Endovascular Coiling Offers Minimally Invasive Treatment for Brain Aneurysm

A bulge or ballooning of a blood vessel in the brain, an aneurysm can be life-threatening if it ruptures. Vascular neurosurgeon Constantine Plakas, M.D., says aneurysms are relatively common, affecting 1-6 percent of the population. “Most people do not know they have an aneurysm because they are not experiencing any symptoms,” he says. “Unruptured aneurysms can be detected during medical diagnostic tests for other conditions. Or, they may cause symptoms like changes in vision, pain above and behind the eye, or numbness or paralysis on one side of the face. Depending on the patient and his or her other health conditions, some patients may require surveillance monitoring and no actual intervention, while others opt for endovascular coiling.”

A minimally invasive treatment option, endovascular coiling blocks blood flow into an aneurysm to prevent a rupture. “This treatment option allows us to stop the flow of blood using a catheter through an artery rather than having to open the skull, as we would with surgical clipping,” Dr. Plakas says.

In some cases, endovascular coiling may be appropriate treatment for a ruptured aneurysm, so it is important to know these signs and symptoms:

• Sudden, extreme headache—the worst headache of your life
• Nausea and vomiting
• Blurred or double vision
• Sensitivity to light
• Seizure
• Loss of consciousness
• Confusion

“The endovascular coiling makes aneurysms very treatable,” Dr. Plakas says. “With constant improvements and innovations in endovascular techniques, treatments that used to require open surgery and weeks in the hospital are now performed through a tiny nick in the skin and only an overnight stay in the hospital.”
Great Ways to Give
If you wish to support Lee Memorial Health System's lifesaving mission, please consider:

**Capital Campaign Gift**
Direct your gift to support our Gift of a Lifetime capital campaign to build the new Golisano Children's Hospital of Southwest Florida.

**Unrestricted**
An unrestricted gift allows Lee Memorial Health System to use your donation to address our most urgent patient care needs.

**Honor a Loved One**
Let a family member or other loved one know you care by making a gift to celebrate his or her accomplishments, memory or milestone occasion.

**Giving Made Easy**
It happens to many people. They wish to support Lee Memorial Health System Foundation but don't want to deplete current assets. There is a simple solution—name Lee Memorial Health System Foundation as a beneficiary of your will.

After consulting with your attorney and making sure the needs of your family and other loved ones will be met, consider leaving a specific dollar amount or asset (home, stock, etc.), a percentage of your estate or the remainder—or percentage of the remainder—to Lee Memorial Health System Foundation. Upon your death, your gift will be used to support our lifesaving mission.

The official bequest language for Lee Memorial Health System Foundation is:  

"I [name], of [city, state, ZIP] give, devise and bequeath to Lee Memorial Health System Foundation, Inc., a Florida non-profit corporation, located in Lee County Florida, [written amount or percentage of the estate or description of property] for its unrestricted use and purpose."

**Stock**
Consider whether donating appreciated stock will allow you to make a charitable donation while at the same time improving your capital gains tax situation.

**Will and Estate Gifts**
Consider naming Lee Memorial Health System Foundation as a beneficiary of your will, trust or other estate plan.

For more information, please email Foundation@LeeMemorial.org or call Ken Shoriak at 239-343-6053.

Lee Memorial Auxiliary's generosity—the organization also made a major donation of $500,000 to support Golisano Children's Hospital of Southwest Florida's capital campaign.

**Stardom Awaits on Nov. 8**
Stardom awaits . . . there is still time to make your reservation to attend Hollywood Nights on Sunday evening, Nov. 8 at the Landings Yacht, Golf & Tennis Club in Fort Myers. Come out and get the full red carpet treatment!

Join us at this very special event, which honors the memory and contributions of Betty and Frank Bireley through support of the Regional Cancer Center. Guests will be treated to dinner, great tunes from vocalist Mark Sanders, red-hot Hollywood music and dancing courtesy of Ernie Cantu’s LiveWire Blues Band, and the chance to take home great auction prizes. Tickets are $125 per person and can be purchased online by visiting www.LeeMemorial.org/go/RibbonsandBlues or by calling 239-343-6950.

**Giving Tuesday on Dec. 1**
There’s a day for giving thanks and two days for getting great shopping deals. Now, we have #GivingTuesday, a day dedicated to giving back.

On Tuesday, Dec. 1, thousands of charities, families, businesses, community centers, students and people just like you around the world will join together to celebrate generosity and to give.

It's simple. Find a way for your family, neighbors, company and friends to come together to kick off the holiday season with the spirit of giving. Then, let everyone know what you’re doing and encourage them to join this new tradition of global generosity.

**Lee Memorial Auxiliary 65th Anniversary Celebration Reaps Rewards**
Leaders from the Lee Memorial Auxiliary, Lee Memorial Health System and Golisano Children’s Hospital of Southwest Florida recently joined together to celebrate the Auxiliary’s generous donations supporting the Arts in Healthcare and pediatric hematology/oncology programs. Altogether, a total of $50,000 was donated, representing proceeds from the Auxiliary’s 65th Anniversary celebration. The gifts are just the latest example of Lee Memorial Auxiliary’s generosity—the organization also made a major donation of $500,000 to support Golisano Children’s Hospital of Southwest Florida’s capital campaign.

For more information, please email Foundation@LeeMemorial.org or call Ken Shoriak at 239-343-6053.

**#GivingTuesday on Dec. 1**
Giving Tuesday is a perfect time to reflect on the importance of Lee Memorial Health System's lifesaving mission and offer your support by making a donation. It's easy to take part and give life and hope this holiday season by visiting www.LeeMemorial.org/go/GivingTuesday or by contacting Nicki McTeague at Nicole.McTeague@LeeMemorial.org or 239-343-6106.

**Make a Difference**
Learn more about making a gift through your will. Simply visit www.LeeMemorial.org/Foundation and click on “ Planned Giving” or call Linda Kelly at 239-343-6064.

**Will and Estate Gifts**
Consider naming Lee Memorial Health System Foundation as a beneficiary of your will, trust or other estate plan.

For more information, please email Foundation@LeeMemorial.org or call Ken Shoriak at 239-343-6053.
Lung cancer is the leading cause of cancer deaths in the United States. Radiation oncologist Keith Miller, M.D., says lung cancer is more advanced and more challenging to eradicate, "This is why the low-dose CT lung cancer screening is a valuable option for those who meet the criteria."

"Once symptoms—such as prolonged cough, chest pain, coughing up blood or unexplained weight loss—are present, the cancer is usually discovered in later stages, which contributes to the high mortality rate.

To be eligible for low-dose CT screening, you must:
• Be asymptomatic (no signs or symptoms of lung cancer)
• Be 55-77 years of age
• Have a tobacco smoking history of at least 30 pack-years (one pack/day for one year = one pack year)

The screening is available for people who meet the above criteria and currently smoke, as well as those who quit smoking within the last 15 years.

"Studies found that low-dose CT is better than chest X-rays and sputum smears for detecting lung cancer at an early stage," Dr. Miller says. "In fact, the National Lung Cancer Screening Trial found low-dose CT screening decreased mortality by 20 percent. Incorporating smoking cessation for these high-risk patients has also been shown to improve outcomes by decreasing mortality by 26 percent."

If the CT scan is negative, then patients are screened annually. If the CT scan detects a suspicious spot or nodule, additional tests at specific intervals may be necessary. "Spots on the lungs can be caused by things other than cancer, including pneumonia, work-related exposure, trauma, viruses and certain types of fungi found in endemic areas," Dr. Miller says. "The size, shape and velocity of growth determine whether we perform a biopsy to definitively diagnose lung cancer"

Dr. Miller says the low-dose CT screening offers an advantage for those who qualify, and should be part of their annual health care appointments. Lee Memorial Health System offers the low-dose CT screening. Talk to your doctor about whether you qualify for a referral.

Diabetes Can Lead to Cardiovascular Complications

One disease often leads to another, especially in patients who live with preventable conditions, like diabetes. A study from the National Cholesterol Education Program found that the death rate from cardiovascular disease for adult diabetics in the United States was 1.7 times higher than people who do not have diabetes. Hospitalization rates among this population were also higher and life expectancy decreased by 6-8 years.

"Diabetes increases the risk of cardiovascular diseases and associated clinical complications," says Lee Physician Group cardiologist Karla Quevedo, M.D. "This population has a greater incidence of hypertension, lipid abnormalities and obesity."

Approximately 30 million Americans have diabetes. Diabetic patients are at a greater risk for:
• Coronary heart disease (plaque build-up in coronary arteries)
• Coronary ischemia (not enough blood traveling through coronary arteries)
• Myocardial infarction (heart attack)
• Peripheral vascular disease (circulation disorders of the blood vessels outside of the heart and brain)

"Because of these increased risks, diabetic patients who have cardiovascular disease should take an ACE (angiotensin-converting-enzyme) inhibitor, aspirin and statins to reduce their risk of cardiovascular complications," Dr. Quevedo says. "They also need to control their blood pressure and lower their A1C to 7 percent or less."

All patients with diabetes can increase their quality of life by incorporating light to moderate exercise and a reduced fat diet into their daily routine. Losing weight and quitting smoking contribute to better long-term outcomes.

"Numerous studies have found that nutrition and physical activity are predictors of age-specific mortality and cardiovascular event rates," Dr. Quevedo says. "I also encourage my patients to get an annual flu shot."

The goal is for patients to manage their condition and to make healthy living a priority. "Patients need to know that their physician is not here to merely manage their condition," Dr. Quevedo says. "We are partners in your health care. We need to work together to ensure that every patient understands the effects and consequences of disease, especially the effect diabetes has on the heart. Patients experience more success if they manage their conditions on a daily basis and are open to change."

Screening and Smoking Cessation Improve Lung Cancer Outcomes

Lung cancer is the leading cause of cancer deaths in the United States. Radiation oncologist Keith Miller, M.D., says lung cancer is usually discovered in later stages, which contributes to the high mortality rate.

"Once symptoms—such as prolonged cough, chest pain, coughing up blood or unexplained weight loss—are present, the cancer is more advanced and more challenging to eradicate," he explains. "This is why the low-dose CT lung cancer screening is a valuable option for those who meet the criteria."

To be eligible for low-dose CT screening, you must:
• Be 55-77 years of age
• Be asymptomatic (no signs or symptoms of lung cancer)

The screening is available for people who meet the above criteria and currently smoke, as well as those who quit smoking within the last 15 years.

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Keith Miller, M.D. 21st Century Oncology 3680 Broadway Blvd. Fort Myers, FL 239-936-0380

Karla Quevedo, M.D. Cardiology Lee Physician Group 9800 S. HealthPark Drive Suite 320 Fort Myers, FL 33908 239-343-6350 www.tinyurl.com/DrQuevedo

Nov. 19 is the Great American Smokeout

Each year, the American Cancer Society uses the Great American Smokeout—which falls on the third Thursday of November—to encourage smokers to quit. Use this date—Nov. 19—as a date to quit or a date to make a plan to quit.

Quitting smoking is an important step toward a healthier lifestyle, and can help reduce your risk of cancer. Smoking cessation products are available for purchase in each Lee Memorial Health System hospital gift shop.
Carpal tunnel syndrome often is marked by tingling or numbness, pain radiating or extending from the wrist and/or a sense of weakness. Caused by a pinched median nerve, carpal tunnel cannot always be attributed to one specific event or trauma.

“There are a number of factors that can lead to a pinched median nerve,” explains Dennis Sagini, M.D., orthopedic surgeon. “Examples include wrist fractures or dislocation; patterns of use, including prolonged forceful or repetitive flexing of the wrist, as well as prolonged vibration; and underlying health conditions, such as diabetes or arthritis. In many cases, carpal tunnel syndrome is the result of a combination of factors.”

Symptoms of carpal tunnel syndrome occur gradually, usually with numbness and tingling in the thumb, index and middle fingers. Symptoms also often occur while holding things, gripping a steering wheel or during sleep—which wakes you up at night.

Diagnosing carpal tunnel syndrome may involve:
• Physical exam—tests the feeling in the fingers and the strength of the hand
• X-ray—excludes other possible causes of wrist pain, like a fracture or arthritis
• Electromyogram—tests for muscle damage
• Nerve conduction study—checks the electrical impulses through the median nerve in the carpal tunnel

“Treatment options can include nonsurgical methods, like wrist splinting; occupational therapy; over-the-counter medications for inflammation; or injections of corticosteroids, which may benefit certain patients,” Dr. Sagini says. “Surgery may be the best option if symptoms persist, even after nonsurgical treatment options. The surgery relieves the pressure on the median nerve and involves cutting the ligament that is pressing on the nerve. The ligament grows back, but allows more room for the nerve.”

If you experience persistent tingling, numbness and weakness, see your doctor. Untreated carpal tunnel syndrome can lead to permanent nerve and muscle damage.

Patricia Finn exercises at pulmonary rehabilitation.

Pulmonary Rehabilitation Offers Hope for Better Breathing

Patricia Finn straps her feet into the rowing machine and starts working her upper body like she is gliding across the ocean. Rowing is just part of her workout at Pulmonary Rehabilitation. Three times each week, Patricia, 70, puts on her sneakers and heads to Lee Memorial Hospital as a way to enhance her health.

“I want to be strong enough to be independent,” she says.

Patricia lives with chronic obstructive pulmonary disease (COPD) and emphysema. She has been involved in the Pulmonary Rehabilitation program for several years. Several months ago she fell ill and was a patient at HealthPark Medical Center. She was able to return to the Pulmonary Rehabilitation program two weeks after being discharged from the hospital to resume her exercise routine. She continues on her path to better breathing and a healthier lifestyle because of the initial referral to the program.

“The main thing with COPD is, if you don’t continue therapy, you will slip back, making you susceptible to exacerbations,” Patricia says. “Coming here helps me stay strong enough to remain independent.”

Patricia walks on the treadmill; uses the UBE (upper body ergometer), a machine that exercises her arms; rows; uses a step machine and lifts weights. “My workouts take about 90 minutes,” she says. “And I’m not alone. I always see people I know and we all encourage each other.”

Pulmonary Rehabilitation lead therapist Nayda Agosto and a staff of therapists monitor patients’ heart activity, blood pressure and oxygen saturations. They also educate them on breathing techniques and make suggestions on specific exercises to help patients who otherwise may struggle for air. “There is hope in this program,” Nayda says. “With a combination of low-impact exercise and education, we teach patients how to manage their condition so they can still do the things they enjoy most.”

Patients enrolled in the program receive a referral from a physician. An evaluation is scheduled and completed. Phase one is done while a patient is admitted in the hospital. Phase two begins after discharge from the hospital, and is a tailored, monitored program where specific goals are set and are worked on until the patient is discharged and transitions to phase three, which involves maintenance. Patients who opt for the self-pay option can keep coming for as long as they want. Many, like Patricia, view the experience in the same way other people think about a gym membership. Like a gym they have access to a variety of machines and free weights. However, they also receive one-on-one instruction and support. They also learn about services available throughout Lee Memorial Health System.

“We help them set goals,” Nayda says. “Sometimes, it’s as simple as walking from the living room to the mailbox or getting stronger with their breathing. We try to make that possible. We set minor goals, and then move onto a new one once we reach that goal.”

For more information on Pulmonary Rehabilitation:
Cape Coral Hospital
Medical Office Building
239-424-2161

Lee Memorial Hospital
Medical Office Center, Suite 705
239-334-3520

Patricia Finn exercises at pulmonary rehabilitation.

Cape Coral Hospital
Medical Office Building
239-424-2161

Lee Memorial Hospital
Medical Office Center, Suite 705
239-334-3520

“I always see people I know and we all encourage each other.”

Dennis Sagini, M.D.
Joint Implant Surgeons of Florida
7331 College Parkway
Suite 300
Fort Myers, FL 33907
239-337-2003
She lost one baby at 16 weeks gestation, so when Gabielle Klock began dilating when she was 23 weeks and three days pregnant with her son Khris, she knew the situation was desperate. “This is not what we were expecting,” she says, of the way Khris came into the world. “My husband left for work and I was bleeding. I called the doctor’s office and they told me to come in. I went as soon as the office opened and they determined that I was 3 centimeters dilated.”

An ambulance transported Gabielle from Naples to HealthPark Medical Center where she received the second of two shots that are designed to help the baby’s lungs, which are among the last organs to develop in utero. Gabielle had an emergency cesarean section, April 8, 2013. Baby Khris was just 24 weeks gestation, weighed 1 pound, 6 ounces and was 13 inches in length. “He was very small and fragile in appearance, with translucent skin that showed much of his vascular system,” Gabielle says. “My husband—also named Khris—and I experienced the full gamut of emotions, which left us both in awe and unsure about what lay ahead.”

Baby Khris’ biggest challenge was lack of lung development, and he was intubated to help him breathe for the first 133 days of his life. “Our family traveled from our home in Naples to the neonatal intensive care unit (NICU) at Golisano Children’s Hospital, twice a day for 4½ months to see our precious baby boy,” Gabielle says. “Khris experienced many significant and life-threatening challenges during his stay in the NICU.”

Gabielle, Khris and Gabielle’s daughter, Taylor Kauer, often ate dinner in the hospital café and spent family time with Khris, instead of at their home. When they finally took him home, Gabielle had more questions than answers about the future. “He was discharged with oxygen support via a nasal cannula and an apnea monitor to alert if he stopped breathing,” she says. “Khris had physical and occupational therapy to try to help him reach his milestones.”

All of the hard work paid off for the family. Today, Khris is a happy, healthy toddler, who is developing normally. “We are proud and amazed by how far he has come,” Gabielle says. “He’s right where he should be. We credit the staff at Golisano Children’s Hospital. They not only took exceptional care of our little miracle but they also extended that care to our family, as well.”

Khris and Gabielle have expressed their gratitude by volunteering their time with the NICU Parent Club, which helps parents whose newborns experience life-threatening complications. “My husband and I, along with ‘Little Khris,’ have participated as speakers on a few occasions, during which time we were able to share our story with several parents who were processing through their own NICU journey at the time,” Gabielle says. “We believe that in doing so we were able to give hope and encouragement from the perspective of ones who could relate to what those parents were experiencing.”

Gabielle now works as the NICU parent liaison, a role for which she is uniquely qualified. “I get to take my experience and share it with other parents,” she says. “When something like this happens, your faith is tested. I try to help people prepare for anything that may happen during their journey.”

For more information on the NICU Parent Club, call Gabielle Klock at 239-343-5124.

*Port Charlotte Pediatric Specialty Clinic Moves to New Location*

The Golisano Children’s Hospital of Southwest Florida Port Charlotte Pediatric Specialty Clinic recently moved to a new, larger location.

The move was prompted by a need for more space to expand the pediatric services offered in Charlotte County. Additionally, the larger space allows the clinic to add additional patient hours for some of the existing specialties, as well as the opportunity to add other specialties—including pediatric otolaryngology (ear, nose and throat), sleep, and cardiology.

Appointments are currently available with the following providers:

- Ajay Khan, M.D., Sujana Reddy, M.D., Dina Pearson, M.D., and Cayaeh Jhaaiyi, M.D., pediatric endocrinology
- Irina Gershvin-Stevens, D.O., pediatric nephrology
- Eric Eason, D.O., pediatric cardiology
- Emad Salman, M.D., Cameron Nicholson, M.D., and Craig MacArthur, M.D., pediatric hematology/oncology
- Guillermo Phillips, M.D., and Britt Sroud, M.D., pediatric neurology
- Pamela Papola, M.D., pediatric behavioral medicine
- Stephanie Stovall, M.D., and Michelle Hoffman, M.D., pediatric infectious diseases
- Amy Stanfill, M.D., pediatric surgery
- Debra Peck, ARNP, sleep specialist

*Child-friendly Care Eases Fear, Burden of Hospital Stays*

Emma Garcia was 4 years old when she experienced arm pain and a fever that kept her up all night. Her parents, Jennifer and Santo, were concerned and took her to the pediatrician. After blood work and a referral to Craig MacArthur, M.D., pediatric hematologist/oncologist, Jennifer and Santo received the news no parent ever wants to receive: Emma had acute lymphoblastic leukemia (ALL).

“My husband and I work in health care, so we knew something was wrong when the pain kept Emma up all night,” Jennifer says. “But, we were still shocked to hear the diagnosis. Dr. MacArthur admitted Emma and she started treatment immediately. We spent that first week in the hospital”

Following the initial hospitalization, Emma had weekly—sometimes twice weekly—appointments in the hematology/oncology clinic for chemotherapy. She also had scheduled hospitalizations, where she was admitted for two or three days, depending on the medication she was on. If she spiked a fever during treatment, she was hospitalized for two or three days.

“We spent a lot of time in the children’s hospital during the two-and-a-half years of Emma’s treatment,” Jennifer says. “Whenever we were in the hospital, we made sure to spend as much time as possible together and spend time in the playroom. We also enjoyed visits from the child life specialists, the music therapist and the teacher. The nurses were wonderful, too. The people we met were the most wonderful part of this whole ordeal. They made the time in the hospital fun. We couldn’t have gotten through this without them.”

Jennifer says Kim Shimoda, Ph.D., pediatric psychologist, was also instrumental in helping the family process the diagnosis and treatment protocol. “At one point, we had trouble with Emma’s medical port [access point for delivering chemotherapy treatment],” Jennifer says. “Dr. Shimoda talked to Emma about her port and helped her understand it, and she had different ideas and techniques for us to use when dealing with the port. Emma looked forward to talking to Dr. Shimoda—she is a very positive influence.”

Dr. MacArthur told Jennifer and Santo that the six months following the two- and-a-half year treatment protocol have the highest rate of relapse. “Emma tolerated treatment really well and everyone was optimistic that she would be fine,” Jennifer says. “Thankfully, she did not relapse. Her port was removed in July, and she is not on any medication. We go back to the clinic once a month now for blood work. Starting next year, we will transition to visiting every other month, and the frequency will continue to decrease to one visit, once a year.”

Emma experienced some side effects of the chemotherapy, including neuropathy—numbness—in her legs, which caused her to have balance issues, and trouble walking and running. “Dr. MacArthur said the side effects would lessen over time,” Jennifer says. “It has significantly improved. Now Emma has so much energy and she runs normally—it is amazing to see. She enjoys horseback riding and I think that is helping with her balance and her confidence.”

Now a 7-year-old and in second grade, Emma is healthy. “It is hard to think back and to look back at pictures of Emma’s journey,” Jennifer says. “But, we are grateful for the care she received. We are very blessed.”

On Facebook at: www.tinyurl.com/GolisanoOFB
On Twitter at: www.tinyurl.com/GCHTwee
Individualized Care for Chronic, Hard-to-Heal Wounds

Chronic or hard-to-heal cuts, sores, burns, lacerations or abrasions require persistent, continuous treatment. Robert Kupsaw, M.D., medical director, Wound Care & Hyperbaric Medicine, says some wounds may even require surgical intervention.

“We have the unique ability to offer appropriate, individualized, interruption-free care, and with the recent arrival of Dr. Jeremy Tamir, we also have a full-time wound surgeon,” Dr. Kupsaw says. “Depending on the condition, we evaluate the wound and determine the obstacles to healing. We devise and institute a plan to improve or eliminate these obstacles and treat the wound. Treatment usually involves visits every one or two weeks, adjusting as needed.”

Dr. Kupsaw says hyperbaric oxygen therapy is available, though most wounds do not require that type of treatment. “Wounds that may require hyperbaric oxygen therapy include chronic radiation damage, failing skin grafts and flaps, certain diabetic wounds and certain arterial insufficiency wounds,” he explains. “The hyperbaric oxygen therapy supercharges the blood, and therefore the body, with oxygen and can enable some wounds to heal.”

Surgical intervention may be necessary for very large and/or deep wounds, stage 4 pressure ulcers, wounds involving underlying bone, certain diabetic wounds, wounds in areas of previous radiation or those requiring laser vein treatment or skin grafts or flaps. “Most wound surgeries are outpatient procedures with rapid recovery,” Dr. Kupsaw says. “Most are single procedure treatments, but, depending on the severity and condition, some may require multiple procedures.”

If you or a loved one has a chronic wound or one that is not healing despite treatment, Wound Care & Hyperbaric Medicine has the tools and treatments in place to heal the wounds and avoid infections and complications.

* An outpatient department of Lee Memorial Hospital
Diabetes Program Helps Patients Manage Their Condition

When left unchecked, diabetes can create a myriad of health problems, including heart disease, blindness, kidney impairment and nerve damage. People who have been diagnosed with diabetes can significantly reduce their risk of complications by learning how to control their blood sugar levels.

"Diabetes is unique because the majority of the treatment of the disease is done by the patient, through their daily habits," says Rowe Hudson, director, Lee Health Solutions. "Following proper habits will result in less risk; following improper habits can result in greater risk. Our program gives you the tools necessary to control the disease."

Lee Memorial Health System offers a program specific to people with diabetes, as well as weight management counseling programs and a chronic disease self-management program, "It's All About You." Collectively, these programs are part of Lee Health Solutions.

"A candidate for our services would be anyone dealing with a chronic disease who is tired of how they are feeling and wants to make a change for the better," Rowe says. "For example, in the diabetes program, our registered dietitians and nurses provide a plan (roadmap) of the things participants can do on a daily basis to incrementally improve their health."

Each day, by following these principles, patients get on the road to a healthier life. Individual nutrition counseling with a registered dietitian provides a customized meal plan to help each patient achieve his or her goals. "It's All About You" teaches participants how to take a more active role in their health.

"Teaching them what questions to ask a physician and what daily steps they can take to improve their health makes all the difference in their long-term success," Rowe says.

The diabetes program is a covered benefit of Medicare and most insurance policies. "Our goal is to empower patients so their diabetes condition does not get progressively worse," he says. "We want patients to stay healthy for as long as possible—for a lifetime."

It's All About You: Free program offered at various locations throughout Lee County. Participants meet once a week for 2.5 hours each week over 6 weeks.

Lee Health Solutions also offers the Complete Health Improvement Program (CHIP). This is a lifestyle change program that helps participants develop new, healthy habits and allows them to take control of their health.

Call 239-424-3120 for more information.

Massage Therapy Helps Relieve Chronic Pain

Jo Anne Stuntz has had chronic temporomandibular joint (TMJ) issues since she was a child. The clicking and popping of her jaw was only part of the problem; she also suffers from chronic headaches. Additionally, Jo Anne has neck pain that she attributes to posture required to perform her duties as a dental hygienist. Both the TMJ symptoms and the neck pain led her to find relief through daily over-the-counter pain relievers and chiropractic care. She recently added massage therapy to help alleviate her pain.

"I had tried massage therapy before, and decided to try it again since it is available at the Wellness Center – Fort Myers where my husband and I are members," Jo Anne says. "The techniques that Debbie [Wooters] uses have helped immensely."

Deborah "Debbie" Wooters, LMT, NCMA, says she uses trigger point therapy, myofascial release and neuromuscular techniques, which include working inside Jo Anne's mouth to release the TMJ muscles. "Pressure is applied and maintained to the trigger point until I feel relief of tension," she says. "I repeat the process for each taut band of muscle I encounter."

The therapy also consists of light stretching and massage that releases tension from the muscles, bones, nerves and joints. The kneading-style strokes stretch, loosen, soften and lengthen muscle tissues. "We have found this therapy to be very successful for Jo Anne, and she has had remarkable results," Debbie says.

Jo Anne has been able to cut down on her medications and has experienced fewer headaches and pain.

Massage therapy is a valuable tool in the continuum of care, and can be included as part of a physical therapy treatment plan. "Massage techniques can be performed by a physical therapist as a treatment of a specific musculoskeletal condition and is often called soft tissue mobilization/release techniques," explains Diana Rippl, physical therapist and director of health & wellness integration. "Massage therapy—with a licensed therapist—often works well, too, as a service in conjunction with or for maintenance after a condition has been treated by physical therapy."

The focus of massage is not always stress reduction and relaxation, as Jo Anne's case illustrates. "Massage can have a direct impact on releasing muscle tightness, imbalances, fluid and lymph drainage, and when coupled with postural exercises, can impact body mechanic issues and improve alignment," Diana says.

This is an exciting element of massage for Debbie. "My practice is geared toward the medical end of the spectrum in massage therapy," she says. "I specialize in specific evidence-based manual therapies for a variety of injuries and pain problems, which help clients maintain a high level of wellness and a better quality of life. I perform relaxation massages and enjoy them, but it is very rewarding to be able to help relieve someone's chronic pain."

About You" teaches participants how to take a more active role in their health.

Massage therapy is a valuable tool in the continuum of care, and can be included as part of a physical therapy treatment plan.

The Wellness Center – Fort Myers offers a variety of massage techniques performed by licensed massage therapists. The therapeutic massage services available include:

- Wellness massage
- Deep tissue massage
- Massage cupping
- Nourishing body polish
- Quick fix chair massage

For more information or to schedule an appointment, call 239-343-4980.

Call 239-424-3120 for more information.
SHARE Club Annual Senior Health Fair
9 a.m.-Noon, Nov. 12
Wa-Ke Hatchee Recreation Center, 16760 Bass Road, Fort Myers
Meet and discuss important health issues:
• Lee Health Solutions, to include weight management and diabetes information
• Balance screening and functional movement screening provided by physical therapists
• Blood pressure and pulse oximetry screening provided by Home Health
• Bloodmobile
• Lee Memorial Health System trauma services providing information on injury prevention
• Information on sleep problems and treatment options
• Volunteer resources
• Glucose screening
No reservations required. Call 239-424-3765 for more information

Diagnosing Arthritis

Arthritis affects more than 350 million people worldwide, and roughly 40 million Americans of all ages. Zaheeruddin Syed, M.D., family medicine physician, says arthritis is not limited to the maturing population. “More than half of the population diagnosed with arthritis is younger than the age of 65,” Dr. Syed says. “Additionally, there are more than 100 different types of arthritis. The most common type is osteoarthritis, which affects more than 20 million Americans, and is marked by joint pain and stiffness. The most commonly affected joints include the knees, hips, hands and spine.”

However, depending on the type and severity of the arthritis, it can present in several different ways. Common symptoms of arthritis include:

- Decreased range of motion
- Warm, red, swollen or tender joints
- Joint pain with noticeable fatigue, fever and rash
- Still or painful joints
- Medications
- Joint injections
- The use of heating pads and ice packs
- The use of medical equipment to protect and strengthen the bone and joints
- Topical rubs
- Physical therapy
- Medically supervised exercise program
- Surgery to repair or replace joints

In order to diagnose arthritis, the doctor will take a detailed medical history, evaluate your symptoms and perform a physical exam. "Depending on the physician’s findings, they may do additional lab tests to check your blood, urine and joint fluid,” Dr. Syed says. "Imaging studies are usually done to evaluate the condition of the bones and joints. The lab results and imaging studies are reviewed to determine what type of arthritis is producing your symptoms.”

Based on the symptoms and severity of the disease, your doctor will offer treatment options to control the pain and discomfort, while also providing ways to minimize and possibly improve the disabilities that affect daily living. Dr. Syed says the more common ways to treat arthritis include:

-仍情的
- 所多的
- still or painful joints

Dr. Syed recommends seeing a primary care doctor if you experience any of the signs or symptoms of arthritis because it is a common, and treatable condition.

Zaheeruddin Syed, M.D.
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Your Senior Connection: SHARE Club
Gayle Smock has been a professional artist for more than 35 years. Her work focuses on animals, birds and landscapes. Although she can paint anywhere, she likes to attend the art social, part of SHARE Club at the North Fort Myers Recreation Center. “I like doing my own thing but also interacting with the other artists,” Gayle says. “I don’t have as much space at home and here I get to talk to other people.”

Member Bertha Toivonen spends much of her time volunteering for SHARE Club. She meets new people when she works at the sign-up table for events. “The seminars are so educational,” she says. “This is such a wonderful group.” She has also traveled with SHARE Club members to regional destinations. “We went on a mystery trip to Bradenton,” she says. “They find so many out-of-the-way places to go.”

The idea is to keep seniors healthy and engaged says Teresa Frank-Fahrner, program coordinator, SHARE Club. “We are not here to merely entertain people,” Teresa says. “We stress the importance of learning and socialization for a lifetime. Seniors have a great deal to offer and we try to help them use their time and talents in a way that is rewarding to them and helps others at the same time.”

Call 239-424-3765 for more information on SHARE Club. Dues are $10 per year.

SHARE Club Member Gayle Smock is involved in art classes in North Fort Myers. Gayle sells her work and teaches other artists her techniques.
Chiari Malformation Leads to Years of Undiagnosed Pain

For eight years after she was in a car accident, Heather Ricciardo attributed the often debilitating pain in her body to the moment her car was rear-ended by another vehicle. She endured back spasms, migraines and pain throughout her body. Her hands sometimes went numb.

“The symptoms kept changing and I couldn’t find anyone who would believe me,” she says. “I was on a crusade to find a reason.”

Heather works as a registered nurse and found the strength to go to work, but spent most of her time off in bed, trying to cope with the pain. Trips to specialist physicians yielded no answers and did not point to a specific disease or condition. “I started falling when I was at work,” she says.

Finally, a coworker suggested that she contact neurosurgeon Jamie Alvarez, M.D., who diagnosed her with Adult Type I Chiari Malformation. “This is a completely different condition than the type of Chiari malformations that occur mostly in children,” Dr. Alvarez says. “It is, in essence, a disproportion between the size of the back of the skull which houses the back of the brain (cerebellum and brainstem), and the growth of the brain. These patients have completely normal brain anatomy, but the back of the brain lacks room, so it begins to sink or slide downward, causing compression of the adjacent brainstem, upper spinal cord and nerves in a piston-like fashion.”

Often, the normal flow of spinal fluid is altered and the spinal cord develops fluid collections within its substance. The part of the brain that sinks down is called the cerebellar tonsils.

“Patients often go undiagnosed for many years because symptoms may start gradually and are vague until they are severe,” Dr. Alvarez says.

Symptoms include:
- Headaches
- Facial numbness
- Neck pain
- Double vision
- Arm pain
- Staggering gait
- Numbness
- Weakness
- Vertigo
- Painting spells

The condition is often misdiagnosed as fibromyalgia, depression or hysteria. Diagnosis requires a brain or cervical MRI.

“Heather’s accident probably did not cause the Chiari malformation but brought the symptoms to light or made the symptoms begin,” Dr. Alvarez says. “The average age of diagnosis is the 20s to early 30s. About 1/4 of people who have the malformation do not have symptoms.”

Treatment choices depend on severity of the symptoms. Mild cases can be followed with yearly MRIs. Severe symptoms are treated surgically with an operation called a suboccipital microdecompression. Surgery was the best option for Heather.

“When I woke up I had no more crushing back pain,” Heather says. “I had no more electric shocks, weakness or migraines. When I was released one week following surgery, I felt like a new person. I give Dr. Alvarez all the credit, because when you have this level of pain, it almost becomes your identity. I want other people who have this type of pain to know they are not crazy.”

By Jaime A. Alvarez, M.D.
Southwest Florida Neurosurgical & Rehab Associates
12700 Creekside Lane
Suite 101
Fort Myers, FL 33919
239-432-0774

Breast Milk Depots
Cape Coral Hospital and HealthPark Medical Center are designated breast milk depots, which are drop-off centers where mothers can donate breast milk. The donated milk is sent to a milk bank for screening and processing, and then distributed to babies in the hospital under a physician’s prescription.

If you are interested in donating milk, call 407-248-5050 and complete a telephone screening. Once it is determined that you are eligible to donate, a blood draw is required (the cost of which is covered by the milk bank), and you, your doctor and your baby’s pediatrician will need to sign medical release forms. Then, you can drop your milk off at either of Lee Memorial Health System’s Human Milk Banking Association of North America (HMBANA) milk depots:
- Cape Coral Hospital Family Birth Suites, 636 Del Prado Blvd.
  - Drop off times: 9 a.m.–8 p.m., Monday-Friday or by appointment
  - Call 239-424-2217
- HealthPark Medical Center Lactation Services, 9981 S. HealthPark Drive, Suite 450
  - Drop off times: 9 a.m.–1 p.m., Monday-Friday or by appointment
  - Call 239-343-6024

Birth Suites Working toward Baby-Friendly Designation

Lee Memorial Health System’s three Birth Suites—located at Cape Coral Hospital, Gulf Coast Medical Center and HealthPark Medical Center—are working toward achieving the Baby-Friendly USA® designation. This designation emphasizes breastfeeding as the preferred method for infant feeding, and each hospital has committed to promoting and supporting optimal feeding practices.

“Women often report inconsistent education when it comes to breastfeeding,” explains Carol Lawrence, supervisor of perinatal practice, education, research and lactation. “Part of the journey to the Baby-Friendly designation is required and ongoing education for staff and providers so that we deliver consistent and supportive education for mothers and families.”

Additionally, Carol says hospital staff is working to improve collaboration with community gynecologists and obstetricians, outpatient centers and other providers to improve access to breastfeeding classes, support groups and resources. “We want to be sure that women know the support is available,” she says. “Moms-to-be can participate in breastfeeding classes before the baby comes. She also can discuss breastfeeding plans with her obstetrician, pediatrician or a lactation consultant. After the baby is born, support is still available through our free, weekly breastfeeding support groups.”

For brand-new moms, breastfeeding support is available in the hospital because, in addition to the board certified lactation consultants on staff, all other registered nurses in the Birth Suites are now certified breastfeeding counselors. “New mothers have access to someone who can help answer breastfeeding questions, provide advice or assist with any simple breastfeeding concerns while she is in the hospital—that service is available 24/7,” says Nancy Travis, RN, director of Women’s Services – Birth Suites, Cape Coral Hospital.

“Our lactation consultants are also available once mom and baby go home and they can help throughout the duration of the family’s breastfeeding plan.”

As part of the journey to the Baby-Friendly designation, the three Birth Suites were selected to join the EMPower Initiative, a national program to improve optimal feeding practices through the implementation of evidence-based maternity care. “This project—and the Baby-Friendly designation—is a strategy to combat adult obesity,” Carol says. “There is significant evidence that breastfeeding decreases the risk of obesity and breast milk provides optimal nutrition for preterm and term babies.”

Through the EMPower Initiative, the Birth Suites will receive ongoing support in breastfeeding practices and quality improvement methods from experienced coaches, as well as training and resource support in lactation education. “We are honored to be selected and to build on the great work we have already done and the practices we have already implemented,” Nancy says.

To learn more about the Baby-Friendly designation, go to www.babyfriendlyusa.org. For more information on the EMPower Initiative, visit www.empowerbreastfeeding.org.

Designation. This designation emphasizes breastfeeding as the preferred method for infant feeding, and each hospital has committed to promoting and supporting optimal feeding practices.

For eight years after she was in a car accident, Heather Ricciardo attributed the often debilitating pain in her body to the moment her car was rear-ended by another vehicle. She endured back spasms, migraines and pain throughout her body. Her hands sometimes went numb.
Flavor Harvest at Home

Bringing Nutrition to At-Risk Patients

Flavor Harvest, the taste of the cafes in all Lee Memorial Health System hospitals, is on the move. The service is now offered to select patients when they return home after their stay in the hospital.

Flavor Harvest at Home is a medical nutrition therapy program designed for patients of Lee Memorial Health System who are either currently malnourished or who have the potential to become malnourished. It is a product line of Culinary Solutions by LeeSar in conjunction with Lee Memorial Health System Food and Nutrition Services.

“Patients age 65 or older are often at risk for malnutrition, and some studies have indicated as many as 1 in 3 patients are at risk for malnutrition upon admission,” says Larry Altier, system director, Food and Nutrition Services for Lee Memorial Health System. “Approximately 45 percent of Lee Memorial Health System patients are age 65 or older, so the financial risk to Lee County is significant if the need for nutrition intervention in some form is not identified correctly or initiated early on in the provision of care.”

Without treatment, approximately 67 percent of senior individuals will experience a further decline in their health status. “Malnourished patients spend an average of 12.6 days in the hospital, compared to 4.4 days for other patients.”

Nutrition support at home can prevent readmissions, reduce cost of care and is a low-risk, low-cost approach to improving patients’ health status. The Flavor Harvest at Home program works with physicians, nurses, social workers and other hospital staff to identify patients who may be at risk for malnutrition when they are discharged from the hospital.

Patients are assessed for:

- Insufficient energy intake
- Weight loss
- Loss of fat stores
- Loss of muscle mass
- Localized or generalized fluid accumulation
- Diminished functional status

“Malnourished patients are 2-3 times more likely to develop surgical site infection or post-operative pneumonia,” Larry says. “Malnourished patients identified as ‘at risk’ will receive the appropriate nutritional intervention as defined by the dietitian and will be eligible for the 4-week post-discharge nutrient dense meal program provided to them at no charge.”

Meals are individually packed, microwaveable and ready to eat either hot or cold. Larry says, “We are making this as accessible as possible because we want to contribute to a healthy community. We want seniors who need nutritional help to receive the food they need to stay home—not in the hospital!”

For more information on Flavor Harvest at Home, call 239-343-8920.

Support for Our Local Heroes

Each year, on Veteran’s Day, we take the time to reflect on the sacrifices of the men and women of the United States armed forces. Lee Memorial Health System has many employees, physicians and volunteers who are currently serving or who have served our country. Many also have family members, friends and loved ones who are soldiers stationed around the world. Lee Memorial Health System also has a Military Support Program to assist, comfort and support local troops and their families.

The Military Support Program was founded and is led by Kim Gaide, practice manager, Lee Physician Group Medical Records. Kim started the program in 2003 as a way to provide support to deployed servicemen and servicewomen and their families affiliated with the health system. In 2005, the program expanded to include soldiers and their families throughout the community.

Kim and her team of volunteers send monthly care packages to the troops and coupons to military families to use at on-base stores. They communicate with more than 1,200 military families to assist with immediate needs, including vehicle repairs or a lack of food. They organize events and fundraisers throughout the year—both to raise money for the program and to lift the spirits of the troops, veterans and their families. Kim says the support continues once the troops return home with assistance with resume building, VA benefits, job placement and readjustment to civilian life.

“Our program operates entirely on donations and 100 percent of the donations go to supporting our servicemen and servicewomen, and veterans and their families in Lee County,” Kim says. “Since 2003, we have sent more than 65,000 pounds of care packages and we have sponsored more than 1,200 local troops. Our success is the result of our community’s generosity and patriotism.”

Kim and her volunteer team are dedicated to supporting the men and women who serve our country and protect our freedom, and Kim says they will not stop until the last solider comes home.

If you or someone you know is part of or has joined the armed services and would like to be added to the list of soldiers we support, please contact Kim at Kim.Gaide@LeeMemorial.org. For more information about the Military Support Program, call 239-343-2045 and leave a message or go to www.tinyurl.com/LMHSMilitarySupport.

Military Appreciation Day

The Lee Memorial Health System Military Support Program also sponsors the annual Military Appreciation Day event, which is held each year on the first Saturday of November. This year, the event is scheduled for 9 a.m.-2 p.m., Nov. 7 at First Christian Church, 2061 McGregor Blvd., Fort Myers. Some features of the event include:

- Assistance with
- Resume building
- VA burial benefits
- Mental health benefits
- Widow benefits
- Assisted living benefits
- Eligibility and coordination of VA benefits
- Job placement
- College and university sign-up
- MASH unit to include health and dental screenings
- Flu shots
- Haircuts
- Free PX

For more information, call 239-343-2045
Lee Memorial Health System Hospitals
Convenient Care locations
Additional Locations listed on page 12 and 13

Cape Coral Hospital .............................................239-424-2000
Blood Center Location
636 Del Prado Blvd., Cape Coral, FL 33990

Gulf Coast Medical Center ................................239-343-1000
13681 Doctor’s Way, Fort Myers, FL 33912
(Daniels and Metro Parkway)

HealthPark Medical Center ................................239-343-5000
Golisano Children’s Hospital of Southwest Florida ................................239-343-KIDS (5437)
9981 S. HealthPark Dr., Fort Myers, FL 33908
(Summerlin and Bass Road)

Lee Memorial Hospital .........................................239-343-2000
Rehabilitation Hospital .......................................239-343-3900
Blood Center Location
2776 Cleveland Ave., Fort Myers, FL 33901

Convenient Care - Pine Island Road .....................239-481-4111
7 a.m. - 7 p.m., 7 days a week
16821 NE Pine Island Road, Cape Coral, FL 33909

Convenient Care - Summerlin ..............................239-481-4111
7 a.m. - 7 p.m., 7 days a week
16230 Summerlin Road, Fort Myers, FL 33908

Convenient Care - Page Field ..............................239-481-4111
7 a.m. - 7 p.m., 7 days a week
4771 S. Cleveland Ave., Fort Myers, FL 33907

\*An outpatient department of Lee Memorial Hospital
Convenient Care is Best Option for Minor Injuries

Q: How do I know when to use Convenient Care and when to go to the emergency department?

A: Remember your ABCs—airway, breathing, cardiac. If you are having trouble breathing or think you are having a heart attack, call an ambulance. Go to the emergency department for uncontrolled bleeding, severe abdominal pain, or sudden slurred speech or numbness, which could be the sign of a stroke.

Convenient Care is ideal for sprains, strains, cuts, colds, flu or work-related injuries. They can also handle broken bones if it hasn’t come through the skin. Most walk-in clinics offer extended hours and are open seven days a week.

These walk-in clinics are wonderful for after-hours emergencies, but are not a substitute for a primary care doctor. A primary care doctor knows your medical history and is best equipped to make recommendations to keep you healthy.

If you have questions about which treatment facility to use, call Convenient Care and they may be able to assist you in making the correct choice.

Karen Calkins, M.D.
www.tinyurl.com/DrCalkins
Open 7 a.m. - 7 p.m., 7 days a week
See page 11 for all Convenient Care locations

Don’t Fall into the Holiday Slump

Why wait until you gain holiday weight? Come check out the Wellness Centers for a free week and avoid falling into the usual holiday slump.

Bring in this ad and receive one free week at the Wellness Center – Cape Coral or the Wellness Center – Fort Myers.

Wellness Center – Cape Coral
609 SE 13th Ct
Cape Coral, FL 33990
239-424-3220

Wellness Center – Fort Myers
3114 Cleveland Avenue
Fort Myers, FL 33901
239-343-4980

1 Week FREE!
Bring in this ad and receive a free week at Wellness Center - Cape Coral or Wellness Center - Fort Myers.

Coupon expires Nov. 30, 2015.
Salute to Our Veterans

We celebrate and appreciate the veterans in our community who gave their time and talent in the armed forces. In honor of their service, Lee Memorial Health System’s Military Support Program and SHARE Club invite veterans and a guest to join us for a complimentary program and breakfast.

9 a.m., Tuesday, Nov. 10
Cape Coral Hospital
636 Del Prado Boulevard
Cape Coral, FL 33990

Seating is limited and reservations are required; call 239-424-3765.

Lee Pharmacy

Get Your Prescription Filled before Leaving the Hospital

Lee Pharmacy is a full-service retail pharmacy located in the lobby of Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital. We can fill your prescriptions when you are discharged from the hospital—eliminating the extra trip to the drug store.

We offer:
- A full array of generic and brand-name medications
- Personal, confidential, one-on-one counseling from medication experts
- Home delivery via mail for many refills

Additionally, for your convenience, future prescriptions can easily be transferred to your local pharmacy.

Hours of operation: 9 a.m.-7 p.m., Monday-Saturday
Cape Coral Hospital – 239-424-2456
Gulf Coast Medical Center – 239-343-1600
HealthPark Medical Center/Golisano Children’s Hospital of Southwest Florida – 239-343-5100
Lee Memorial Hospital/Rehabilitation Hospital – 239-343-2800

Be a Lifesaver

Donate Blood

Lee Memorial Health System relies on blood donors to supply the blood and blood products we need to care for our patients. From one donation—one pint of blood—we can separate the platelets, the red blood cells and the plasma to help three people suffering from various diseases or trauma.

Donors must:
- Be a minimum of 16 years of age, and there isn’t an upper age limit
- Weigh at least 115 pounds
- Have adequate iron levels
- Have not traveled to certain countries within the past year

From one donation—one pint of blood—we can separate the platelets, the red blood cells and the plasma to help three people suffering from various diseases or trauma.

To donate, call 239-343-2333 or visit one of our Blood Centers:

Lee Memorial Hospital
2776 Cleveland Avenue
Fort Myers, FL 33901
239-343-2333
Hours: 8 a.m.-4:30 p.m., Monday, Tuesday, Wednesday and Friday
8 a.m.-7 p.m., Thursday

Summerlin Crossing
15880 Summerlin Road
Suite 113
Fort Myers, FL 33908
239-437-5061
Hours: 8 a.m.-4:30 p.m., Monday, Tuesday, Thursday and Friday
8 a.m.-7 p.m., Wednesday

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

Bonita Community Health Center
3501 Health Center Blvd.
Suite 2011
Bonita Springs, FL 34135
239-495-4372
Hours: 8 a.m.-4 p.m., Monday-Friday

Lee Pharmacy is a full-service retail pharmacy located in the lobby of Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital.
Lee Memorial Hospital • Gulf Coast Medical Center • Cape Coral Hospital • HealthPark Medical Center

We Rank in the Top 1% of 4,500 Hospitals Nationwide