

What is Physicians' Primary Care?

Physicians' Primary Care is a physician-owned and operated medical practice that provides care in the following specialties. Medical services are available 24 hours a day, seven days a week.

Family Practice — Our physicians, physician assistants, and nurse practitioners provide medical services to patients of all ages. Our focus is on prevention of disease as well as treatment of chronic conditions to achieve the highest quality of life possible.

Internal Medicine — Dr. Vincent Azzara specializes in internal medicine to adult patients, including senior citizens. He provides comprehensive health care with priority on prevention and treatment of chronic conditions.

Obstetrics and Gynecology — Our physicians and midwives provide services to female patients from adolescents to adults. We perform less invasive procedures such as supra-cervical hysterectomy and endometrial ablation. We also perform testing for urinary incontinence in our office. Saturday appointments are available in some locations for prenatal and gynecologic care.

Pediatrics — Helping infants and children remain healthy is the goal of the pediatrics division, which has three offices in Fort Myers, Cape Coral, and Lehigh Acres. In addition to Monday through Friday office hours, weekend and holiday hours are available for emergencies at our Fort Myers office.

Meet Our Family of Medical Professionals

FAMILY PRACTICE

Angela J. Bryan, M.D.
Joanna C. Muller-Carioba, M.D.
Charles H. Curtis, M.D.
Paul B. Engel, M.D.
F. Richard Kirley, M.D.
Alejandro N. Martinez, M.D.
Barry J. Sell, M.D.
Joseph A. Testa, M.D.
Jerry V. Thomas, M.D.
Dean S. Traiger, M.D.
Michael S. Verwest, M.D.
Scott E. Wiley, M.D.
Jeanne Abdou, A.R.N.P.
Jane Phillips, P.A.
Kevin Poelker, P.A.

OBSTETRICS & GYNECOLOGY

Lawrence R. Antonucci, M.D.
Heather V. Auld, M.D.
David H. Brown, M.D.
Randall P. Cowdin, M.D.
Anita Del Bianco, M.D.
Kevin M. Fleishman, M.D.
Paul J. Joslyn, M.D.
Blaise M. Kovaz, M.D.
Sarah H. Krauss, M.D.
Stuart Don Levy, M.D.
Allen B. Shevach, M.D.
Rex E. Stubbs, Jr., M.D.
Mary C. Yankaskas, M.D.
Diane Byrd, C.N.M.
Monique Findley, C.N.M.
Denise Staerker, C.N.M.
Susan Yeomans, C.N.M.

INTERNAL MEDICINE/ FAMILY PRACTICE

Vincent A. Azzara, D.O.
Shannon "Scott" Greer, D.O.
Douglas S. Hughes, D.O.
Robert B. Maggiano, D.O.
Timothy J. Snodgrass, D.O.

PEDIATRICS

John W. Bartlett, M.D.
Bruce H. Berget, M.D.
Eleanor Crawford Blitzer, M.D.
Nuel Celebrado, M.D.
E. G. Guttery III, M.D.
R. Nathan Landefeld, M.D.
Manuel J. Mon, M.D., Ph.D.
M. Annabelle Martin, M.D.
John Ritrosky, Jr., M.D.
Georgia Rocha-Rodriguez, M.D.
Stanley L. Wiggins, M.D.
Susan Bengtsson, A.R.N.P.

Physicians' Primary Care

OF SOUTHWEST FLORIDA

Let OUR Family Take Care of YOUR Family

Physicians' Primary Care of Southwest Florida
NINE OFFICES TO SERVE YOU BETTER

Cape Coral Family Practice Office

1501 Viscaya Parkway • Cape Coral, FL 33990
(phone) 574-1988 • (fax) 574-1435

Cape Coral Family Practice Office

1304 S.E. 8th Terrace • Cape Coral, FL 33990
(phone) 574-7344 • (fax) 574-7765

Cape Coral OB/GYN Office

1265 Viscaya Parkway • Cape Coral, FL 33990
(phone) 574-2229 • (fax) 574-2762

Cape Coral Pediatric Office

1255-1 Viscaya Parkway, Suite 101 • Cape Coral, FL 33990
(phone) 573-7337 • (fax) 574-6943

Fort Myers Family Practice/Internal Medicine Office

6160 Winkler Road • Fort Myers, FL 33919
(phone) 482-1010 • (fax) 481-1481

Fort Myers OB/GYN Office

13031 McGregor Blvd. • Fort Myers, FL 33919
(phone) 482-6881 • (fax) 482-6297

Fort Myers Pediatric Office

9350 Camelot Drive • Fort Myers, FL 33919
(phone) 481-5437 • (fax) 481-0570

HealthPark OB/GYN Office

9981 HealthPark Circle, Suite 454 • Fort Myers, FL 33908
(phone) 433-9899 • (fax) 433-3270

Lehigh Pediatric Office

5624 8th Street SW, Suite 108 • Lehigh Acres, FL 33971
(phone) 368-7050 • (fax) 368-1331

www.ppcswfl.com

To find a physician near you, visit our web site at www.ppcswfl.com or call (239) 275-5522

SUMMER 2006

Physicians' Primary Care
OF SOUTHWEST FLORIDA

Communicator

A quarterly publication for patients and families of Physicians' Primary Care

Nurse Midwifery At Its Best



Top Row (left)
Denise Staerker, CNM;
Monique Findley, CNM
Bottom Row (left)
Susan Yeomans, CNM;
Diane Byrd, CNM

Four skilled nurse midwives are an important and growing part of health care at Physicians' Primary Care of Southwest Florida.

Working in cooperation with our doctors, our team of certified nurse midwives offers individualized care that goes beyond medical assistance to include the physical and social needs of each patient.

"We are passionate about women's health issues and committed to providing exceptional health care to women," said Diane Byrd, CNM.

A certified nurse midwife (CNM) is a registered nurse who has received advanced training and education in normal pregnancy, childbirth, and well-woman care. Upon completion of their training, CNMs must pass a national certification exam.

"We have a collaborative practice with our certified midwives. They care for low-risk gynecologic and pregnant patients. The physicians are available to them 24/7 should a problem arise and they need assistance. They also assist us with caesarian sections and surgeries," said Dr. Mary Yankaskas, a PPC gynecologist.

Among the services offered by nurse midwives are family planning, low-risk prenatal care, postpartum care, labor and delivery management, patient education and counseling, and well-woman care including annual exams, pap smears, and breast exams.

PPC Nurse Midwifery Services, coupled with the exceptional care offered by our OB/GYN physicians, result in the perfect balance between high-touch and high-tech care.

Let OUR Family

Take Care of YOUR Family

Physicians' Primary Care of Southwest Florida is happy to accept new patients. If you have a family member or a friend who is looking for a physician, please ask him or her to call us at one of the locations listed on the back of this newsletter. We would love to add them to our family of patients!

Summer Is the Time For School Physicals

By Stanley L. Wiggins, M.D.

Summer is time for children to enjoy their vacation from school, but it's also time for parents to think about physical examinations for the fall.

Parents eagerly schedule frequent well-baby exams, but as the years pass, parents often question why their healthy children still need to visit the doctor.

Here are a few reasons why a school-aged child still needs a routine physical:

- A well-child exam is a head-to-toe examination that allows your physician to detect subtle findings, such as unusual moles, hernias, high blood pressure, abnormal heart murmurs, and scoliosis.
- Height and weight are evaluated to ensure that children are growing appropriately. This is a good time for parents to ask questions about diet and nutrition. Hearing and vision also are screened.
- Vaccines and bloodwork are done at appropriate ages. Before starting school, children need vaccines for diphtheria, tetanus, measles, mumps, rubella and polio. At age 11 to 12, children should get another vaccine for tetanus, diphtheria and cellular pertussis.
- Time is allowed to assess school performance, behavioral issues, and social concerns. During the



Dr. Wiggins with a young patient.

well-child visit, your physician can share helpful resources on dealing with problems at school or home. Many times this advice can't be crammed into a visit when your child is sick.

- Doctors discuss important child safety precautions. Children hear their physicians share the importance of wearing a bike helmet, brushing their teeth, getting exercise, and water safety. These are just a few of the topics that would be difficult to discuss during a visit when your child is not feeling well.
- The relaxed pace during a well-child visit allows your physician to offer age appropriate guidance on peer pressure and drug and alcohol use. Parents often appreciate physicians reinforcing the messages offered at home.

To schedule a well-child visit for your child before school starts, call the PPC Pediatrics office of your choice listed on the back of this newsletter.

Dr. Antonucci Named Medical Director For Lee Memorial Obstetrical Services



Dr. Lawrence Antonucci

Dr. Lawrence Antonucci is the medical director of Lee Memorial Health System Obstetrical Services.

The new responsibility is in addition to his practice at the Cape Coral Obstetrics and Gynecology office of Physicians' Primary Care of Southwest Florida.

Dr. Antonucci was selected for the position because of his extensive experience as a member of the medical staff since 1983 and the many leadership positions he has held within the medical field and in the local community.

He earned his medical degree at the University of Miami School of Medicine and completed his OB/GYN residency at Eastern Virginia Medical School in Norfolk. He also earned a master's degree in business administration at the University of South Florida.

In addition to being board certified by the American Board of Obstetrics and Gynecology, Dr. Antonucci has a certifying commission in Medical Management-Certified Physician Executive.

Please join us in congratulating Dr. Antonucci!

PPC Patient Care Continues

If you need to be admitted to the hospital, wouldn't it be reassuring to know your primary care physician would continue to see you and offer treatment while you are hospitalized?

That's not just a wish for the patients of Physicians' Primary Care of Southwest Florida. Our family practice physicians follow our patients whenever they are admitted to Lee Memorial Hospital, HealthPark, Cape Coral Hospital, or Southwest Regional Medical Center.

"Even when a specialist admits one of our patients, we continue to offer treatment for other medical issues," said Dr. Douglas S. Hughes, a family practice physician with Physicians' Primary Care of Southwest Florida. "People are just more comfortable seeing their own doctor in the hospital, especially when it is a stressful time anyway."

In Area Hospitals

Not all medical practices offer this continuing care service into hospitals, Dr. Hughes said.

There is a trend toward family practices hiring what is known as "hospitalists," which are physicians specializing in the care of hospitalized patients. A large percentage of family practices now contract with private companies that provide hospitalists to visit their patients in the hospital.

"We just don't believe in following that trend," Dr. Hughes said. "We make rounds every day at area hospitals. It makes our days longer, but it's part of our philosophy of giving good patient care."

PPC physicians already know the family and the patient history, which can expedite treatment.

"We can call family members out-of-state and let them know what is going on with their loved one," Dr. Hughes said. "That's very reassuring for the family."

Sun Protection And Your Health

By Dean Traiger, MD, aka Doc-Dean

The summer is now in full swing and everyone is enjoying the good weather. Energy from the sun sustains all life on earth. However, too many ultraviolet rays can be harmful to life. The main forms of UV radiation that reach the earth's surface are UV-A and UV-B.

Excess exposure to ultraviolet radiation is known to cause skin cancer, premature skin aging and damage, eye damage and immune suppression. More than one million people in the United States are diagnosed with skin cancer each year, making it the most common form of cancer in the country.

The best way to avoid these health problems is by staying out of the sun, but where is the fun in that? The smartest way to protect yourself so that you can enjoy your time outdoors is to use sunscreen.

Sunscreens work by protecting your skin by absorbing and/or reflecting UV-A and UV-B rays. The Sun Protection Factor (SPF) reveals the relative amount of sunburn protection that a sunscreen can provide an average user. Sunscreens with an SPF of at least 15 are recommended.

ACTION STEPS FOR SUN PROTECTION

- Limit Time in the Midday Sun. The sun's rays are strongest between 10 a.m. and 4 p.m. Whenever possible, limit exposure to the sun during these hours.
- Seek Shade. Remember the shadow rule: "Watch your shadow — no shadow, seek shade!"
- Always Use Sunscreen. A broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15 blocks most UV radiation. Apply sunscreen liberally on exposed skin and reapply every two hours.
- Wear a Hat. A hat with a wide brim offers good sun protection for your eyes, ears, face and the back of your neck.
- Cover Up. Wearing tightly woven, loose-fitting, and full-length clothing is a good way to protect your skin from the sun's UV rays.
- Wear Sunglasses That Block 99 to 100 Percent of UV Radiation. This will greatly reduce sun exposure that can lead to cataracts and other eye damage. Check the label when buying sunglasses.
- Watch for the UV Index. The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun.

August is National Immunization Month



Dr. Bruce H. Berget

Vaccines help prevent diseases and save lives, according to the American Academy of Pediatrics. Childhood immunizations are responsible for the control of many infectious diseases that once were common in this country.

While the U.S. currently has near record low cases of vaccine-preventable diseases, the viruses and bacteria that cause them still exist. Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals.

"Whooping Cough has been on the rise for more than a decade in this country. A new vaccine, Adacel (Tdap), came out this year. This is a breakthrough since Adacel treats people from 11 years of age up to 65 years of age," said Dr. Bruce Berget, a pediatrician with Physicians' Primary Care.

Since 40 percent of people contract whooping cough from their mothers, Dr. Berget recommends that anyone who cares for young babies receive this vaccine.

For more information, please contact your physician.

CLIP AND SAVE

Physicians' Primary Care

OF SOUTHWEST FLORIDA

New Lehigh Acres Pediatric Office

5624 8th Street, SW
Suite 108
Lehigh, Florida 33971
(239) 368-7050

New Lehigh Acres Office OPENS

Physicians' Primary Care of Southwest Florida has moved its Lehigh Acres pediatric office to larger quarters to accommodate the growth in Lehigh Acres.

The new office, at 5624 8th Street SW, is located near Lee Boulevard. The phone number remains the same (239-368-7050).

The new 2,512 square foot office has separate waiting rooms for sick children and well children and includes enough space to allow for future growth.

The physicians providing care at the Lehigh Acres office are Dr. John W. Bartlett, Dr. Nuel Celebrado, Dr. Annabelle Martin, and Dr. Stanley Wiggins.