywhere on the body in normal skin or in existing moles that become cancerous.

It is important to practice monthly head-to-toe self-examinations so you are aware of new or changing moles, spots or lesions. If you see anything suspicious, see your doctor. It also helps to have annual screenings performed by a dermatologist.

Skin cancer, if detected and treated early, has an almost 100 percent five-year survival rate.

Join SHARE Club this month for a free cancer screening provided by Riverchase Dermatology. 8-11 a.m., June 24 at the Bonita Springs YMCA, 27200 Kent Road. This screening is for adults age 18 and older. Appointments are required, call 239-221-7560.

What to expect at the skin cancer screening?
The skin cancer screening is a visual inspection of your skin by a medical professional. He or she will look at your moles, freckles and other marks. No blood is drawn and nothing is cut or removed at the time of the screening. If a suspicious mark is found, you will need to see a dermatologist for a more thorough exam.

AgePlay™ Provides Interactive Experience on Challenges of Aging
Early Heart Attack Signs and Symptoms
Join SHARE Club for this presentation by Stephanie Syka, RN, licensed emergency medical technician and cardiac decision unit at HealthPark Medical Center. She will discuss the different early signs and symptoms of a heart attack.

10 a.m., June 9
Emeritus of Bonita Springs, 2650 South Drive, Bonita Springs (behind Promenade at Bonita Bay)

Computer Technology: Why You Should Know the Basics
Do you have a volunteer computer instructor, will present why learning the basics of operating your computer can enhance your life. You will also learn about computer classes available at Lee Memorial Hospital.

10 a.m., June 10
Cape Coral Hospital Auxiliary Conference Room

Protein Needs of Adults
SHARE Club invites you to attend this presentation by Joanie Borbely, RN, certified dietitian. She will discuss the protein needs of older adults to maintain good health.

10 a.m., June 17
Cape Coral Hospital

Cancer

Bladder Cancer Support Group
3-5 p.m., first Wednesday of every month
Regional Cancer Center
Contact Karen Godfrey, Bladder Cancer Advocate, at 239-955-6706 or Karen.Godfrey@LeeMemorial.org

Skin Cancer Screening
March through October for anyone age 18 years and older for this skin cancer screening program. Early detection and treatment can save lives. Please wear loose-fitting clothes.

8-11 a.m., June 24
Bonita Springs YMCA, 2720 Kent Road, Bonita Springs

Diabetes

Diabetes Self-Management Classes
A 10 hour education program discussing various aspects of diabetes self-management, including meal planning, exercise, stress management, medication, and preventing complications. Classes are available in English and Spanish.

Weekly, morning and afternoon classes available
Lee Memorial Hospital and Cape Coral Hospital.

Diabetes education is a covered benefit for Medicare and most commercial insurances. Call 239-424-3127. Must be registered and a physician referral is required.

Pregnancy & Diabetes Program
An educational program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish.

Schedule is available Call 239-424-3127

Weight Loss

Weight Management Individually weighted loss counseling with a registered dietician. Weekly counseling sessions are available Call 239-424-3127

Weight Management Exercise Program
Commit to eight weeks. This program meets once a week for one hour. Participants work out together and then have a nutrition and lifestyle component. Time and date vary
Wellness Center-Cape Coral Contact Sarah Mitchell at 239-424-3231 or Sarah.Mitchell@LeeMemorial.org

Ortho/Neuro/Spine

Preoperative Joint Replacement Class
Everything you need to know to feel comfortable before joint replacement surgery.

10:30 a.m., every Tuesday at Cape Coral Hospital; 10 - 11 a.m., Fridays at Gulf Coast Medical Center or Monday and Wednesday at Lee Memorial Hospital Call Cape Coral Hospital at 239-424-3150; Gulf Coast Medical Center at 239-343-0300 or Lee Memorial Hospital at 239-343-3411 and leave a message

Stroke Support Group
For caregivers and stroke survivors. 10:30 a.m., every Tuesday (except third Tuesday of the month) Cape Coral Hospital, Room A Call 239-424-2317

Aquatic Arc
For people with Parkinson’s disease.

10 a.m., second and Wednesdays Wellness Center-Cape Coral

Thyroid Support Group
For those who have difficulty taking due to side effects.

3rd Monday of each month Lee Regional Library 2520 Bass Road, Fort Myers Call Sally Fontaine at 239-590-0797 or sarafont@gmail.com

Mastectomy Pre-Operative Education Class
Provides hands-on training and information regarding your upcoming mastectomy and valuable take home tools. Please call to schedule due to limited space.

9-10 a.m., third Tuesday of each month Regional Cancer Center, Third Floor Specialty Clinic Conference Room

Support Groups/Classes

Ostomy Support Group
For individuals considering or have had an ostomy (colostomy, ileostomy or urostomy), and the spouses or caregivers of these patients.

4:30-5:00 p.m., second Thursday of each month Myerlee Manor, 1499 South Brandywine Circle, Fort Myers Call 239-482-8433

Caregiver Support Group
This group focuses on the unique needs and concerns of those caring for a loved one, regardless of their medical condition.

4:30-5:00 p.m., second Thursday of each month Regional Cancer Center lobby Call Mark Geier at 239-343-1126

Pulmonary Fibrosis Support Group 1-3 p.m., third Wednesday of each month Lee Memorial Hospital Medical Office Building, Suite 705 Call Lynne Puglise at 941-875-5732

Your class is available to the general public with prior permission to current cancer patients and primary caregivers. Mats, strips, and anamnestic materials provided by a grant from the Junior League of Fort Myers.

9:15-10:30 a.m., every Friday Regional Cancer Center, Third Floor Specialty Clinic Conference Room $5/session for cancer patients and/or caregivers and $10/class for general public

Palm Beach Pulmonary Fibrosis Support Group 9:30-10:30 a.m., every Friday Lee Memorial Hospital Medical Office Building, Suite 705 Call Nancy Gizzardo at 239-424-3352

Fort Myers Stroke Support Group 1-3 p.m., third Wednesday of each month Lee Memorial Hospital Medical Office Building

Support groups are for cancer patients, survivors and caregivers. All sessions are free. Call 239-343-9582.

Caregivers are welcome to attend.

48th meeting of each month
Call Alexandra Henderson at 239-343-9224

Mended Heart Support Group
This national support group for adults with heart disease. Meetings feature a presentation – including this month’s speaker, Antony Cahn, who will speak about stress.

6:30 p.m., second Tuesday of each month
Wak Veatch Community Center, 16760 Bass Road, Fort Myers

Call Joe Jansen at 239-461-0980

Powerful Tools for Caregivers
A naturally relaxed and educational based program designed to help family caregivers take care of themselves while caring for a loved one at home, in a nursing home or from a distance.

Time and date vary
Location varies A call in will help defray the cost of the book
Call Alexandra Henderson at 239-343-9224

It’s All About You
Can I improve my quality of life? Yes, you can learn and take steps toward living with chronic conditions, such as arthritis, high blood pressure, diabetes and other health conditions. This 6-week workshop teaches people with chronic conditions how to better manage their health and the symptoms that accompany chronic illnesses, such as pain, depression and fatigue. Workshop leaders also have a chronic illness.

Time and date vary
Location varies Call 239-424-3122

Brain Aneurysm Support Group
This support group is for caregivers of those with memory impairments. Our mission is to provide knowledge, guidance and care in supporting their loved one and themselves.

4:30 p.m., second and last Tuesday of each month
Cape Coral Hospital, room 722

Call Alexandra Henderson at 239-343-9224