

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.
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.
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.
Kathleen Shimp, M.D.
Rex E. Stubbs, Jr., M.D.
Mary C. Yankaskas, M.D.
Diane Byrd, C.N.M.
Denise Staerker, C.N.M.
Susan Yeomans, C.N.M.

INTERNAL MEDICINE/ FAMILY PRACTICE

Vincent A. Azzara, D.O.
Timothy J. Snodgrass, D.O.
Kathleen Mahan, A.R.N.P.

PEDIATRICS

John W. Bartlett, M.D.
Bruce H. Berget, M.D.
Nuel Celebrado, M.D.
E. G. Guttery III, M.D.
R. Nathan Landefeld, M.D.
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

Did You KNOW?

- Dr. Guttery's hobby is making Gyotaku, which is the Japanese art form of making fish prints. Visit www.egutterygyotaku.com
- All offices of PPC are now smoke-free so we all can breathe cleaner air
- PPC is a United Way supporter
- Our newsletter, *Communicator*, is available online at www.ppcswfl.com

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) 368-1331

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

Physicians' Primary Care
OF SOUTHWEST FLORIDA

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ePrescribe ... IT IS FAST AND EFFICIENT

For many busy people, the convenience of completing services online is a great timesaver. All patients of Physicians' Primary Care of Southwest Florida can now visit our Web site at www.ppcswfl.com and have access to online services.

You can do it all quickly and efficiently and during a time that is convenient for you. You can schedule your appointment, request a prescription, obtain health forms, register and even pay your bill online.

A behind the scene service, called ePrescribe, is a new benefit to our patients that makes getting a prescription safer and more efficient. EPrescribe routes prescriptions electronically, replacing phone calls and faxes.

ePrescribe enables physicians to improve patient care by helping to ensure the safety of every prescription written.

The benefits of ePrescribe are:

- Eliminates handwriting issues
- Creates electronic records to ensure prescription information is not lost
- Checks for allergies, drug interactions, dosing errors, therapeutic duplication, pregnancy-related issues and other patient-specific factors
- Maintains an accurate, comprehensive drug database
- Provides up-to-date formulary and insurance information
- Improves data exchange between prescribers and pharmacies
- Expedites prescription refill requests
- Reduces healthcare costs by improving work efficiency and identifying less expensive options

Requesting or renewing a prescription has never been easier. Most local pharmacies participate in this service. ■

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!





Dr. Heather Auld



Dr. Mary Yankaskas

Two PPC Gynecologists Honored as “Best Doctors”

Two gynecologists with Physicians’ Primary Care of Southwest Florida have been named among the “Best Doctors in America” for 2009 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 and 2008 lists 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.

Congratulations to Dr. Auld and Dr. Yankaskas! ■

DIGITAL MAMMOGRAPHY Now Available at PPC

New technology is helping to fight the battle against breast cancer. Physicians’ Primary Care is now using digital mammography for our patients.

The new machines, called full field mammography, use computers with specifically designed digital detectors to produce images. These images of the breast are reviewed by the radiologist using special high resolution monitors.

The process of having a mammogram does not change. Both film and digital mammograms use compression and x-rays to obtain images of the inside of the breast.

The benefits of Digital Mammography are:

- Digital mammograms produce images in a matter of seconds so wait time is greatly reduced.
- With digital mammography the radiologist or physician can manipulate images by zooming in or adjusting the brightness of the image, if needed.
- The technologist can bring out features and details in order to help the physician detect breast cancer.
- Digital mammography is particularly helpful for women with dense breasts or implants due to the increased visibility.



Digital Mammography machine

“As always, our goal is to deliver superior quality care to our patients. We will continue to use the latest and most up-to-date technology in order to enhance our patient care,” said Diane Hoxsey, Director of Special Operations.

Call our office today to schedule your yearly mammogram so that we all can be vigilant in the fight against breast cancer. ■

HEALTHY HOLIDAY EATING Is For Kids Too!

As parents, we know how holiday eating can steer us away from our usual eating habits and contribute to weight gain.

We may not realize that the two months between Halloween and New Year’s Day may be just as difficult for our children.

You and your family can survive the holidays with a little advance planning. This year, Annabelle Martin, M.D., a pediatrician with PPC, recommends that parents start new healthy traditions before the “eating season” begins at Halloween.

“On the morning of each holiday, get the whole clan up early for a bike ride or a walk before you go trick or treating or sit down for that holiday meal,” Dr. Martin said. “Spend less time focused on food and more time enjoying your loved ones.”

In fact, it is a good idea to incorporate some physical activity for children every day, but especially during the holidays. Try limiting time spent on the computer or watching television in favor of aerobic activities, like brisk walking, jogging, bicycling, rollerblading and swimming. All of these activities can burn up extra calories from holiday eating.

“Children, as well as adults, should eat a light snack such as a piece of fruit, a small carton of

yogurt or a string cheese before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods,” Dr. Martin said.

Parents also can help their children by substituting lower fat and calorie ingredients at home. Try using applesauce in place of oil in your favorite holiday breads; use egg substitutes in place of whole eggs; try plain nonfat yogurt in place of sour cream.

“It’s important not to let kids eat whatever they want during this festive time of the year. In particular, limit the number of sodas your children drink. Soda has little or no nutritional value and is loaded with caffeine and sweeteners.”

With a little advance planning, you can make this holiday a nutritious and healthy time for your entire family. ■



Dr. Annabelle Martin

HEALTHY Halloween Eating Tips



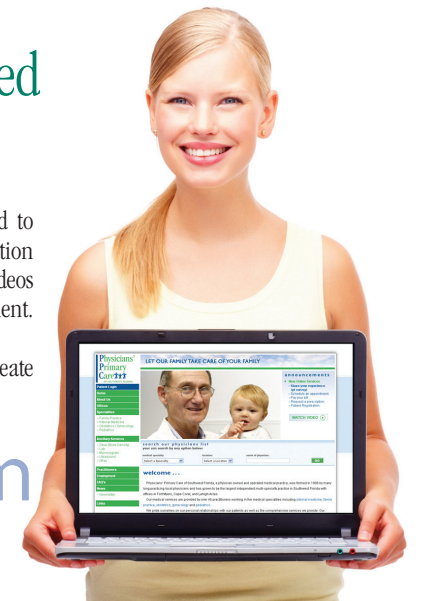
- Serve children a **balanced meal** before the Halloween festivities begin so that children aren’t tempted to eat their candy before they get home.
- Discuss with children in advance **how much and how often** they are allowed to eat their Halloween candy.
- Offer trick-or-treat candy as a **substitute for dessert** after lunch and dinner or a few pieces along with a healthy snack.
- **Mix in healthy snacks** along with Halloween candy, like string cheese, vegetables with dip, trail mix, yogurt or a glass of milk.
- **Model healthy habits** to your children by practicing restraint when dipping into the candy jar yourself.

Check Out Our New Improved WEB SITE

PPC’s Web site now includes more ways than ever to respond to your needs. In addition to requesting appointments and prescription renewals, patients now can update their insurance records, view videos of the specialties and pay bills online. It’s easy, fast and convenient. And it’s available on your schedule.

Just visit www.ppcswfl.com and click on “Patient Login” to create your secure, password-protected account. ■

www.ppcswfl.com



Meet Our Latest SUPER STARS!

Congratulations to our latest winners for providing excellent customer service to our patients.

JANUARY
Kristin Winkel,
Cape Coral Ob/Gyn



FEBRUARY
Jennifer Stone,
Cape Coral Family Practice



MARCH
Beverly Honczar,
Fort Myers Internal Medicine



APRIL
Diane Falkowitz,
Fort Myers Internal Medicine



MAY
Desiree Sinibaldi,
Cape Coral Ob/Gyn



JUNE
Doreen Vergara
Cape Coral Ob/Gyn