

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 Azara 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 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.

Congratulations to Our Employees With 10+ Years of Service

Administration:

Catherine Dinschel	19 yrs.
Diane Hoxsey	29 yrs.
Adrienne Negron	10 yrs.
Catherine Queen	31 yrs.

Billing Office:

Staci A. Mihm	17 yrs.
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Cape Coral – OB/GYN:

Christine Barnes	11 yrs.
Toni Campbell	13 yrs.
Debra L. Earhart	10 yrs.
Merricki Fillmore	10 yrs.
Anne Marie Metrandio	16 yrs.
Katrina E. Sammelian	13 yrs.
Monica Sebastian	18 yrs.
Linda Wilkas	11 yrs.

Cape Coral Pediatrics:

Margaret H. Kenny	11 yrs.
Sharon V. Landry	19 yrs.
Linda Powell	12 yrs.
Terry Rhodes	14 yrs.
Kimberley Tilton	16 yrs.

Fort Myers Pediatrics:

Mary Cheney	11 yrs.
Karen Daniels	19 yrs.
Lourdes Mejia	10 yrs.
Deborah Slusser	18 yrs.

HealthPark – OB/GYN:

Denise Hall	15 yrs.
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Lab:

Monica Hancock	16 yrs.
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Lehigh Pediatrics:

Tina Manning	15 yrs.
Barbara Neal	19 yrs.

McGregor – OB/GYN:

Roberta R. Shannon	14 yrs.
Linda Unger	10 yrs.

Cape Coral Family Practice (Viscaya):

Lorry A. Bateman	11 yrs.
Donna M. Beckwith	24 yrs.
Kathleen Brooks	13 yrs.
Linda Cartmell	26 yrs.
Amy Cover	10 yrs.
Karen Dralle	16 yrs.
Terry Hofrichter	12 yrs.
Linda Stone	13 yrs.
Donna Tribeck	10 yrs.

Physicians' Primary Care

OF SOUTHWEST FLORIDA

Did You Know

Dr. Shannon Greer is the team physician for the Florida Everglades? Go Glades!

Dr. John Ritrosky administers Children's Medical Services for about 1,000 children with special needs? CMS provides appointments with specialists, transportation and immunizations for low-income medically challenged children in Lee, Hendry and Glades counties.

Dr. Dean Traiger is a board member of the Lee County Disaster Planning team? He also is treasurer of the Lee County Medical Society and a representative to the Florida Medical Association.

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

1140 Lee Blvd., Suite 108 • Lehigh Acres, FL 33936
(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

SPRING 2006

Physicians' Primary Care
OF SOUTHWEST FLORIDA

Communicator

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

PPC Celebrates 10 Years of Caring

Physicians' Primary Care of Southwest Florida is proud to celebrate the 10th Anniversary of its formation. Founded in 1996 by physicians with more than 30 years of experience practicing medicine in Southwest Florida, PPC saw its first patients in April, 1996.

The vision of these physicians was to provide comprehensive primary care to families in Lee, Charlotte, Hendry and Glades counties. By combining Family Practice, Pediatrics, Obstetrics and Gynecology, PPC occupied a unique position in Southwest Florida.

Today, Physicians' Primary Care of Southwest Florida is the largest independent medical practice in Lee County, with more than 50 physicians and other health care professionals (including nurse practitioners, certified nurse midwives and physicians' assistants.)

"By joining together and forming one large multi-specialty primary care practice, we are better able to control the care we provide to our patients," said Dr. Larry Antonucci, one of the founding physicians and original managing physician of the practice. "Our joint decision to merge was based on our desire, as physicians, to continue providing our patients with the care and service they deserve."

That care and service continues today with nine offices conveniently located in Fort Myers, Cape Coral and Lehigh Acres in the following specialties: Family Practice, Internal Medicine, Obstetrics, Gynecology, and Pediatrics.

In addition to providing medical care, Physicians' Primary Care has expanded its services to include many essential diagnostic tests once conducted outside the practice. Now, in addition to routine lab tests and x-rays, patients may be screened for conditions including osteoporosis and breast cancer, without leaving the practice.

It's all part of our commitment to providing personalized patient care and meeting the needs of your family and the community.

See inside for a listing of PPC employees who have at least 10 years of service.



Let OUR Family

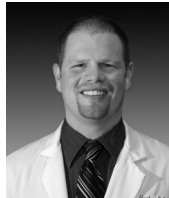
Take Care of YOUR Family

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 them 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. Shannon Greer



Dr. Douglas S. Hughes



Dr. Robert B. Maggiano



Dr. Sarah H. Krauss

Four Physicians Join PPC

Four physicians have joined Physicians' Primary Care of Southwest Florida. All five are accepting new patients. They are:

Dr. Shannon "Scott" Greer – Dr. Greer practices family medicine at the Internal Medicine/Family Practice Office, 6160 Winkler Road in Fort Myers. He received his Doctor of Osteopathic Medicine degree from Nova Southeastern University in Fort Lauderdale and served his residency in family practice at Tallahassee Memorial Hospital.

Dr. Douglas S. Hughes – Dr. Hughes practices family medicine at the Internal Medicine/Family Practice Office, 6160 Winkler Road in Fort Myers. He received his Doctor of Osteopathic Medicine degree from Nova Southeastern University in Fort Lauderdale and served his residency in family practice at Genesys Regional Medical Center in Grand Blanc, Mich.

Dr. Robert B. Maggiano – Dr. Maggiano practices family medicine at the Internal Medicine/Family Practice Office, 6160 Winkler Road in Fort Myers. He is board-certified in Family Practice by the American Board of Family Practice and received his medical degree from the West Virginia School of Osteopathic Medicine in Lewisburg, W. Va. He served his residency in family practice at Western Reserve Care System Northside Hospital in Youngstown, Ohio.

Dr. Sarah H. Krauss – Dr. Krauss practices obstetrics and gynecology at the Cape Coral office, 1265 Viscaya. She received her M.D. degree from Wayne State University in Detroit, Mich., and served her residency in obstetrics and gynecology at the University of Rochester in Rochester, N.Y.

The Silent Epidemic – Identifying and Treating Osteoporosis

Osteoporosis weakens the bones, making them brittle and more likely to break. More than 28 million Americans – eight out of ten of them women – are at high risk for osteoporosis.

“The key to success in treating osteoporosis is early diagnosis,” said Dr. Jerry Thomas, a Family Practice physician with Physicians' Primary Care.

The current state-of-the-art test for diagnosing osteoporosis is the DEXA scan (dual energy x-ray absorptiometry scan). The scanner looks into the bone, measuring its density. Since the most serious breaks occur at the hip and spine, the scanner is used to measure bone density at these sites.

Risk Factors

“The single biggest risk factor for osteoporosis is menopause. Once a woman goes through menopause, there is a dramatic reduction in bone density, as high as five to six percent per year over the next six years,” Dr. Thomas said.

Other risk factors include family history of osteoporosis, taking thyroid medication, prolonged periods of steroid use, being Caucasian, and smoking.

Treatment

Once osteoporosis is diagnosed, a multi-pronged approach is used. Adequate calcium intake is recommended along with 400 units of Vitamin D. Patients also should engage in weight-bearing exercise and, depending upon the severity of the condition, physical therapy.

Options for some women include medications Evista, Actonel and Boniva for patients, depending upon their T-score.

If there is significant osteoporosis, Fosamax therapy may be recommended.

“Studies suggest that Fosamax improves the structure as well as the density of the bone with continued use,” Dr. Thomas said.

New treatments are being evaluated and developed. With early diagnosis and aggressive treatment, Dr. Thomas said there should be fewer broken bones and joint replacements over time.

Mosquito Update 2006 The bloodsuckers are back!

By Dean Traiger, MD

But this year we have a few new tools in our arsenal. *Picaridin* and *oil of lemon eucalyptus* have been recommended by the Centers for Disease Control and Prevention (CDC) for the prevention of mosquito bites. Along with diethyl toluamide, also known as DEET, they are the three agents currently registered with the U.S. Environmental Protection Agency (EPA) as safe and effective.

For many years, the only CDC-approved agent as a mosquito repellent was DEET. The name “Picaridin” is approved by the World Health Organization, but there is no International Organization for Standardization common name for this substance. Picaridin's other names include KBR3023, Bayrepel, Hepidanin, and Autan Repel.

According to the *Journal of Drugs in Dermatology*, Picaridin is available in Europe and Australia, and will soon be sold in North America. Products that contain

Picaridin should be on shelves by the time you read this, include a 5% cream, a 5% non-aerosol pump spray, and a 10% aerosol spray. They will be sold by S.G. Johnson and Sons and will join 200 different formulations of insect repellents (most including DEET) that are sold in the United States.

Picaridin has been available outside North America since 1998. Spectrum Brands introduced a picaridin-based repellent in January — Cutter Advanced. It is the only product that is immediately available in North America. Others are sure to follow.

Picaridin appears to be less irritating than DEET and additionally DEET has limitations because of its high potential to irritate eyes and mucous membranes which makes application to the face difficult.

Finally, I want to add: No product, even if applied correctly, will provide complete protection, so avoiding mosquitoes altogether is the best strategy.

Dr. Blitzer “Reaches Out” to Children With Reading Program



Helping young children to read is a part of comprehensive health care, according to Dr. Eleanor Blitzer.

That's why this pediatrician has been at the forefront of *Reach Out and Read*, an early literacy program that makes books part of a healthy childhood.

Since 1996, she's given one book to every child who has visited her office for routine check-ups from six months old to five years old.

She estimates that she's given away 10,000 to 15,000 books over the years.

“The program is designed to enhance literacy for young children,” Dr. Blitzer said. “Some children only get their first exposure to books when they enter pre-school or kindergarten and by then they're already behind other children.”

Some of the books are donated by the international *Reach Out and Read* program. Others are provided by churches, fraternal organizations like Rotary Club and Kiwanis, and individuals, as well as the U.S. government.

Dr. Blitzer also makes the waiting rooms of the Cape Coral, Lehigh Acres, and Fort Myers pediatric offices of Physicians' Primary Care very literature-friendly with children's books. Members of the Foster Grandparent program also read to the children in the Cape Coral office.

“During exams, I always ask about reading in the home. It's such an important part of their early childhood education,” she said.

“The children's eyes just light up when they receive their first book. It's very rewarding. You might really be boosting their success in school as a result,” she concluded.

Anyone who has old books they would like to exchange or donate to the program can bring them to any pediatrics office of Physicians' Primary Care of Southwest Florida.

3D Ultrasound Offers First Glimpse of Baby

Physicians' Primary Care of Southwest Florida has the answer. You can see your baby develop throughout your pregnancy with PPC's Ultrasound Baby Glimpse, offering 2D/3D and even 3/D live photos called “Baby Prints.”

Using the Accuvix 3/D Live Ultrasound Machine, you can choose to have several 3D ultrasounds done from 12 weeks to full term.

“If you're planning to have only one glimpse, we recommend that you schedule it between the 26th and

31st week of pregnancy. We can generally get the cutest facial images at that time. However, we have obtained spectacular images as early as 19 weeks and as late as 36 weeks,” said Dr. Kevin Fleishman, who oversees the program.

Physicians' Primary Care offers four packages ranging from \$99 to \$425, depending upon the length of the session. Some of the packages come with a DVD and VHS tape of the entire experience. Every package includes a CD of the entire baby experience,

colored photos and live video clips.

“In addition to determining the gender of the baby, this is a great way to bring friends and family together to experience the joy of seeing your baby for the first time,” said Dr. Fleishman.

Ultrasound imaging is an elective procedure and is not covered by insurance. Evening and weekend appointments are available, as well as Monday through Friday appointments, by calling **239-209-2660**.

