

## 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

### 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.  
Ariel Figueredo, 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.  
Anne Lord-Tomas, D.O.  
Allen B. Shevach, 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.  
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

### Did You Know?

Physicians' Primary Care has admitted three new equity physicians. Please join us in congratulating:

- Alejandro Martinez, M.D. – Cape Coral Family Practice
- Jerry Von Thomas, M.D. – Cape Coral Family Practice
- Stanley Wiggins, M.D. – Cape Coral Pediatrics Office and Lehigh Pediatrics Office

## 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 Pediatric Office

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

### Lehigh Adult Medicine & OB/GYN Office

3507 Lee Blvd. • Lehigh Acres, FL 33971  
(phone) 303-2328 OB/GYN  
(phone) 303-2352 Adult Medicine

### Lehigh Pediatric Office

5624 8th Street SW • Lehigh Acres, FL 33971  
(phone) 368-7050 • (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](http://www.ppcswfl.com)  
To find a physician near you, visit our web site at  
[www.ppcswfl.com](http://www.ppcswfl.com) or call (239) 275-5522

SPRING 2007

Physicians' Primary Care  
OF SOUTHWEST FLORIDA

# Communicator

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

## New Park Royal OB/GYN Office Opens; Lehigh Gets Adult Medicine – OB/GYN Office



**New Fort Myers Obstetrics & Gynecology Office of Physicians' Primary Care at 9021 Park Royal Drive, Fort Myers**

Two new offices are opening in Fort Myers and Lehigh Acres, offering Physicians' Primary Care patients additional options for state-of-the-art medical care.

The new Fort Myers office for obstetrics and gynecology, opening in April, is located at 9021 Park Royal Drive just north of the HealthPark entrance. The new 17,000 square foot medical office replaces two smaller OB/GYN offices at 13031 McGregor Boulevard and in the HealthPark Medical Center.

In May, Physicians' Primary Care will open a new office at 3507 Lee Blvd. in Lehigh Acres that will encompass both OB/GYN and Adult Medicine.

"The new Fort Myers OB/GYN office will provide the space we need to comfortably accommodate the growth in patients as well as new diagnostic technologies and treatments," said Rex Stubbs, M.D., of Physicians' Primary Care of Southwest Florida.

For example, mammograms, DEXA scans (bone density tests), and ultrasounds all will be performed at the new Fort Myers office, saving patients valuable time in driving to different offices.

The new Fort Myers OB/GYN office houses eight physicians with room for expansion. There also will be an improved phone system to better serve patients in need of care.

In Lehigh Acres, the new Adult Medicine – OB/GYN office will open to serve the growing population of Lehigh Acres. It also complements the existing Lehigh Pediatrics Office at 5624 8th Street West.

"Lehigh patients now will be able to receive care from maternity through childhood and adult care without leaving their own community," said Mary Yankaskas, M.D., managing physician for Physicians' Primary Care. "A Spanish-speaking physician also will be available for our Hispanic patients."

For locations and phone numbers for the new offices, please see the back cover of this issue.

## 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. Yankaskas Named Managing Physician



Dr. Mary C. Yankaskas

Mary C. Yankaskas, M.D., a long-time gynecologist with Physicians' Primary Care of Southwest Florida, has been named managing physician for the multi-specialty practice.

Dr. Yankaskas will be responsible for directing all medical operations, which include more than 50 physicians, health care providers and ancillary services.

Dr. Yankaskas originally joined Gulfshore Obstetrics & Gynecology in 1992, which later became part of Physi-

cians' Primary Care of Southwest Florida.

She is a graduate of the Robert Wood Johnson Medical School in New Jersey and is board-certified in obstetrics and gynecology. She is a Fellow of the American College of Obstetricians and Gynecologists, and is a member of the Lee County Medical Society, Florida Obstetrics and Gynecologic Society and the Florida Medical Association.

Dr. Yankaskas serves her community as a member of the Uncommon Friends Foundation and as a communicant of St. Cecilia's Catholic Community in Fort Myers.

## What Is the Difference Between M.D. and D.O.?

You've probably been going to a doctor since you were born and may not know if you were seeing an M.D. (allopathic doctor) or a D.O. (doctor of osteopathy).

Both D.O.s and M.D.s are fully qualified physicians licensed to perform surgery and prescribe medication. Is there any difference between these two kinds of doctors? Yes. And no.

- Both M.D.s and D.O.s complete four years of medical education after obtaining a four-year undergraduate degree with an emphasis on scientific course.
- After medical school, both D.O.s and M.D.s can choose to practice in a specialty area of medicine — such as family practice, pediatrics, or obstetrics/gynecology — after completing a residency program of two to six years.
- Both M.D.s and D.O.s must pass comparable state licensing exams.
- D.O.s and M.D.s both practice in fully accredited and licensed health care facilities.

"D.O.s comprise a separate, yet equal branch of American medical care. Together, D.O.s and M.D.'s enhance the state of care available in America. It is, however, the ways that D.O.s and M.D.s are different that bring an extra dimension to your family's health care," said Douglas S. Hughes, D.O., a family practice

physician with Physicians' Primary Care of Southwest Florida.

### Some of the differences include:

- D.O.s practice a holistic approach to medicine. D.O.s receive extra training in the musculoskeletal system — your body's interconnected system of nerves, muscles and bones. This training provides osteopathic physicians with a better understanding of the ways that an injury or illness in one part of the body can affect another.
- Osteopathic manipulative treatment (OMT) is incorporated into the training and practice of osteopathic physicians. With OMT, osteopathic physicians use their hands to diagnose injury and illness and to encourage your body's natural tendency toward good health.

Physicians' Primary Care of Southwest Florida is fortunate to have both D.O.s and M.D.s in its multi-specialty practice, ensuring that patients receive the best medical care possible.



Dr. Douglas S. Hughes

## Pediatricians Join *The News-Press* "Healthy Kids, Healthy Living" Project

Pediatricians from Physicians' Primary Care are part of a group working with third and fourth graders in five Lee County schools over the next year to help them get fit and healthy.

It's part of the new "Healthy Kids, Healthy Living" project organized by *The News-Press* with the Lee County School District, Lee County Health Department, Lee Memorial Health System and others.



Dr. Eleanor Blitzer

"We've joined forces to teach our community's children how to eat right, get moving and have fun in the process," said Eleanor Blitzer, M.D., a pediatrician with Physicians' Primary Care who is a member of the organizing committee for "Healthy

Kids, Healthy Living."

Dr. Blitzer said she has seen the proportion of overweight children in her practice increase during the past five years.

"It's obvious that our children need to eat less and exercise more, but we don't seem to be able to make it happen," she said. "This effort will work to reverse that trend."

Students kicked off the year-long campaign with a pep rally at City of Palms Park in January. Students in the participating third- and fourth-grade classes at Michigan International Academy, Gateway Elementary, Sunshine Elementary, Heights Elementary and Trafalgar Elementary have received pedometers and are counting their steps as they "walk across America."

*The News-Press* is following the students' progress in the Healthy Living section most Tuesdays.

## Senator's Aide Visits Cape Coral Pediatrics Office

The Reach Out and Read early literacy program received special attention recently when the regional representative to U.S. Sen. Mel Martinez visited the Cape Coral Pediatrics office to learn more about how the program is helping children to read.

"Physicians' Primary Care has been part of Reach Out and Read for at least 10 years," said Eleanor Blitzer, M.D., a pediatrician with Physicians' Primary Care. "It is a national program of pediatricians that seeks to make books and reading part of a healthy childhood."

Dr. Blitzer estimates that the Cape Coral Pediatrics office has given away 10,000 to 15,000 books over the years.



Tzaiel Hernandez (left), regional representative to U.S. Sen. Mel Martinez, watches as LeHang Le reads a book to her child, Westin Ho.

The federal government is a major source of funding for the program, which is why Tzaiel Hernandez, regional representative to U.S. Sen. Mel Martinez, decided to visit the Cape Coral office.

Children receive a free book at each check-up from ages six months to five years old.

## Why We Worry About Cholesterol Levels

By Joanna C. Muller-Carioba, M.D.



Dr. Joanna C. Muller-Carioba

Heart disease is the number one killer of both men and women in the United States. It is estimated that 40 million Americans have high cholesterol, and one million of those will have heart attacks every year.

By working with your doctor at Physicians' Primary Care, you can develop a plan that will help lessen your chances of being one of those people.

Cholesterol is a fatty, waxy substance found naturally throughout our body. Without it, our bodies wouldn't be able to function properly. It is the building block of our hormones like testosterone, vitamin D, and estrogen, and helps make up the walls of every cell, including our heart muscle and nerve cells. Because we need cholesterol for our bodies, our liver makes it for us.

We also eat outside sources of cholesterol, like red meat, dairy, and eggs. The kind of cholesterol that comes from outside of us is called saturated fat, or "sat fat" on labels. Most of the time our liver can make enough cholesterol on its own, and doesn't need any help from outside the body. When our levels of cholesterol get too high, we start to deposit it in places where it doesn't belong, like on the walls of our blood

vessels. This is what leads to hardening of the arteries, or atherosclerosis. If these deposits, called plaques, get thick enough, they can cut off enough of the flow of blood through a vessel. If this happens in your heart, it's called a heart attack. If it happens in your brain, it's called a stroke.

Cholesterol floats in your blood on a carrier, called a lipoprotein. It does different things in your blood, depending upon what kind of carrier it is riding. If the carrier is an LDL, which we also call "bad cholesterol," it will deposit more and more onto the artery walls. If the carrier is an HDL, which we call "good cholesterol," it removes excess cholesterol from the blood and carries it away. HDL helps protect you against heart disease.

Triglycerides are related to cholesterol and are fats that float around on still a different carrier. We know less about triglycerides, but we think that they are becoming an important reason for heart disease in women, diabetics, and obese people. Your doctor will measure the levels of all three of these kinds of floating blood fats.

In general, the more LDL (bad cholesterol) you have, along with other risk factors you may have, like smoking, high blood pressure, not having enough HDL (good cholesterol), family history, or being over 45 for men or 55 for women, the greater your chances of developing heart disease or having a heart attack.

## How to Reduce Your Cholesterol

By Joanna C. Muller-Carioba, M.D.

There are several ways to lower your cholesterol. One way is to cut back on the extra cholesterol you eat, the outside source.

Guidelines recommend a low saturated fat, low cholesterol eating plan that calls for less than 7% of calories from saturated fat and less than 200 milligrams of dietary cholesterol per day. High cholesterol foods come from animal sources and include egg yolks, full fat dairy and fatty meats.

Low fat foods include skinless poultry, fish (not shellfish), whole grain foods, fat-free dairy, lean meats, fruits and vegetables.

Eating vegetables and fiber (recommendation is 10-25 grams of fiber per day) can help prevent extra cholesterol from getting into your bloodstream, and also remove extra cholesterol from the bloodstream.

Heredity, weight, amount of physical activity, and having other diseases like diabetes can also influence how high your cholesterol is. You should discuss your personal risk factors with your doctor.

Some people may need medicine to help them lower their cholesterol. Some of these help block how much cholesterol your body takes in from the outside; some interrupt your liver's ability to make cholesterol; and some absorb cholesterol. Your doctor can help you decide what is best for you.