

## 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 supracervical 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

Joanna C. Muller-Carioba, M.D.  
Charles H. Curtis, M.D.  
Paul B. Engel, M.D.  
F. Richard Kirley, M.D.  
Christine Mackie, 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.  
Scott E. Wiley, M.D.  
Jeanne Abdou, A.R.N.P.  
Jane Phillips, P.A.  
Kevin Poelker, P.A.

### OBSTETRICS & GYNECOLOGY

Heather V. Auld, M.D.  
David H. Brown, M.D.  
Randall P. Cowdin, M.D.  
Anita Del Bianco, M.D.  
Sarah A. DiGiorgi, M.D.  
Aparna Eligeti, M.D.  
Kevin M. Fleishman, M.D.  
Paul J. Joslyn, M.D.  
Blaise M. Kovaz, M.D.  
Sarah H. Krauss, M.D.  
Rex E. Stubbs, Jr., M.D.  
Mary C. Yankaskas, M.D.  
Nancy McGlasson, A.R.N.P.  
Diane Byrd, C.N.M.  
Laurel Gammie McDonald, C.N.M.  
Denise Staerker, C.N.M.  
Susan Yeomans, C.N.M.

### INTERNAL MEDICINE/ FAMILY PRACTICE

Vincent A. Azzara, 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.  
M. Annabelle Martin, M.D.  
Avanee Master Lobo, M.D.  
Manuel J. Mon, M.D., Ph.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

## NEW! Walk-In Hours Available

Physicians' Primary Care is now offering "same day" appointments and extended hours for patients in Cape Coral.

### Family Practice

1255 Viscaya Parkway  
8:30 a.m. - 6:15 p.m.,  
Monday - Thursday

### Family Practice

1304 S.E. 8th Street  
7:30 a.m. - 4 p.m.,  
Monday - Friday

## 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

1255 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) 574-1988 • (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

1261 Viscaya Parkway, Suite 101 • Cape Coral, FL 33990  
(phone) 573-7337 • (fax) 574-5883

### Fort Myers Family Practice/Internal Medicine Office

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

### Fort Myers Pediatric Office

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

### Lehigh OB/GYN Office

3507 Lee Blvd. • Lehigh Acres, FL 33971  
(phone) 432-5858 • (fax) 432-6297

### Lehigh Pediatric Office

5624 8th Street W, Suite 108 • Lehigh Acres, FL 33971  
(phone) 481-5437 • (fax) 481-0570

### Park Royal OB/GYN Office

9021 Park Royal Drive • Fort Myers, FL 33908  
(phone) 432-5858 • (fax) 432-6297

www.ppcswfl.com

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

FALL 2008

Physicians' Primary Care\*\*\*  
OF SOUTHWEST FLORIDA

# Communicator

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



**"Biggest Loser"**  
winner Mary Strudeman  
with Dr. Mary Yankaskas

## "Biggest Loser" Wellness Program Nets Big Results for Employees

Employees of Physicians' Primary Care of Southwest Florida are doing more than advising patients to lose weight and lead healthier lifestyles. They are practicing what they preach by participating in a new wellness program that has resulted in a weight loss of 718 pounds, lower blood pressure and other health benefits.

About 140 employees participated in the wellness challenge, which represents about 50 percent of the medical practice's total work force, according to Administrator Annette Pounders.

"We're delighted that so many of our employees decided to be a good example to our patients by embracing healthier lifestyles," Mrs. Pounders said. "They are walking during lunch hours, watching what they eat, and learning more about healthy choices."

Some offices have supplemented the typical calorie-laden snacks in vending machines with fruit, yogurt, granola bars, and other nutritional items. Salads are more likely to be eaten for lunch now instead of fast food.

Blue Cross Blue Shield of Florida helped by conducting health fairs at each of Physicians' Primary Care's nine of-



**"Team" winners**  
(left to right) (front row) Caroline Stevenson, Maria Quintanilla, Amanda Woodruff, Sharon Stinehart, Ellen Trammell, Eugenia Davis-Bernard and (back row) Bonnie Wilkison, Carol Georg, Dr. Mary Yankaskas, and Maryann Sanchez Sprinkler

fices. The participants underwent a risk assessment that included blood pressure monitoring and a cholesterol test. They also performed a self-assessment of their lifestyles and were given suggestions for improvement.

The three-month challenge resulted in a total weight loss of 718 pounds which represented 3.5% of the participant's weight. Mary Strudeman was the single biggest loser with an impressive weight loss of 31 pounds. "We are all so proud of what they have accomplished in such a short time," Mrs. Pounders said.

Physicians' Primary Care is encouraging other wellness initiatives throughout the year, such as participating in the October 18 breast cancer walk. And, of course, another challenge is in the works!

## 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!





## Two PPC Physicians Named America's Top Doctors

Two gynecologists with Physicians' Primary Care of Southwest Florida have been named among the "Best Doctors in America" for 2008 by Castle Connolly Medical in New York.

Heather Auld, M.D., and Mary Yankaskas, M.D., were nominated for the prestigious honor by other doctors. Both physicians also were included in the 2006 list as well.

Selections are made through a national survey of physicians and hospital administrators conducted by Castle Connolly Medical, an independent research and information company. After the votes are tallied, Castle Connolly ensures that the physicians meet the company's criteria, which include board certification, years of experience in their specialties, and a clean disciplinary record.

"This is an incredible honor for both of us, especially since the nominations were made by our



Dr. Heather Auld



Dr. Mary Yankaskas

peers," said Dr. Auld, who practices at the Fort Myers OB/GYN office at 9021 Park Royal Drive

"As nice as it is to be recognized, our best reviews come from our patients," said Dr. Yankaskas, who practices at both the Fort Myers OB/GYN office at 9021 Park Royal Drive and at the Cape Coral office at 1265 Viscaya Parkway.

## Meet Our Latest Super Stars!

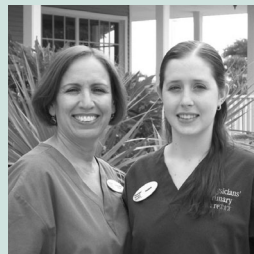
Providing excellent customer service to patients is a priority at Physicians' Primary Care.

That's why we recognize one employee each month for providing outstanding customer service to either a patient or a co-worker. The winner is someone who went above and beyond his or her job duties or performed an exceptional act of kindness.

"The Super Star winners ranged from acts of kindness like helping a patient get her tire changed to efficiency, professionalism, and consistency of services," said Human Resources Director Fran Barker.

Congratulations to our latest winners!

**Fort Myers Pediatric Office:**  
(left) Lourdes Mejia, lab technician; Amanda Strudeman, check in.



**Internal Medicine Office:** (left to right) Nancy Schmitt, clinical coordinator; Kimberley Blanco, medical assistant; Beverly Honczar, appointment scheduler.



**Cape Coral Offices:** (left to right) Carolyn Kamionka, phlebotomist; Cindy Carlson, LPN; Keith Ridge, IT technician; Becky Neely, front office; Margaret Kenny, front office. Toni Campbell is not pictured.



## PPC WELCOMES Dr. Eligeti

Physicans' Primary Care is proud to announce the addition of Aparna Eligeti, M.D., to the PPC team of obstetricians and gynecologists.

Dr. Eligeti joined PPC in September and is practicing at the Cape Coral office, 1265 Viscaya Parkway, and at the Lehigh Acres office at 3507 Lee Blvd. She is accepting new patients.

Dr. Eligeti received her M.D. degree from the University of Florida in Gainesville, where she was a member of Phi Beta Kappa and the Golden Key National Honor Society. She served her residency at S.U.N.Y. Upstate Medical University in Syracuse, N.Y. She is bilingual and is board certified in obstetrics and gynecology.

Prior to joining PPC, she practiced medicine in Naples and in Tampa. She is a member of the American College of Obstetrics & Gynecology and a member of Florida Medical Association.

Dr. Eligeti is an avid fan of the Florida Gators and she loves water sports and gardening. She and her husband share their home with her "baby," a shih tzu named Peanut whom she said is very loved and spoiled!



Dr. Aparna Eligeti

## Are You At Risk for DIABETES?

Almost one in four people who have diabetes don't even know it, according to the American Diabetes Association.

Diabetes occurs when the body cannot regulate blood sugars. There are three types of diabetes: type 1, type 2, and gestational diabetes with type 2 being the most common. People with type 2 diabetes produce insulin but their body either does not have enough of it or they are unable to process it.

"It is becoming more of an issue in today's society where lack of exercise and obesity are common," said



Dr. Paul Engel

Paul Engel, M.D., a family practice physician with Physicians' Primary Care.

According to the Center for Disease Control (CDC), 95 percent of diabetes is due to poor food choices, lack of exercise, and family history.

Fortunately, people with type 2 diabetes can take

steps to control and manage the disease. One of the most important steps is to eat a healthy diet consisting of fruits, vegetables and whole grains. Increasing fiber also is beneficial, according to Dr. Engel.

People with diabetes should not skip meals so that their blood glucose levels can remain consistent.

"It also is a good idea to take your medication at the same time each day," Dr. Engel said.

Not only is a good diet important, but exercise is also essential in managing the disease. Even moderate amounts of exercise can dramatically affect insulin levels as well as lower blood pressure and cholesterol levels. The goal is to keep blood sugar levels from getting too high. Walking, bicycling and swimming are all good activities to control diabetes. The American Diabetes Association recommends getting at least 30 minutes of physical activity most days of the week.

Anyone with symptoms such as frequent urination, excessive thirst, increased hunger or unusual weight loss should consult his or her physician for assessment.

## Enjoy Our Smoke-Free Environment

Effective January 1, smoking will not be allowed anywhere on PPC property (including parking lots).

Thank you for helping all of us to breathe cleaner air!

## "Walk Your Child To School Workout" Helps Parents and Children

By Eleanor C. Blitzer, M.D.

Moms often tell me that they don't have enough time to spend with their children, due to the pressures of work, running the household, and driving their children to all of their activities. Somehow, you never seem to have much time just to enjoy your child(ren).

You need the *Walk Your Child to School Workout!* This workout is designed to fit into your schedule. It is flexible, you can do it with your friends or just with your own family, it doesn't cost anything (you can even save money on gas), you will be a role model for all who see you, and you can spend quality time with your children while you do it. So how does it work?

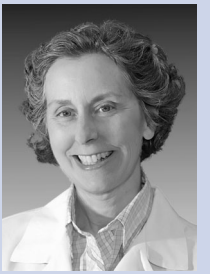
For every mile you walk, you will burn 50 to 100 calories, depending on your size and efficiency. If you walk one-half mile to school, and home again, that will be 100 to 200 calories per day, five days a week. That adds up to 500 to 1000 calories a week, and one-half to one pound per month. During the school year, you can lose 5 to 10 pounds. Of course, not everyone wants to lose weight, but we all want to be fit. Walking is the exercise that almost everyone can do. It will tone most of your muscles, stimulate your heart, increase the HDL-cholesterol (the good cholesterol), and give you endorphins (your feel good chemicals) a boost.

Your child(ren) will benefit, too. They will become fitter, more awake, and more ready to learn. Studies have shown that children who are at the top in fitness tests do better academically. They will have time to talk to you, built into every day. You can use the time to review math facts, spelling words, or any subject. You can tell them about your childhood, in which you walked to school through the hurricane, or the snowstorm.

When you arrive, you can meet your friends. If you wish, you can do your aerobics in the schoolyard, or jog around the neighborhood, or just enjoy a few minutes of conversation. Think of the guilt-free breakfast you can eat!

No time for this? Think again. It takes 10 minutes to walk one-half mile. If you spend 5 minutes loading up the car, 5 minutes driving to school, and 10 minutes in the carline, and only 5 minutes to return home and park, it will take LESS time to walk to and from school.

The time you spend with your child walking will become a treasured tradition for both of you.



Dr. Eleanor Blitzer

## New Nurse Midwife Joins PPC

Laurel Gammie McDonald, CNM, ARNP, has joined the team of certified nurse midwives at Physicians' Primary Care.

Laurel has more than 15 years of experience in nurse midwifery and has worked in both hospitals and medical practices. She will be seeing patients at the Park Royal office in Fort Myers.

She joins a team of three other skilled nurse midwives, who are an important and growing part of health care at Physicians' Primary Care.

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.



Laurel Gammie McDonald, CNM, ARNP