

April 2014



Trauma Center
Celebrates 20 Years
see page 5

New Knee Implant Allows Patients to Keep Crucial Ligament



For patients who need knee replacement surgery, gaining the ability to move better means the loss of the anterior cruciate ligament (ACL). Physicians have to cut the ligament to get the new knee into place.

Orthopedic surgeon Edward Humbert, D.O., is among a handful of physicians in the world who is working with a new knee design—one that preserves the ACL.

“Inserting this artificial joint into the knee is technically more challenging,” Dr. Humbert says. “But when it’s done correctly, it feels like a natural knee.”

The point of the surgery is to maintain as much of the natural knee as possible, Dr. Humbert says. “This is a stable knee,” he says. “Is it better than the knee replacements now, where we cut the ACL? Whether it’s better or not is hard to predict.”

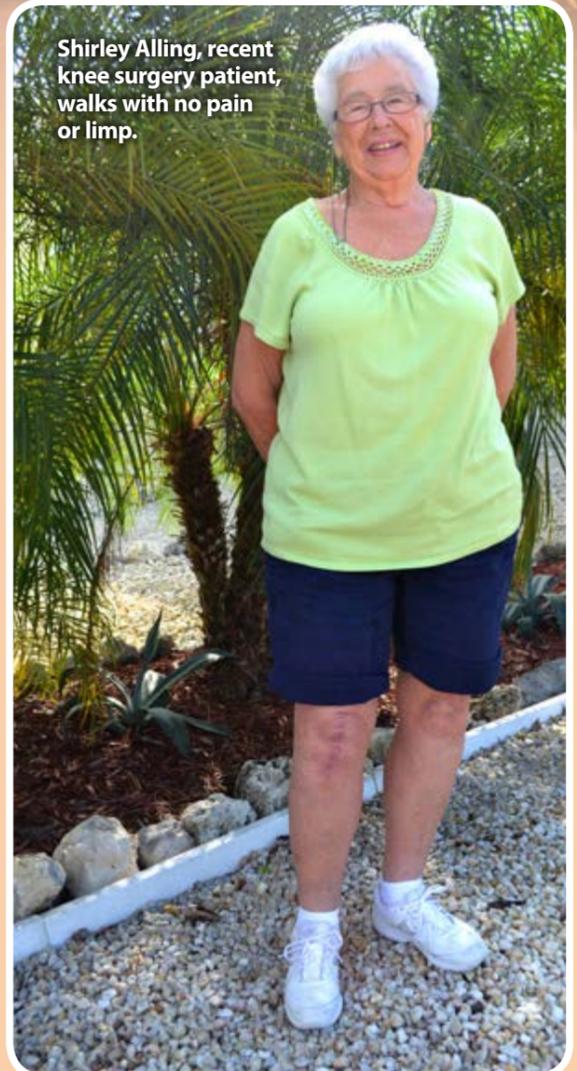
Two main advantages to the new design are stability and proprioception—awareness of equilibrium. “This knee feels as good as it possibly can,” Dr. Humbert says. “Even so, when I explain it to many patients, because the style of knee we’ve done for years still works very well, they do not want to risk a new design.”

Dr. Humbert has implanted the new knee in several patients who have had success in their recovery. “The major advantage to this new design is that it maximizes stability by maintaining the ACL and should mechanically function like the natural knee—unlike all other total knee designs,” he says. “It’s FDA (United States Food and Drug Administration) approved but needs some longer follow-up to determine which patients would benefit most with new ACL-sparing total knee.”

Dr. Humbert implanted the new design in Shirley Alling’s right knee earlier this year. The Pine Island resident had been living with severe pain for more than a year. “My big question going into surgery was, ‘Can I over exercise this knee?’” Shirley says. “The answer was, ‘Absolutely not.’”

Just a few weeks after she completed surgery and follow-up therapy, Shirley was back to her regular activities. “It’s wonderful,” she says. “I’m walking now with no pain and no limp.”

Shirley Alling, recent knee surgery patient, walks with no pain or limp.



approximately 2-3 patients per week but visualizes a time when his patients demand more of the new design. “As more people see that this functions like a real knee and is cruciate preserving, they will ask for it.”

The point of the surgery is to maintain as much of the natural knee as possible, Dr. Humbert says.

Dr. Humbert learned the technique through extended orthopedic training that required specialized instruction and rigorous testing. He has used the knee in



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LEE MEMORIAL HEALTH SYSTEM FOUNDATION NEWS & EVENTS

World Champion Red Sox Hit Grand Slam for Local Kids



Members of the 2013 World Series Champion Boston Red Sox joined forces with local sponsors and golfers in February to help provide lifesaving hospital care to children treated at Golisano Children's Hospital of Southwest Florida.

Funds raised by the Boston Red Sox Children's Hospital Celebrity Classic, held at the beautiful Forest Country Club, will support the capital campaign to construct a new children's hospital facility.

All funds raised by the event will be matched dollar-for-dollar by a generous hospital donor. With the match, event proceeds are estimated to exceed \$1 million.

Major corporate sponsors supporting the three celebrity classic events—The Boston Tee Party, Celebrity Golf Tournament and Diamond Dinner—included Scanlon Auto Group, Wells Fargo Insurance Services, Florida Radiology Consultants, PNC Healthcare, PriceWaterhouseCoopers, State Farm Insurance and WebTPA.



Red Sox fan favorite and 2013 World Series Champion, Shane Victorino, lines up his putt during the Boston Red Sox Children's Hospital Celebrity Classic. The event took place at The Forest Country Club in south Fort Myers.

Red Sox Mascot, Wally, greets 2014 Most Valuable Patient, Jarrid Dodge and his brother Jaymme, prior to the Red Sox golf outing at The Forest.



Most Valuable Patient Jarrid Dodge and his brother Jaymme join matching sponsors Shelley and Jack Blais and members of the 2013 World Champion Boston Red Sox prior to tee-off for the 21st Annual Boston Red Sox Children's Hospital Celebrity Classic. Sox players teamed up with local business sponsors, golfers and donors to support lifesaving children's hospital care.

There's still time

to join Kayden Sellick, Golisano Children's Hospital Neonatal Intensive Care Unit (NICU) alumnus, and Stock Development at the Tee-ming Up Fore Kidz Golf Outing at The Club at Olde Cypress in Naples on April 12.

Event proceeds will build and equip a lifesaving NICU room at Golisano Children's Hospital in honor of Kayden. Golf slots, starting at just \$200, are still available.

Visit www.LeeMemorial.org/Teeming for online registration. You also can contact Matt Sellick at MSellick@StockDevelopment.com or 239-825-9499 for more information.



Making a Difference for Cancer Patients



Minnesota Twins players and management once again came out en masse to help provide care at the Regional Cancer Center by headlining both the Minnesota Twins Celebrity Golf and Bowling events this past February.

Participants had the chance to golf and bowl alongside their favorite Twins heroes, including Manager Ron Gardenhire; current 40-man roster stars and legends such as Tony Oliva, Paul Molitor, Rod Carew, Roy Smalley, Kent Hrbek and more.

Major sponsors of both the golf and bowling events included Ultimate Sports Adventures, 21st Century Oncology, The Copham Family Foundation, Dombrowski Meats, Family Thrift Center and Audi of Fort Myers.

With additional support still being tallied, the events, held at Fiddlesticks Country Club and Gator Lanes in Fort Myers, are projected to raise more than \$170,000 to provide lifesaving cancer care to residents from across Southwest Florida.



The 4th Annual Twins and Pins Celebrity Bowling classic received tremendous support from current Twins players and alumni. Their presence was appreciated by all in attendance.



Twins favorites and Major League Baseball Hall of Famer Rod Carew (left) and Bert Blyleven (right) came out to help local cancer patients by playing in the Celebrity Golf Classic benefiting Lee Memorial's Regional Cancer Center.



Giving Through Your Will

Each year, generous donors name Lee Memorial Health System Foundation as a beneficiary of their wills. This offers many the peace of mind that they will be creating a lasting legacy to help patients receive lifesaving hospital care, without depleting current assets.

You should consult your attorney if you would like to name Lee Memorial Health System Foundation in your will. As a reminder, the official bequest language 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."

For more information or to let us know you've named us in your estate plans, please call Linda Kelly at 239-343-6064 or email Foundation@LeeMemorial.org.



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Thrombectomy Removes Stroke-Causing Blood Clot

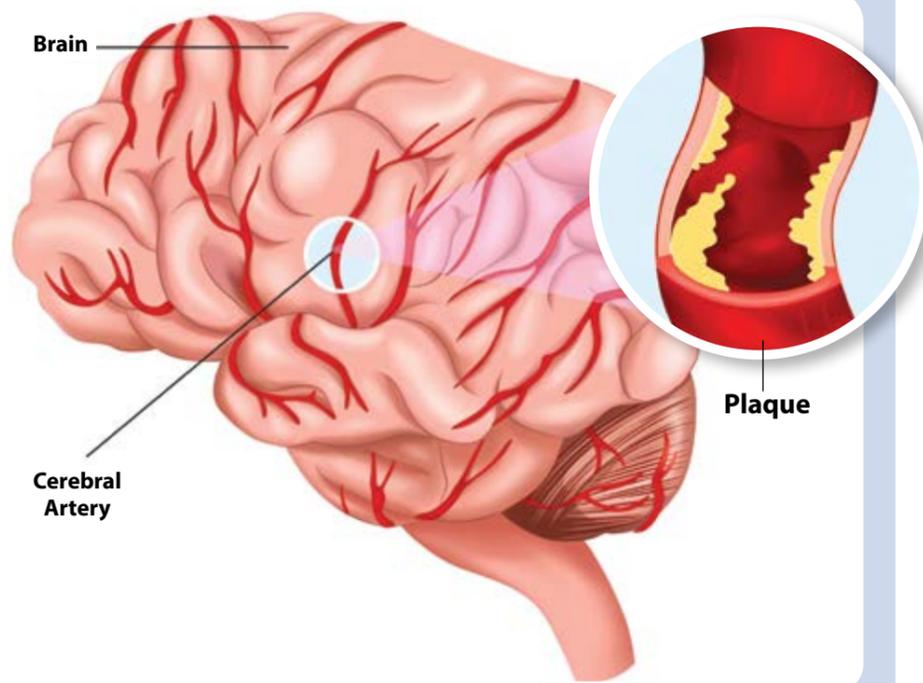
An acute ischemic stroke occurs when a blood clot blocks the flow of blood in an artery that feeds the brain. Treatment can include the intravenous clot buster—called tissue plasminogen activator (tPA)—or a minimally invasive procedure called thrombectomy.

“Some patients may not respond to tPA, so thrombectomy is another option to use to remove the clot,” explains Gregory Velat, M.D., neurosurgeon. “Prior to performing endovascular thrombectomy, a series of CT and/or MRI scans are done to determine the location of the affected artery and whether or not any salvageable brain remains. In some cases, too much brain may have already infarcted—which is the death of tissue caused by lack of oxygen—to warrant endovascular thrombectomy, as the risk of hemorrhage increases with larger infarctions.”

Thrombectomy may be performed using a variety of devices that are accessed through the groin artery into the network of blood vessels that supply the brain. “One device includes a small catheter that is placed within the clot through which suction is applied in an attempt to remove the blood clot,” Dr. Velat explains. “In 2012, retrievable stents were approved by the U.S. Food and Drug Administration. These devices are deployed across the clot and allowed to expand over several minutes to essentially ensnare the clot within the tines of the stent. The stent is then retrieved along with the clot to restore blood flow to the brain. In some cases, clot-dissolving medication can also be injected directly into the affected artery to promote thrombectomy.”

Patients are typically admitted to the intensive care unit for several days following endovascular thrombectomy. Dr. Velat says the recovery period varies for each patient and largely depends on the severity of the stroke at the time of treatment, the region and amount of brain affected, and the ability to restore blood flow to the affected brain.

Dr. Velat says patients must meet various clinical criteria prior to undergoing endovascular thrombectomy, which is typically reserved for patients with at least



moderate to severe strokes. It is important to remember that time lost is brain lost, so call 911 immediately if you or someone you are with experiences the signs and symptoms of a stroke.



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To view a video on strokes, go to tinyurl.com/StrokeSurg

Parkinson's Disease Functional Screening Clinic Bridges Care Gaps

A degenerative disorder of the central nervous system, Parkinson's disease causes shaking, stiffness, slow movements, speech and writing changes, difficulty walking and impaired balance. The type and severity of signs and symptoms vary from person to person, but worsen as the disease progresses.

People living with Parkinson's disease may experience challenges with:

- Speaking
- Swallowing
- Dressing
- Bathing
- Caring for oneself
- Walking
- Balance
- Driving

To help patients improve their function and quality of life, Lee Memorial Health System offers a complimentary Parkinson's Disease Functional Screening Clinic.

“Because needs change as the disease progresses, these clinics are for anyone who has Parkinson's disease—not just those who are newly diagnosed,” explains Nathalie Grondin, PT, clinic coordinator. “Everyone with Parkinson's disease or anyone who is a caregiver can benefit in some way from the clinics.”

Prior to attending the Functional Screening Clinic, participants complete a thorough, 30-minute telephone interview with Nathalie. “I complete an evaluation scale—the Parkinson's Disease Questionnaire (PDQ-39), which addresses functioning, well-being and quality of life—as well as parts of the Unified Parkinson's Disease Rating Scale (UPDRS), which reviews disability and impairment,” she says. “The remainder of the UPDRS is completed by individual therapists, but the telephone interview provides a bit of direction for the day of the clinic.”

A navigator is present at the clinic and works with the participant and his or her caregiver to answer any last-minute questions and provide an overview of what to expect during their 45-minute appointment. The appointment includes sessions with a speech-language pathologist to address communication and swallowing concerns; an occupational therapist for self-care activities and home management; and a physical therapist to address mobility concerns, including fall risks.

“The purpose of the clinics is to bridge the gap for people living with Parkinson's disease,” Nathalie says. “We want to connect participants to the therapies that can

help improve their quality of life. We also partner with Hope Parkinson Program, which coordinates helpful, free classes and support groups. Many people living with Parkinson's disease may not realize that the issues they are having can be helped with increased activity. The goal of our clinic and the programs is to provide education, support and opportunity.”

Patients do not need a referral to participate in the Functional Screening Clinic. There are clinics scheduled throughout the year and each clinic has space for eight participants. Space is limited; call 239-418-2023 to register for the next clinic, which is scheduled for 9:30 a.m.-2:30 p.m., May 10 at Lee Center for Rehabilitation & Wellness, 2070 Carrell Road, Suite A in Fort Myers.

If you or someone you know has been diagnosed with Parkinson's disease and you have any questions about the Functional Screening Clinic or about how therapy can help, call Nathalie Grondin at 239-418-2023.



To view a video on Parkinson's disease, go to tinyurl.com/ParkinsonClinic



Head Injuries in Children Warrant Immediate Attention

An injury to a child's arm or leg may appear obvious, but a head injury may not be immediately apparent. Motor vehicle accidents, falls from bicycles or skateboards; or collisions during recreational sports are common causes for concussion in children. Child abuse also is a major contributor.

"A recent review reveals that as many as 3.8 million recreation and sport-related concussions occur annually in the United States," says pediatric neurologist Britt Stroud, M.D. While this sounds high, Dr. Stroud says it is clearly under-reported.

"Data are significantly lacking about concussions in grade school and middle school athletes," he says. "Many cases go unrecognized, as symptoms may not appear immediately and can be subtle." Concussions represent about 9 percent of all high school athletic injuries. Football, hockey and rugby for boys and soccer and basketball for girls represent the sports with the highest number of injuries.

"There are reports of more injuries to girls than boys who play the same sport," Dr. Stroud says. "This is an interesting conundrum, but I should point out that the presence of symptoms and the willingness of some boneheaded males to report the symptoms...are two separate entities. I joke about it but this mindset is a bit engrained in our culture. We give favor and reward those who excel despite adversity. We fight cancer...We play through the pain...We work through lunch...we volunteer our bodies to run marathons. This drive helps us excel and can separate us from mediocrity. However, it can come with a price if we are not careful."

Dr. Stroud encourages parents to pay attention to their children's behavior and body language after falling or experiencing a sports injury. He also talks to children about listening to what their bodies tell them. "I try to help kids think beyond 'this season,'" he says. "There are joint replacements, but there are no brain replacements."

When a child has a head injury, Dr. Stroud recommends:

- Wearing helmets when riding on just about anything that moves.
- Being your child's advocate. They may be embarrassed that complaining of an injury will be seen as a weakness in front of peers or coaches. As a parent you can assume that burden and accept the blame until they see the doctor who can take over this role.
- Taking a break and don't return to sports or strenuous activities until evaluated by a licensed health care professional trained in concussion.
- Giving your brain a break and let it heal. You may cause greater damage by injuring your brain again before it has healed.

- Sitting out until no symptoms are present at rest or with exercise while off any concussion-related medicines.
- Asking your doctor about a formal, graduated return to play program.

"I like a saying I heard: 'When in doubt, sit out,'" Dr. Stroud says, "And then go see your doctor."



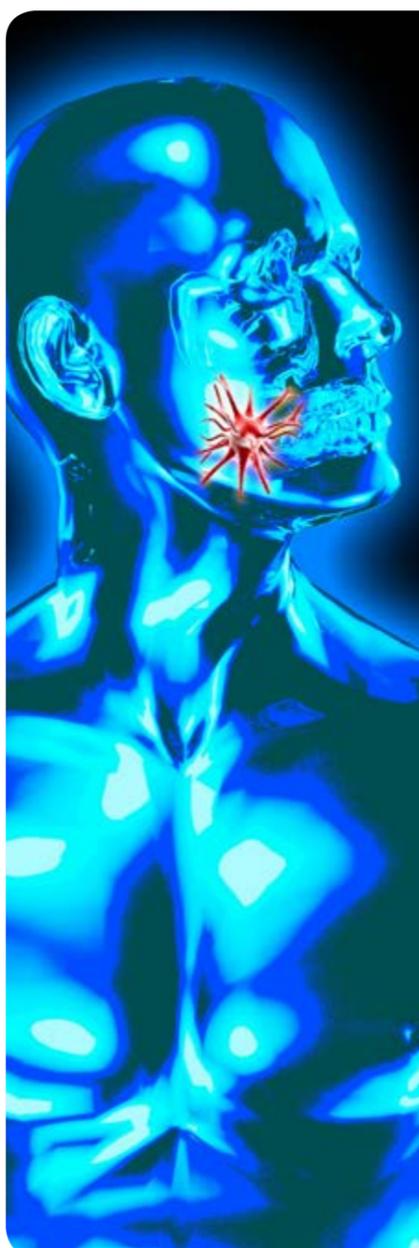
The concussion program at Golisano Children's Hospital of Southwest Florida Pediatric Neuroscience Program, in collaboration with the Dawn Root at Lee Center for Rehabilitation and Wellness, offers a formal return-to-play program for students who have suffered a brain injury. For more information, call 239-343-6050.



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20 Years of Caring People, Caring for Kids



Head and Neck Cancers Preventable, Treatable

The first signs and symptoms can be obvious—a sore that does not heal—or something as seemingly normal, such as a hoarse voice, but one that lingers for more than three weeks.

Head and neck cancer can strike patients when they least expect it and for reasons they may not understand. Head and neck cancer includes areas of the mouth, throat, nose, sinuses, and skin of the head, neck and face.

"In the past, mouth and throat cancers were always tobacco and alcohol disorders," says otolaryngologist (ear, nose and throat physician) Phillip E. Andrews, M.D. "Tobacco and alcohol still cause head and neck cancer—however, an increasing number of patients with throat cancer contract the disease as a result of HPV (human papillomavirus), a sexually-transmitted disease. There is an increased prevalence in oral sex, mostly in people younger than age 60."

The disease is so common that people age 40 and younger who have had at least six sexual partners are likely to test positive for HPV, though it will not develop into cancer in all people. "We don't know why some people develop cancer and others do not," Dr. Andrews says. "We don't know what triggers it...maybe the immune system of the individual." The HPV vaccine, currently marketed to children and young teens, is effective in preventing the development of this type of cancer.

A jagged tooth that persistently irritates the soft tissue of the mouth or tongue also can trigger cancer. Many times, patients are unaware of the irritation and their dentist discovers a sore that refuses to heal.

"Sometimes, the symptoms of head and neck cancer are so subtle that patients do not think there is a problem," Dr. Andrews says.

Signs of head and neck cancer can include:

- Unexplained pain in the ear
- Difficulty swallowing
- Lump in the throat or neck
- A hoarse voice lasting three weeks or more

"The good news is, outcomes can be excellent," Dr. Andrews says. "If we catch it early enough, we can cure it most of the time."

Radiation and chemotherapy are the first-line treatment methods depending on the size and location of the cancer, but when a cancer does not respond to medication, surgery may be an option. "Oral, some larynx, sinus, and skin lesions are generally approached with surgery first," Dr. Andrews says.



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Cape Coral Hospital Chest Pain Unit Enhances Quality of Care

Cape Coral Hospital recently opened a state-of-the-art, eight-bed cardiac unit designed to rapidly screen and evaluate patients who come to the hospital's emergency department (ED) with chest pain.

"The chest pain unit provides a protocol-driven approach based on the American Heart Association and the American College of Cardiology guidelines for best practice and improved patient care," explains Kelly Rios, ARNP-BC, an advanced registered nurse practitioner. "Using an algorithm and specific criteria, our staff is trained to monitor the ED for patients who present with chest pain and are at a low to moderate risk for having a heart attack."

Once a patient who is experiencing chest pain is admitted, he or she is rapidly evaluated for treatment. Patients are seen by the ED physician and the advanced care provider. "Blood testing and an electrocardiogram (ECG) are completed upon admission, at three hours and six hours," says Courtney Van Sickle, PA-C, physician assistant. "Using this testing guideline, we are able to immediately determine our treatment plan."

The unit's short-term goal is to evaluate and treat patients with an expected discharge from the hospital within 23 hours. The national average hospital length of stay is 18 hours. "Our unit has treated more than 60 patients since it opened around the beginning of the year, and the average length of stay is 19 hours," Kelly says. "Our strategic long-term goal for our community is an average length of stay less than 18 hours."

Efficiency begins even before the patient arrives to the ED, if transported via ambulance, because the chest pain unit works closely with local EMS—using the latest telecommunication systems—to transmit ECG recordings directly to the hospital for rapid and efficient care. This technology currently is being used at HealthPark Medical Center and is in the trial phase at Cape Coral Hospital.

Courtney adds that the unit also helps patients identify cardiac risk factors and provides resources to assist in risk factor modification for cardiovascular disease prevention.



"The program is a very valuable addition to Cape Coral Hospital," says Joan Odorizzi, RN, healing environment business partner. "The chest pain unit provides proficient, high quality patient care based on best practice guidelines—and is the same service offered at HealthPark Medical Center and Gulf Coast Medical Center. Local, Cape Coral patients now can be treated in Cape Coral—closer to home, which makes many patients more comfortable."

Courtney and Kelly work very closely with advanced providers—including Melissa Gilliam, PA-C and April McCann, NP at Gulf Coast Medical Center and Kristen Brist, PA-C and Greg Bonner, NP at HealthPark Medical Center—to ensure that cardiac care is consistent across the health system. This collaboration also encourages the sharing of information and best practices. Lee Memorial Hospital will add a certified chest pain center within the year, which means every Lee Memorial Health System hospital will be equipped to provide the best care for patients who experience chest pain and possible heart attack.

The addition of this chest pain unit at Cape Coral Hospital is a step toward accreditation as a chest pain center by the Society of Cardiovascular Patient Care (SCPC).

Remember, if you or someone you are with is experiencing chest pain or signs and symptoms of a heart attack, dial 911—do not drive to the hospital.

20 Years of Lifesaving Care at the Trauma Center

For 20 years, the Trauma Center has been a vital venue for lifesaving care—not just for Lee County, but for all of Southwest Florida. Trauma surgeon Nelayda Fonte, D.O., has been with the Trauma Center for 18 years and has witnessed, firsthand, the value the center brings to our community.

"Trauma can affect anyone and everyone," Dr. Fonte says. "There are no age limits in the Trauma Center—we treat a cross section of the population, really from pre-birth to death. And, it is not just gunshot wounds and stabbings, which is a typical perception. The majority of the injuries we treat are blunt force traumas, like motor vehicle or bicycle accidents and falls. The other—penetrating wounds—occur, but much less often."

To ensure the best possible outcome and prevent death, traumatic injuries require prompt treatment—within one hour, which is referred to as the "golden hour." Specific protocols and cooperation across many systems, organizations and disciplines enables the lifesaving work at the Trauma Center.

"Trauma truly is a team effort," Dr. Fonte says. "It requires collaboration and cooperation between EMS, law enforcement, air crews, other hospitals and various teams of health professionals within the health system. One of the best things to happen in the history of the Trauma Center was the creation of the Trauma District in the early 2000s. That united the five counties served by the Trauma Center and solidified the synergy among various organizations. We couldn't do what we do, and care for approximately 2,300 people each year, without the support of the Trauma District."

There are myriad benefits of having a designated, full-service trauma center in our community, but many people don't think about it, until faced with a traumatic injury. "The speed of care and the services and specialized care available make trauma centers vastly different from regular emergency departments," Dr. Fonte says. "Mortality rates go from 20 percent to 7 percent when care is administered at a trauma center. Personally, I wouldn't live in a community that doesn't have a trauma center."

As the Trauma Center celebrates its 20th anniversary, Lee Memorial Health System and the Southwest Florida community honor the work and dedication of the entire team at the Trauma Center.

Trauma Center

Traumatic injuries require a team effort, and there are specific requirements to be a designated trauma center.

Specialists:

- Cardiology
- Hematology
- Infectious disease
- Internal medicine
- Nephrology
- Pathology
- Pediatrics
- Pulmonary medicine
- Radiology

Surgeons in the following specialties:

- Neurosurgery
- Obstetric/gynecological surgery
- Ophthalmic surgery
- Oral/maxillofacial surgery
- Orthopedic surgery
- Otorhinolaryngologic surgery (ear, nose and throat)
- Pediatric surgery
- Plastic surgery
- Thoracic surgery
- Urologic surgery

Other team members:

The trauma team always includes:

- Two trauma nurses
- One respiratory technician
- One radiology technician
- One operating room nurse
- One trauma surgeon
- One emergency department physician
- One case manager (social worker)
- One emergency department technician
- One trauma physician assistant



To view a video on the Trauma Center, go to tinyurl.com/TraumaCtr

Advance Directives Help with End-of-life Decisions

Planning ahead for health issues alleviates confusion, especially when the patient is too ill to relay his or her wishes. Advance directives give the patient a voice, especially when the outcome could mean the difference in life and death.

Advance directives give medical personnel specific instructions on the extent of lifesaving measures the patient wants when that person cannot speak. “Advance directives serve as a guideline for physicians and other people who are directly involved in your care,” says Karen Washburn, director, Palliative Care Services. “They speak when you cannot and help make difficult decisions easier for family members who may not know what you want.”

A physician who believes a patient is in a life-threatening situation consults another physician for a second opinion. If both believe that the patient has a terminal condition, end-stage condition or is in a persistent vegetative state, they will consult the advance directive to make a decision based on the patient’s wishes. A living will is the part of the advance directive that helps physicians understand the extent to which a patient wants lifesaving care when he or she is unable to continue to make decisions.

“You need two witnesses for a living will,” Karen says. “One witness may be your spouse or a blood relative. The other witness needs to be someone who is not related to you.” Another part of a living will is the Designation of Health Care Surrogate (DHCS), which allows a patient to appoint another person to make health care decisions for him or her. The DHCS does not have to be a blood relative.

Cynthia Brasher, system director, Spiritual Services, says the advance directive helps her team minister to the patient and the family members who are dealing with end-of-life issues. “Family members know that the decision was made by the patient,” she says. “This helps, especially if family members have different opinions on the best care for the person they love, and empowers them to honor and protect their loved one’s wishes.”

Advance directives may be written or given through verbal instructions to a physician. They also can be changed at the patient’s request. “The important thing for patients to know is that they can be in control of their care,” Cynthia says. “You don’t need an attorney to create an advance directive and you can change it. We want you to make decisions about your health and the advance directive allows you to do that, even if you reach a point where you can no longer speak for yourself.”

For additional information on advance directives, refer to:
tinyurl.com/advdirect

Get a copy of an advance directive at:

English:
tinyurl.com/ADEnglish

Creole:
tinyurl.com/ADCreole

Spanish:
tinyurl.com/ADSpanish

For more information,
call 239-343-2940 or
239-343-5199.



Eating Healthy Before Surgery Aids Recovery

Eating a healthy diet is important on a daily basis, but even more so for patients who are preparing for a surgical procedure. The healthier a patient is when he or she enters the hospital, the quicker the recovery.

“Getting the right nutrients can boost your immune system and help you heal faster,” says Margaret Rosenfeld, Ph.D., RD, clinical nutritionist for Lee Memorial Health System. “The immune system is responsible for defending your body against infections, helping in wound healing and in your overall recovery from surgery.”

Good nutrition—adequate protein, calories, micronutrients (vitamins—Vitamins A and C for wound healing—and minerals) and antioxidants will support your immune system to aid in your surgical recovery. Protein plays an important role in wound healing, mobilizing fluids from your body and for a speedy recovery.

Good sources of protein include:

- Fish
- Chicken and turkey
- Eggs
- Cottage cheeses and low-fat cheeses
- Yogurt
- Low-fat dairy products

Antioxidants found in a wide variety of foods (fruits, vegetables, nuts, green tea and soy) work to remove harmful toxins that can disrupt your immune system.



“Before your elective surgery, certain foods should be avoided that can decrease your immune function,” Margaret says. “The foods to avoid are refined carbohydrates (sugar and white flour); saturated fats from red meats, processed/cured meats, high fat dairy products, fried foods and egg yolk; trans fats found in commercially baked cookies, cakes and pastries; stimulants (caffeine/coffee); and sedatives (alcohol). Unfortunately, most people admitted to the hospital are on an emergency basis, thus it is important to have good nutritional status before such an event.”

After surgery, some patients experience a depressed appetite, taste changes, and an inability to eat and digest foods for an extended period of time. Some patients can lose a significant amount of weight after surgery due to poor appetite and increased nutritional needs.

“Post-surgery is not the time to try to lose unwanted pounds,” Margaret says. “Some surgeries do not require any diet modification, while others may require a special diet. Consult with a registered dietitian/nutritionist when experiencing difficulties with eating after surgery.”

Tips to manage eating problems after surgery:

- Eat 5-6 small high calorie, high protein meals per day
- Drink calorie/protein-containing fluids (whole milk, milkshakes and nutritional supplements—like Ensure Plus, Carnation Instant Breakfast, Scandishake, Nutrashakes)
- Light exercise (walking before a meal) may stimulate your appetite
- Think of food as medicine. This will help promote your recovery and get you home quicker.

Hospital Open Houses Help You Get to Know Us Before You Need Us

Lee Memorial Health System invites you to join us for open houses at our four hospitals. Tour our facilities and meet hospital administrators and patient care teams. RSVP by calling 239-454-8725 or via email at RSVP@LeeMemorial.org



Gulf Coast Medical Center
10 a.m.-Noon,
April 16
Gulf Coast Medical Center
Community Room



Lee Memorial Hospital
1-3 p.m.,
April 17
1st floor conference room



Cape Coral Hospital
10 a.m.-Noon,
April 23
1st floor meeting room



HealthPark Medical Center
10 a.m.-11:30 p.m.
April 24
Rooms 201-204

Hospital Volunteers a Valuable Part of the Team

Norma Jasper spent 42 years in banking. When she retired and she and her husband moved to Florida permanently, she knew she wanted to volunteer at a hospital.

“I was a candy striper in high school and always enjoyed working in the hospital,” Norma says. “In fact, I would say I was always a nurse wannabe so I checked out the volunteer options in Southwest Florida. I chose to volunteer with Lee Memorial Health System for a number of reasons, but particularly because of Golisano Children’s Hospital and the Trauma Center.”

Norma started volunteering twice a week in the operating room at HealthPark Medical Center. In her role, she served as liaison between the OR and the patient’s family in the waiting room. “Open-heart surgeries can last five or six hours, so I would update the family on where the doctors were in the operation,” she says. “At a certain point, I knew the surgery was almost over and I’d let the family know. I couldn’t relay any medical information, but I was there to provide updates and comfort. It was very rewarding.”

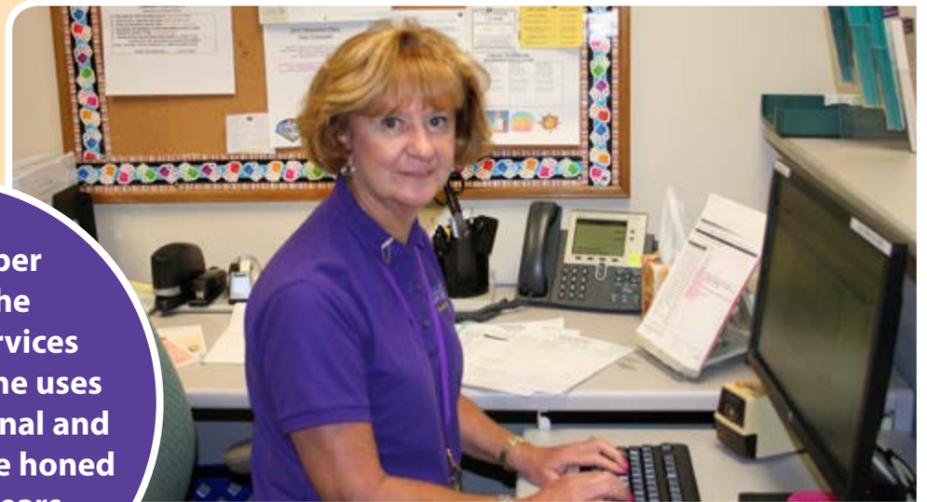
The rest of the time, Norma would clean the operating room and get it ready for the next procedure. “That was hard work—mopping the floors, cleaning the equipment,” she says.

In addition to her work in the OR, Norma also worked in the baby gift shop—which is now the Uniform Store.

“When my husband retired, I cut back to one day a week, so I gave up the work in the OR,” Norma says. “At that time, there was an opening in the Volunteer Resources office, and since office work is more in line with my background, I started volunteering there. I really enjoy it. As with my other volunteer jobs, I’ve found you can make as much out of it as you want. Even though I’m in the office now, I can still interact with families, patients and other volunteers.”

Norma says she has always been impressed with the employees she’s met in her volunteer posts. “The employees appreciate what we do as volunteers,” she says. “They

Norma Jasper works in the Volunteer Services office, where she uses her organizational and clerical skills she honed during her years in banking.



are very thankful for the volunteers and they communicate that, which is nice. I’ve always looked at my volunteer work like it’s a job because the people you’re working for are counting on you to do your work.”

Volunteering has been such a great experience for Norma that she recruited her neighbor, a ‘snowbird,’ to volunteer at Golisano Children’s Hospital of Southwest Florida while she is in Florida.

There are a variety of volunteer opportunities available at each Lee Memorial Health System hospital. If you are interested in learning more about volunteering, visit www.LeeMemorial.org/volunteer/index.asp.

You also can call

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

Classes Offer Positive Parenting Tips

A new car, refrigerator or television includes an owner’s manual to help guide the user. Babies and children arrive with no instructions, leaving parents occasionally confused or frustrated.

Golisano Children’s Hospital of Southwest Florida and the Children’s Advocacy Center of Collier County offer free specialized group Positive Discipline Parenting classes to help parents make informed decisions.

“Parents today face many challenges in raising children, with the issues of bullying, exposure to media, electronic devices and games, television, substance abuse and violence,” says Kristin Millet, Golisano Children’s Hospital Child Advocacy Program coordinator. “These classes are important because they teach parents how to focus on their strengths and how to set appropriate expectations, goals, rewards and consequences for their children. We provide parents with the techniques of how to redirect their children’s behavior in times of crisis and how to manage their children’s behaviors in a positive and healthy way.”

The positive discipline curriculum is research-based and is taken from the “Nurturing Parenting Program” created by Stephen J. Bavolek, Ph.D. This program has proven to be an effective and successful parenting course.

The course is designed for all parents but most parents who take the course are looking for support and guidance because they may feel overwhelmed by their children’s behaviors. The group format allows for open discussions between members, while following a curriculum. The classes are voluntary and are offered at several locations throughout Lee and Collier counties, including schools, parks and recreation centers, churches, daycare facilities and other not-for-profit agency centers.

“We work closely with the schools’ guidance counselors, who refer families to the program as well as the Early Childhood Network and our community partner agencies,” Kristin says.

The goal of the classes is to resolve conflicts peacefully instead of shouting or spanking. Parents learn how to effectively handle the fighting, tantrums, power struggles, homework hassles and whining. Parents are taught how to effectively communicate with their children and how to help their children be leaders by being a positive role model for them.

“The program teaches parents to guide their children to make good choices,” says Michele King, Golisano Children’s Hospital of Southwest Florida Child Advocacy Program director. “We remind parents to have patience, to listen to their children, talk to them and to take care of themselves and their children in a positive and healthy environment. This program reduces the stress in families’ lives.”

The program teaches to lead by example. “To earn respect, one must show and demonstrate respect,” Michele says. “We teach parents to be firm, yet understanding. We offer parents the tools and examples of how to effectively manage their children’s behavior using positive discipline methods.”

Steps to Positive Parenting:

- Think positively and teach your children the same.
- Talk about the problem with a friend, partner or other parent.
- Take a break and take a deep breath, go for a walk or simply to the bathroom to splash some water on your face.
- Rewind, regroup and do it over, now in a more calm way.
- Be aware of what sets you off and be aware of your tone. Tone is very important. Keep it steady in order to get your message across.
- Words not coming across? Try writing some notes to communicate.
- You don’t have to talk about it when you are still mad—wait until you have calmed down.
- Say I am sorry. If you’ve lost your cool, it is ok to say I am sorry and to try to make it better the next time.
- Be present for your children. Visit their school, sports games, eat meals together, watch a movie or show together.
- Just be there.

Parenting class times and locations vary. Lee County classes are offered through a partnership with the Children’s Advocacy Center of Southwest Florida. Call 239-939-2808 for information. Call 239-989-7332 for information on classes in Collier County. Classes are free.



Occupational Therapy Restores Daily Living Skills

Most people take performing everyday tasks for granted—until an illness, injury or other disability occurs and robs them of those basic skills. But, with the help of occupational therapists (OTs), people can recover daily living and work skills.

“As OTs, our focus is to adapt environments, modify tasks, teach new skills, and educate patients and families, in order to increase participation in, and performance of, daily activities with patients who have various disabilities,” explains Betsy Exley, OTR/L, a licensed occupational therapist with 25 years of experience.

OTs work with patients of all ages, and with all types of impairments, including hand injuries, joint disease, cognitive impairments, mental disability, head injuries and paralysis.

“Each patient is evaluated on his or her needs and abilities,” Betsy says. “Depending on the patient’s condition or problem, as well as his or her needs and abilities to perform the activities needed to function throughout the day, we design a customized treatment plan.”

Betsy says the length of treatment varies from patient to patient, too. “Some patients may only need one session, while others require several months of skilled services,” she says. “Either way, our primary focus becomes educating the patient and family about his or her condition and providing them with exercise programs that they can perform in their home environment.”

A bachelor’s or master’s degree and at least six months of clinical affiliations are required to become an OT.

Patients must have a referral from their physician to be evaluated and to have a customized program created by an OT. If you have an illness, injury or impairment, speak to your physician about whether you would benefit from occupational therapy.



Exercise Caution When Taking Over-the-Counter Medications

Colds and flu make the rounds every year and headaches know no season. When hit with common illnesses, patients have to make the decision of whether to treat themselves with over-the-counter medications or visit their physician.

Healthy patients with no chronic conditions can usually treat a common cold at home. Patients who live with a medical condition, such as atrial fibrillation, diabetes or kidney failure, should seek help from a medical professional.

“For those patients who already have a chronic condition, even if they have a common cold, they should call their doctor,” says internal medicine physician Alberto Concepcion, M.D. Over-the-counter medications can have adverse effects when taken with prescription medications.

One example is the reaction when a patient with atrial fibrillation tries to treat a common cold with a product like Sudafed or Mucinex-D. “Their afib goes out of control,” Dr. Concepcion says. “Their heart rate increases, which can be very serious.”

Patients who take blood thinners should avoid any medication that contains aspirin because of the increased risk of bleeding. “You have to read the label,” Dr. Concepcion says. “Sometimes you don’t realize it, but simple medications for upset stomach or diarrhea contain aspirin. That can cause intestinal bleeding.”

People living with kidney disease or kidney failure also need to exercise caution when choosing medications. “Many of these patients get joint pain so they want to treat with a pain reliever,” Dr. Concepcion says. “Many of the pain relievers are non-steroidal

anti-inflammatory drugs (NSAIDs), which we do not advise because they put the patient at increased risk for gastrointestinal bleeding and kidney failure. They should only take Tylenol. At the same time, people who are alcoholic should not take Tylenol.”

Even healthy people who can take over-the-counter medications, may find little relief, depending on their signs and symptoms. “For something like the common cold or influenza, the condition just has to run its course,” Dr. Concepcion says. “Hydration is good, and really, a nasal saline solution helps. Give it 7-10 days to feel better.”



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“For those patients who already have a chronic condition, even if they have a common cold, they should call their doctor,” says internal medicine physician Alberto Concepcion, M.D.



ISO 9001 Certification Recognizes Consistency, Quality

The key to quality health care is consistency. Creating a positive experience and favorable outcome doesn't just happen without standardization and consistency, but it also requires a commitment to constant improvement. Lee Memorial Health System subscribes to these ideals, and recently earned ISO 9001:2008 certification—an impressive endorsement of our efforts.

Used in industries throughout the world, ISO certification is a systematic approach to improving quality by providing consistent service, improving customer satisfaction and continually improving the organization. The gold standard for quality improvement systems, ISO 9001 applies a more formal framework for quality that ensures even the smallest act of innovation is captured, shared and consistently applied in order to benefit all of our patients.

There are eight principles of ISO 9001, including:

- **Customer focus**—enhancing the experience for patients, loved ones and community partners
- **Leadership**—applying and supporting staff in implementing strategies and objectives
- **Involvement of people**—everyone associated with the health care system is vital to success
- **Process approach**—every key process is defined, monitored and managed
- **System approach to management**—understanding how the processes interact to achieve objectives
- **Continual improvement**—keep improving through inquiry and follow-through
- **Factual approach to decision making**—monitor, measure and note every step in the process
- **Mutually beneficial supplier relationships**—suppliers are viewed as valued partners



By implementing a formal quality management system, Lee Memorial Health System will increase efficiencies, patient satisfaction and internal communication, while also increasing overall internal satisfaction.

“After a 36-month evaluation process that included the development of a formal quality management system, review and improvement of the quality management system, employee training, development of required procedures and the establishment of a process for internal quality audits, we are very proud to earn this certification.” says Jim Nathan, president, Lee Memorial Health System.

“Every member of the Lee Memorial Health System team is vital to our success, and we appreciate all they do every day and night to serve our patients, their loved ones and our community, their commitment to consistency, high quality, compassionate health care is admirable and recognized—locally and industry wide.”



Auxilians Provide Millions in Funding for Lee Memorial Health System

The Lee Memorial Health System Auxiliaries have been a part of the hospital experience since 1950. The first auxiliary launched at Lee Memorial Hospital, when it was the only hospital in the Lee County area.

Since then, Cape Coral Hospital and Gulf Coast Medical Center joined the effort with auxiliaries of their own. Lee Memorial Hospital and HealthPark Medical Center share an auxiliary. More than 4,000 volunteers and auxiliarians volunteer their time and effort to raise funds for health care education grants, new medical equipment and technology; and finance programs and projects within Lee Memorial Health System.

In 2013, auxiliarians and volunteers donated 559,895 hours that had an estimated value of \$12.4 million. The auxiliarians' total contribution just for technology tops \$14 million.

In 2013, auxiliarians and volunteers donated 559,895 hours that had an estimated value of \$12.4 million.

of their lives. Truly, we would not be where we are as a health system if not for the auxiliary contributions.”

The auxiliaries are responsible for operating the gift shops and uniform stores that are located in each of the hospitals. They also sell popcorn in the hospital lobbies and sell candy via a snack cart they circulate in hospital hallways.

“Lee Memorial Health System auxiliaries and volunteers contribute immeasurably to the well-being of our community through their past, present and future contributions to quality health care for us all,” says Donna Bradish, director of Volunteer Services, Lee Memorial Hospital and Cape Coral Hospital.

“Our auxiliaries offer a combined 140 years of service to the health system,” says Susan Crowe, director of Volunteer Services, Gulf Coast Medical Center. “Their efforts add to the quality of care, compassion and comfort for all patients—whether they are newborn babies, children, adults or near the end stages



Lee Memorial Health System gift and uniform stores contribute thousands of dollars to programs and educational grants each year.

Auxilians sometimes pull double duty as hospital volunteers and are invited to participate in a number of projects. “We owe a debt of gratitude to our auxiliarians and volunteers, who contribute so selflessly to Lee Memorial Health System,” says Jill Palmer, director of Volunteer Services, HealthPark Medical Center and Golisano Children’s Hospital of Southwest Florida. “We have a rich history in this community and we know that future auxiliarians will continue a tradition of giving. We rely on their generosity to move forward in areas where we need funding to give our employees the advantages they need to serve our patients.”

The Gulf Coast Medical Center Auxiliary celebrates 40 years of service in 2014.

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 239-343-9888
 13. 650 Del Prado Blvd., Ste. 107
 Cape Coral, FL 33990
 239-343-9888
 14. 260 Beth Stacey Blvd., Ste. C
 Lehigh Acres, FL 33936
 239-343-9888

Pediatric Specialties

Pediatric Cardiology

Eric Eason, D.O.
 15. 16281 Bass Road, Ste. 301
 Fort Myers, FL 33908
 239-343-7490

Pediatric Ear, Nose and Throat

Douglas Gottschalk, D.O.
 15. 15901 Bass Road, Ste. 108
 Fort Myers, FL 33908
 239-343-9890

Pediatric Endocrinology

Asjad Khan, M.D.
 Cayce Jehaimi, M.D.
 Dina Pearson, M.D.
 Sujana Reddy, M.D.
 Tammy McCarty, ARNP
 15. 15901 Bass Road, Ste. 102
 Fort Myers, FL 33908
 239-343-9890

Pediatric Hematology/Oncology

Craig MacArthur, M.D.
 Cameron Nicholson, M.D.
 Emad Salman, M.D.
 Pam Wojciki, ARNP
 10. 9981 S. HealthPark Drive, Ste. 156
 Fort Myers, FL 33908
 239-343-5333

Pediatric Infectious Diseases

Michelle Hoffman, M.D.
 Stephanie Stovall, M.D.
 10. 9981 S. HealthPark Dr., Ste. 454
 Fort Myers, FL 33908
 239-343-9710

Pediatric Nephrology

Irina Gershin-Stevens, D.O.
 15. 15901 Bass Road, Suite 102
 Fort Myers, FL 33908
 239-343-9890

Pediatric Neurology

Margie Morales, M.D.
 Guillermo Philipps, M.D.
 Britt Stroud, M.D.
 Eric Vernier, M.D.
 Calee Vandever, ARNP
 15. 15901 Bass Road, Suite 108
 Fort Myers, FL 33908
 239-343-6050

Pediatric Psychology (Hematology/Oncology)

Kim Shimoda, Ph.D.
 10. 9981 S. HealthPark Drive, Ste. 158
 Fort Myers, FL 33908
 239-343-5333

Pediatric Sleep Medicine

Jose Colon, M.D.
 17. 13601 Plantation Road
 Fort Myers, FL 33912
 239-343-0762

Pediatric Surgery

Rodrigo Mon, M.D.
 Amy Stanfill, MD.
 Indravadan Vyas, M.D.
 15. 15901 Bass Road, Ste. 108
 239-343-9890

Pediatric Specialty Clinic Naples

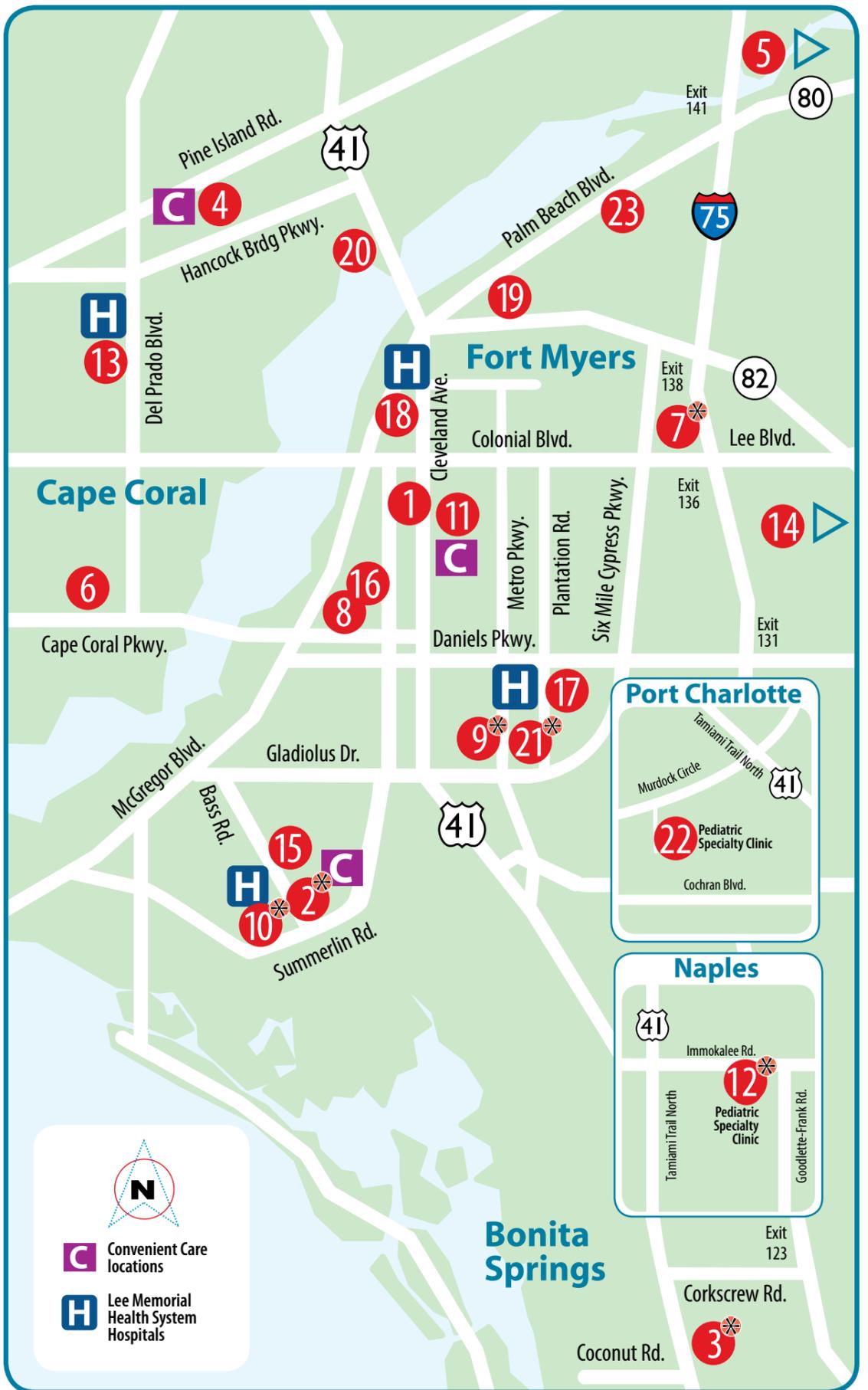
12. 1265 Creekside Pkwy., Ste. 200
 Naples, FL 34008
 239-254-4270

Pediatric Specialty Clinic Port Charlotte

22. 18316 Murdock Circle, Suite 106
 Port Charlotte, FL 33948
 941-235-4900

Pediatric specialties available:

- Allergy & Immunology
- Endocrinology
- Hematology/Oncology
- Infectious Diseases
- Nephrology
- Neurology
- Sleep Medicine
- Surgery



LEE MEMORIAL HEALTH SYSTEM

C CONVENIENT CARE These walk-in medical centers provide treatment when you have common medical problems or minor, nonlife-threatening emergencies. Lab and X-ray services are available. Most major insurance plans are accepted. No appointment needed.

Ann Boudreaux, M.D.	Abel Natali, M.D.
Karen Calkins, M.D.	Rose Pothen, M.D.
Nicole Higgs-Doughty, M.D.	Douglas Schulze, M.D.
Paul Fortier, M.D.	Andrew Singh, M.D.
Karl Friedrich, M.D.	Avery Wright, D.O.
Alan Goldstein, M.D.	Joy Coburn Weiner, ARNP
Saiful Islam, M.D.	Karen Knific, ARNP
Chris Loutzenhiser, D.O.	James Perry, PA
Tiffani MaGee, M.D.	Lauren Wright, ARNP

Fort Myers
 4771 S. Cleveland Ave.
 (North of Page Field Commons)
 16230 Summerlin Rd.
 Ste. 215
 (Summerlin & Bass Rds.)

Bonita Springs
 Bonita Community Health Center
 3501 Health Center Blvd.
 Urgent Care
 7 a.m.-7 p.m. Mon.-Fri.
 8 a.m.-4 p.m. Sat. and Sun.

Cape Coral
 1682 NE Pine Island Road
 Fort Myers and Cape Coral locations are open 7-7-7
 239-481-4111

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

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

H HealthPark Medical Center 239-343-5000
 9981 S. HealthPark Dr., Fort Myers, FL 33908
 (Summerlin and Bass Road)

Golisano Children's Hospital of Southwest Florida 239-343-KIDS (5437)

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

The Rehabilitation Hospital 239-343-3900

3 Bonita Community Health Center 239-949-1050
 Blood Center Location
 3501 Health Center Blvd., Bonita Springs, FL 34135

7 Regional Cancer Center 239-343-9500
 8931 Colonial Center Drive, Suite 200
 Fort Myers, FL 33905

☼ An outpatient department of Lee Memorial Hospital

calendar of events

Events & Screenings

Healthy Living Lecture Series by Dr. Sal

The Healthy Living Lecture Series is a free, monthly program that covers a variety of health care topics. The topic of this lecture is "Eat Well, Spend Less: Conventional vs. Whole Foods."

Time and Date: 12:30 p.m., April 1

Location: CCH Auxiliary Conference Room
Registration and for More Information: Call 239-424-3232

Balance Screening

Find out if you are at risk of falling and what resources are available to help you improve your balance.

Time and Date: 10 a.m.-Noon, April 1

Location: LCRW

Registration and for More Information: Call 239-418-2000

Safe Pool Party

Did you know that drowning is the leading cause of death for children younger than age 5? It is 100 percent preventable. Join Golisano Children's Hospital of Southwest Florida, Kohl's Cares and Lee County Parks & Recreation for a Safe Pool Party and learn how to keep your family safe in and around water.

Time and Date: 10 a.m.-1 p.m., April 5

Location: Pine Island Pool, 5675 Sesame Drive, Bokeelia

Registration and for More Information: Call 239-343-5224

Cape Coral Parish Nurse Regional Health Fair

This health fair is sponsored by the Lee Memorial Health System Parish Nurse Program, Shell Point Retirement Community and Right At Home. There will be a variety of free health screenings, including memory, balance, vision, hearing, Body Mass Index (BMI), alignment and breast health.

Time and Date: 9 a.m.-Noon, April 5

Location: Faith Presbyterian Church Fellowship Hall, 4544 Coronado Parkway, Cape Coral
Registration and for More Information: Call 239-343-5182

Oral, Head and Neck Cancer Screening

Join the Regional Cancer Center, 21st Century C.A.R.E. and the Head and Neck Cancer Alliance for a free oral, head and neck cancer screening.

Time and Date: 9 a.m.-Noon, April 5

Location: Ear, Nose & Throat Specialists of Florida, 39 Barkley Circle, Fort Myers
Registration and for More Information: Call 239-938-9301 or visit www.21stCenturyCare.org

Mobile Autism Screening

Free autism screening for children younger than age 5.

Time and Date: 9:30 a.m.-2 p.m., April 12—Safe Kids Day

Location: Gulf Coast Town Center, 9903 Gulf Coast Main Street, Fort Myers

Registration and for More Information: Appointments are encouraged; call 239-343-6838

2nd Annual Head/Neck Cancer Awareness

5K Run/ 2-Mile Walk

Lee Memorial Health System is one of the sponsors for the Head/Neck Cancer: A Hard Thing to Swallow 5K Run and 2-Mile Walk. This event raises awareness for cancers that affect the lip, mouth, nose, sinuses and throat. Head and neck cancer is diagnosed in more than 50,000 people in the United States each year. Head and neck cancer is preventable and treatable. All funds raised will be used locally to provide financial assistance to head and neck cancer patients and to conduct head and neck cancer screenings in Southwest Florida.

Time and Date: 9:30 a.m., April 19

Location: Lakes Regional Park, 7330 Gladiolus Drive, Fort Myers

Registration and for More Information: Call 239-938-9301 or visit www.21stCenturyCare.org

Safe Pool Party

Did you know that drowning is the leading cause of death for children younger than age 5? It is 100 percent preventable. Join Golisano Children's Hospital of Southwest Florida, Kohl's Cares and Lee County Parks & Recreation for a Safe Pool Party and learn how to keep your family safe in and around water.

Time and Date: 10 a.m.-1 p.m., April 19

Location: San Carlos Community Pool, 8208 Sanibel Blvd., San Carlos

Registration and for More Information: Call 239-343-5224

SHARE Club

Skin Cancer Screening

SHARE Club invites you to attend this skin cancer screening. Screenings provided by Riverchase Dermatology.

Time and Date: 9-11 a.m., April 3

Location: Bonita Community Health Center, 3501 Health Center Blvd., Bonita Springs

Registration and for More Information: Appointment required; call 239-424-3765

Sleep Disorders in Seniors

Join SHARE Club for this presentation by Lee Physician Group internal medicine physicians Alberto Concepcion, M.D., and Jason Triana, M.D.

Time and Date: 11 a.m., April 7

Location: Bonita Community Health Center, 3501 Health Center Blvd., Bonita Springs

Registration and for More Information: Registration is required; call 239-424-3765

Benefits of Working with an ARNP

SHARE Club invites you to this presentation by Jacqueline Becker, ARNP. Learn about the Advanced Registered Nurse Practitioner (ARNP) liaison program and how working with an ARNP can be beneficial for your health. Lunch sponsored by Brookdale Senior Living.

Time and Date: 11 a.m., April 8

Location: CCH Auxiliary Conference Room

Registration and for More Information: Call 239-424-3765

Cancer

Bladder Cancer Support Group

Time and Date: 3-5 p.m., first Wednesday of every month

Location: Varies

Registration and for More Information: Contact Karen Godfrey, Bladder Cancer Advocacy Network volunteer advocate at 239-992-4809 or via email at kgod@comcast.net

Oral, Head and Neck Cancer Support Group

Time and Date: 3-4 p.m., fourth Tuesday of each month

Location: GCMC Medical Offices, 13685

Doctor's Way, Suite 250, Fort Myers

Registration and for More Information: Call Stacey Brill at 239-343-1645

Blood Cancer Support Group

Time and Date: 2-3 p.m., second Wednesday of each month

Location: Cypress Lake United Methodist Church, 8570 Cypress Lake Drive, Fort Myers

Registration and for More Information: Registration is required.

Contact Seth Berkowitz at 877-534-0090 or seth.berkowitz@lls.org

Brain Tumor Support Group

Time and Date: 6:30-7:45 p.m., third Tuesday of each month

Location: LMH Volunteer Conference Room

Registration and for More Information: Call Dona Ross at 239-433-4396 or Barbara

Hardwick at 239-343-3167

Cancer Nutrition Seminar

This free monthly seminar is for oncology patients, survivors and caregivers. Each month features a different topic and food demonstration with tastings and recipe.

Time and Date: 2-3 p.m., second Wednesday of the month

Location: RCC, Fourth Floor Conference Room

Registration and for More Information: Contact Valerie Butram at 239-343-9559 or Valerie.Butram@LeeMemorial.org

Colorectal Cancer Support Group

Time and Date: 5:30-7 p.m., fourth Tuesday of each month

Location: RCC, Second Floor

Registration and for More Information: Call Larry Mickley at 239-454-3308

Multiple Myeloma Support Group

Time and Date: 6-7 p.m., third Tuesday of the month

Location: Hope Hospice, 9470 HealthPark Circle, Fort Myers

Registration and for More Information: Contact Joanie Borbely at 860-655-7107 or jborbely@myeloma.org

Ovarian Cancer Support Group

Time and Date: 2-4 p.m., first Sunday of each month

Location: LMH 6-North

Registration and for More Information: Call Barbara Hardwick at 239-343-3167

Thyroid Cancer Support Group

Time and Date: 10:30 a.m.-noon, third Saturday of each month

Location: Lakes Regional Library

Registration and for More Information: Call Sally Fontaine at 239-590-0797

Women's Cancer Support Group

Whether newly diagnosed, going through treatment or in remission, this group begins with discussion and offers a variety of optional expressive arts to help relieve stress and enhance the immune system. Supplies provided by a grant from the Junior League of Fort Myers.

Time and Date: 2:15-3:45 p.m., third Tuesday of each month

Location: RCC, Fourth Floor Conference Room

Registration and for More Information: Registration is required. Call Marie Hepp at 239-343-9511

Smoking & Heart

Phase III Cardiac Rehabilitation Exercise Program

Phase III cardiac rehabilitation is for heart patients who have completed Phase II or need less supervision. Blood pressure, heart rate and perceived exertion are closely monitored. A physician referral is required for entry into the program.

Time and Date: Vary per location

Location: HPMC, LCRW and WCCC

Registration and for More Information: Call 239-343-5720 for HPMC; 239-418-2015 for LCRW; and 239-424-3220 for WCCC

Diabetes

Diabetes Self-Management Classes

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

Time and Date: Weekly morning, afternoon and evening classes available

Locations: LMH, CCH, HPMC, GCMC

Fee: Diabetes education is a covered benefit for Medicare and most commercial insurances

Registration and for More Information: 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.

Time and Date: Weekly classes available

Registration and for More Information: Call 239-424-3127

Weight Loss

Weight Management

Individualized weight loss counseling with a registered dietitian. Dietitian will give you a customized eating plan to help you achieve your weight loss goals.

Time and Date: Weekly counseling sessions are available

Registration and for More Information: Call 239-424-3120

Community Weight Loss Management Program

Open to anyone in the community, this weight loss program features 30 minutes of group activity and 30 minutes of discussion.

Time and Date: 6-7 p.m., beginning April 7

Location: The Wellness Center of Cape Coral

Registration and for More Information: 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.

Time and Date: 10-11 a.m., Fridays at Gulf Coast Medical Center or varied times and dates at Lee Memorial Hospital

Location: GCMC and LMH

Registration and for More Information: Call 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.

Time and Date: 10:30 a.m., every Tuesday (except third Tuesday of the month)

Location: CCH Room A

Registration and for More Information: Call 239-424-2317

Aquatic Art

Pool exercises for people with Parkinson's disease.

Time and Date: 1-2 p.m., Mondays and Wednesdays

Location: WCCC

Registration and for More Information: Call 239-424-3220

The Aphasia Group

For those who have difficulty talking due to stroke.

Time and Date: 9-10 a.m., Tuesdays

Location: WCCC

Fee: First session free, then \$10 per session

Registration and for More Information: Call Nancy Gizzi at 239-424-3572

Pregnancy / New Baby

Childbirth Preparation

Understand the birthing process, choices in obstetrics, birthing fundamentals, breathing, relaxation, cesarean preparation, breastfeeding fundamentals and mother/baby care. Includes access to an on-line learning program plus a 3-hour Tour and Talk session that is conducted by nurses who are nationally certified by the International Childbirth Education Association. Women and their support person will receive a tour of the birth facilities and birthing beds; provides the opportunity for women to ask questions and seek additional information about the birthing process.

Time and Date: Classes take place throughout the year

Locations: HPMC, GCMC, and CCH

Fee: \$60 per couple (scholarships are available)

Registration and for More Information: Call 239-343-5271 or visit www.LeeMemorial.org/BirthEd

Baby Care & Car Seat Safety

This is a one-time class for expectant parents.

The class assists parents in becoming more comfortable and confident in their parenting role following the birth of their baby. This class also teaches parents how to properly use and install child restraints.

Time and Date: Classes take place throughout the year. Locations vary.

Fee: \$20 per couple, \$5 per additional person in attendance

Registration and for More Information: Call 239-343-5101 or email Lorena.Rodriguez@LeeMemorial.org

Breastfeeding

Plan to give your baby the best possible start. Learn about common problems encountered during the first few weeks. All classes are taught by board certified lactation consultants.

Time and Date: Classes take place throughout the year

Locations: HPMC and GCMC

Fee: \$20 per couple

Registration and for More Information: Call 239-343-5271 or visit www.LeeMemorial.org/BirthEd

Pediatric CPR & First Aid

This course teaches caregivers to respond and manage illnesses in a child or infant in the first few minutes until professional help arrives. The course covers infant/child CPR and First Aid basics.

Locations: Vary

Fee: Please contact us for prices.

Registration and for More Information: Call 239-343-5101 or email Lorena.Rodriguez@LeeMemorial.org

Other

Ostomy Support Group

For individuals considering or who have had an ostomy (colostomy, ileostomy or urostomy), and the spouses or caregivers of individuals with ostomies.

Time and Date: 12:45-2:30 p.m., first Tuesday of each month

Location: Myrlee Manor, 1499 South Brandywine Circle, Fort Myers

Registration and for More Information: Call Howard Weisberg at 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.

Time and Date: 4:30-6 p.m., second Wednesday of each month

Location: RCC lobby

Registration and for More Information: Call Mark Geisler at 239-343-1126

Pulmonary Fibrosis Support Group

Time and Date: 1-3 p.m., third Wednesday of each month

Location: LMH Medical Office Building, Suite 705

Registration and for More Information: Call Lynne Puglise at 941-875-5732

Yoga

This class is available to the general public with priority given to cancer patient and primary caregiver; no experience needed. Mats, straps, blocks and aromatherapy provided by a grant from the Junior League of Fort Myers.

Time and Date: 9-10 a.m., Fridays

Fee: \$5/class for cancer patient and/or primary caregiver or \$10/class for general public

Location: RCC, Fourth Floor Conference Room

Registration and for More Information: Call 239-343-9503. Registration is required.

Yoga at HealthPark Medical Center

Join us to relax, de-stress, energize and refresh with yoga at HealthPark Medical Center. Bring a mat, beach towel or blanket and wear comfortable clothing. Beginners welcome. Sponsored by Lee Center for Rehabilitation & Wellness.

Time and Date: 5:30-6:30 p.m., Wednesdays

Location: HPMC Room 201

Fee: \$5/class

Registration and for More Information: Call 239-418-2000

Huffers & Puffers Support Group

For COPD patients, friends, family members and caregivers.

Time and Date: 1-3 p.m., third Friday of each month

Location: LMH Medical Office Building, Suite 705

Registration and for More Information: Call Nayda Agosto at 239-343-3520

Gentle Yoga – Multiple Sclerosis Society

Complimentary yoga class for members of the Multiple Sclerosis Society.

Time and Date: 11:30 a.m.-12:30 p.m., Tuesdays and Thursdays

Location: LCRW

Registration and for More Information: Call 239-418-2000

It's All About You

Can I improve my quality of life? Yes, you can—even with chronic diseases like arthritis, high blood pressure, diabetes and other health conditions. Learn how to cope and enjoy your life. This 6-week workshop teaches people with chronic health conditions how to better manage their health and the symptoms that accompany chronic illnesses, such as pain, depression and fatigue. Workshops are facilitated by leaders, many of whom also have a chronic illness.

Time and Date: Vary

Location: Vary

Registration and for More Information: Call 239-424-3122

Loss of an Adult Child

Time and Date: 6-7:30 p.m., first and third Tuesday of each month

Location: GCMC Community Room

Registration and for More Information: Call Mark Geisler at 239-343-1126

Lymphedema Support Group

Time and Date: 10:30 a.m.-Noon, second Saturday of each month

Location: RCC, Fourth Floor Conference Room

Registration and for More Information: Call Claire Hauenstein at 239-437-1606

Mended Hearts Support Group

This group provides support for people with heart disease, particularly those who have had heart surgery or stents.

Time and Date: 6 p.m., second Monday of each month