

## 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

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.  
Laurel Gammie McDonald, C.N.M.  
Denise Staerker, C.N.M.  
Susan Yeomans, C.N.M.

### 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.  
Jane Phillips, P.A.  
Kevin Poelker, P.A.

### 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.  
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

## Did You Know?

- 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](http://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) 574-7344 • (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

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](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 2009

Physicians' Primary Care  
OF SOUTHWEST FLORIDA

# Communicator

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

## Physicians' Primary Care Offers New Online Services

Why call when you can click?

Physicians' Primary Care is pleased to announce its new online services for the convenience of patients who wish to request appointments or prescription renewals, or even pay their bill from the comfort of their own home or office.

"Many of our patients requested the ability to interact with our practice on their schedules, instead of having to call during business hours," said Administrator Annette Ponders. "It's easy, fast and convenient."

By visiting the Physicians' Primary Care Web site at [www.ppcswfl.com](http://www.ppcswfl.com) and clicking on

"Patient Login" at the top of the home page, patients are able to register and create their own account to do any of the following:

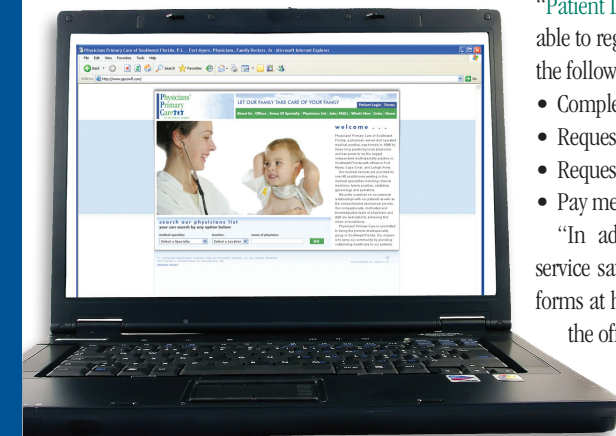
- Complete registration forms before appointments
- Request appointments
- Request prescription renewals
- Pay medical bills

"In addition to the convenience, our new online service saves patients a lot of time too. By completing forms at home, you don't have to spend time doing it in the office," Ponders said.

The Web site is secure and your account is password protected. Patients who prefer to contact the practice by telephone are still

welcome to do so, Ponders emphasized.

"Our goal is to provide our patients with the best experience possible when interacting with our practice – whether that's by phone, online or in person," Ponders said. ■



## 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!



## PPC Welcomes Dr. Shimp



Dr. Kathleen Shimp

Physicians' Primary Care is proud to announce the addition of Kathleen Shimp, M.D., to the PPC team of obstetricians and gynecologists.

Dr. Shimp joined PPC in January and is practicing at the Fort Myers office at 9021 Park Royal Drive and at the Lehigh Acres OB/GYN office at 3507 Lee Blvd. She is accepting new patients.

Dr. Shimp received her Doctor of Medicine degree from the University of Florida in Gainesville and served her residency at the Carolinas Medical Center in Charlotte, N.C. Prior to joining PPC, Dr. Shimp was a staff physician with OB/GYN Specialists of the Palm Beaches in West Palm Beach.

She is a member of the American College of Obstetricians & Gynecologists, the American Medical Women's Association and the American Medical Association.

In her spare time, Dr. Shimp enjoys all water sports, especially swimming, boating, fishing and scuba diving. She also is an avid fan of the Florida Gators. ■

## 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!

(left to right)  
Renee Boyette, lab technician;  
Donna Minnillo, lab technician;  
Dr. Mary Yankaskas;  
Rosa Huhn, Park Royal Imaging;  
Mary Negron, Cape Coral OB/GYN;  
Administrator Annette Pounders;  
Cindy Carlson, Cape Coral Adult  
Medicine;  
Human Resources Director  
Fran Barker; and  
Jeri Gonzalez, lab technician.



NOT PICTURED are Becky Neely, Cape Coral Family Practice; Keith Ridge, Information Technology; Amanda Strudeman, Fort Myers Pediatrics; and Nancy Schmitt, Internal Medicine.

## HEADACHES Are Normal Part of Adolescence

By J.W. Bartlett, M.D., F.A.A.P.

Parents should know that headaches are a normal part of adolescence and are a common complaint that we see with teenagers and young adults. There are three major types of headaches.

The first and most common type is a tension headache. Tension headaches are described as feeling like there is a tight band around the head. The pain is usually dull, aching and frequently on both sides of the head but may be in the front and back as well. The causes of tension headaches are multiple and can be associated with not having a set time to go to sleep and wake up in the morning, not getting enough sleep, overexertion or overexposure to sunlight, stress at home or at school.

Tension headaches also can be caused by lack of proper nutrition, such as strictly sugary meals or skipping meals. Not getting enough fluids, particularly water, can cause some mild dehydration which can contribute to headaches. Caffeinated soft drinks or alcohol also can lead to tension headaches. Headaches can certainly be triggered by loud music or loud noises (monster truck rallies or automobile races). One of the newer causes of headaches is excessive "screen" watching, such as watching a lot of video games, time spent on the internet or watching television.

Treatments for tension headaches include avoiding the above triggers and also encouraging teenagers to change some of their sleep and dietary habits. Most of these common tension headaches will go away in a short time with rest and over the counter medications including naproxen, ibuprofen or acetaminophen.

The second type of headache is the migraine, which is described frequently as throbbing and can be either on the front or one side of the head, although they may sometimes move from side to side. A migraine headache frequently causes one to feel somewhat dizzy or lightheaded and there may be some nausea or even vomiting associated with the headache. Some teenagers may describe unusual smells, may see spots, and be overly sensitive to sounds and bright lights. Migraine headaches tend to run in families.

The third type is frequently described as a tension headache, but is triggered by anxiety and depression, rather than the triggers mentioned earlier. Families should watch for signs of depression, marked changes in sleeping habits, declining school performance and difficulty concentrating.

If you notice any of the following symptoms, your child should be seen by a pediatrician as soon as possible: A headache that follows any significant head injury (even if there is no loss of consciousness), any headache that follows a seizure, headaches associated with recurring episodes of vomiting (particularly if it occurs while the young person is at rest in a horizontal position), or any symptoms of impaired balance, dizziness or vision difficulties.

Most headaches do not indicate serious problems; however if any of these problems occur, please don't hesitate to contact your child's physician. If headaches seem to increase in frequency and severity, the adolescent should be evaluated as soon as it can be arranged. ■



Dr. J. W. Bartlett

## New Nurse Practitioner Joins PPC



Kathleen Mahan, ARNP

Kathleen Mahan, ARNP, has joined the team of nurse practitioners at Physicians' Primary Care.

Kathleen has more than 30 years of experience in nursing and has worked in both hospitals and medical practices in Florida, Virginia and Tennessee. She will be seeing patients at the Internal Medicine/Family Practice office at 6160 Winkler Ave. in Fort Myers.

She received her Master of Science degree in Nursing from the University of Florida in Gainesville and her Bachelor of Science degree in Nursing from Old Dominion University in Norfolk, Va. She also completed the Family Nurse Practitioner Program at Barry University in Miami.

Kathleen enjoys cooking, singing, and riding her Harley Davidson. ■

## New HALO Breast Pap Test Now Available at PPC

A new test called the HALO® Breast Pap Test is available for the first time in Southwest Florida to help doctors identify breast cancer risk.

Physicians' Primary Care is the first medical practice in Southwest Florida to offer the new FDA-approved HALO Breast Pap Test, which is available at OB/GYN offices in Fort Myers and Cape Coral.

"This truly is a major medical advancement in women's health," said Kevin M. Fleishman, M.D., of PPC. "Patients appreciate having the personalized information about their breast cancer risk that HALO provides."

The HALO Breast Pap Test is a simple, noninvasive, five-minute test that uses a combination of warmth, massage and suction to collect Nipple Aspirate fluid from the milk ducts, where more than 95 percent of all breast cancers originate. Once collected, the fluid is sent to a laboratory where pathologists analyze the fluid for any abnormal cells.

Like the Pap test for cervical cancer, the HALO Breast Pap Test looks for cellular changes years before a cancer might develop.

"These cellular changes don't always progress to cancer. But women with these cellular abnormalities are 400% to 500% more likely to develop breast cancer, so they need to take steps to reduce their risk, such



HALO Console

as diet changes, exercise, and reduced alcohol consumption, and they need to be monitored more closely and more frequently than the average woman," Dr. Fleishman said.

Dr. Fleishman said the test can be done annually for women ages 25 and older.

"It's especially important for younger women, who are not yet having mammograms. Younger women with breast cancer have worse outcomes and usually a more advanced disease than older women," Dr. Fleishman said.

The HALO Breast Pap Test is not intended to diagnose breast cancer or replace regular screening mammography or breast exams, according to Dr. Fleishman.

"It is a tool that helps identify women with precancerous changes who have a high risk of developing breast cancer. All women, regardless of their risk assessment, should undergo routine screening as recommended by their physician," he said.

For more information about the HALO Breast Pap Test, visit [www.PapTestForTheBreast.com](http://www.PapTestForTheBreast.com).

## Radiology Services Moves to New Location

Radiology Services for Physicians' Primary Care has moved into new quarters at the Cape Coral Family Practice building at 1304 S.E. 8th Terrace.

Services offered at this location include Mammography, Bone Density (DEXA) testing, X-Ray and Ultrasound (non-obstetrical).

Appointments are available Tuesdays and Thursdays for Ultrasound services and Monday through Friday for all other services.