

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

Angela J. Bryan, M.D.
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.
Michael S. Verwest, M.D.
Scott E. Wiley, M.D.
Jeanne Abdou, A.R.N.P.
Jane Phillips, P.A.
Kevin Poelker, P.A.

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, M.D.
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?

- Dr. Shannon Scott Greer has successfully completed the certification requirements of the American Board of Family Medicine.

The following physicians also have been recertified by the American Board of Family Medicine:

- Dr. F. Richard Kirley
- Dr. Dean S. Traiger
- Dr. Michael S. Verwest

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

5624 8th Street SW, Suite 108 • Lehigh Acres, FL 33971
(phone) 368-7050 • (fax) 368-1331

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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New Implantable Contraception Introduced in SW Florida by PPC



Dr. Paul J. Joslyn

A new contraceptive device that could revolutionize birth control has been approved by the U.S. Food and Drug Administration and currently is offered in Southwest Florida by Physicians' Primary Care of Southwest Florida.

Dr. Paul J. Joslyn, a gynecologist with Physicians' Primary Care of Southwest Florida, is the first physician in Southwest Florida to be trained in administering IMPLANON™, which is implanted under the skin of the upper arm and is effective for up to three years. He will be training other physicians in Southwest Florida over the next few months regarding proper insertion of the device.

IMPLANON™ is a flexible plastic rod the size of a matchstick that is placed under the skin and contains a hormone called etonogestrel. Because IMPLANON™ does not contain estrogen, your physician may recommend IMPLANON™ even if you cannot use estrogen.

"This represents a real advancement in contraceptive technology and will provide women with a new level of confidence in contraception," Dr. Joslyn said.

IMPLANON™ has been used worldwide by approximately 2.5 million women in more than 30 countries since 1998. If IMPLANON™ is inserted correctly, chances of becoming pregnant are less than one pregnancy per 100 women, according to the manufacturer.

"Even the best intentioned women can have difficulty using their birth control method consistently, which can lead to unintended pregnancy. IMPLANON™ is a hopeful alternative for women who prefer not to think about birth control every day, week, or month," Dr. Joslyn said.

IMPLANON™ does not protect against HIV infection and other sexually transmitted diseases. The most common side effect reported is irregular bleeding, including bleeding or absence of bleeding that may vary throughout the duration of use.

Women who wish to become pregnant may have the implant removed at any time. For more information, please speak with your PPC gynecologist.

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!

NEW VACCINE available to prevent cervical cancer

A new vaccine has been approved by the U.S. Food & Drug Administration to help prevent many types of cervical cancer caused by Human Papilloma Virus (HPV).

“Gardasil is major health breakthrough — the first vaccine specifically designed to prevent cancer and is approved to prevent not only many types of cervical cancer but also most genital warts,” said Dr. Nuel Celebrado of Physicians’ Primary Care. “Since Gardasil prevents HPV, a sexually transmitted disease, it is important that it be given before females become sexually active.”

The Centers for Disease Control and Prevention recommend that Gardasil be administered to 11- and 12-year-old girls and to females ages 13 to 26 who have not previously been vaccinated. Nine- and 10-year-old girls can be vaccinated at the discretion of their physician.

In 2005, the Centers for Disease Control estimated that about 50 percent of sexually active people will acquire HPV during their lifetime. Since most people with HPV may not show any signs or symptoms, they

can pass on their HPV infection to their sexual partners without knowing.

“Persistent HPV infection can cause genital warts, abnormal Pap tests and cervical cancer. Gardasil protects recipients against two types of HPV that cause 90 percent of genital warts and against two types that cause 70 percent of cervical cancers,” Dr. Celebrado said.

Gardasil will not treat these diseases, Dr. Celebrado emphasized. It also will not prevent all forms of genital warts or cervical cancers.

The vaccine is given in three doses over six months. The most common reported side effects are pain, swelling, redness, and itchiness at the injection site. Fever, nausea and dizziness also have been reported. The vaccine cannot be given to pregnant women.

For more information about Gardasil, see your pediatrician or gynecologist at Physicians’ Primary Care.



Dr. Nuel Celebrado

Helping Children Manage Their Weight

By R. Nathan Landefeld, M.D.

Studies have shown that today’s children are more than twice as likely to be obese, compared with children from the 1960s. More than 15 percent of America’s children were considered obese in a study from 2000, and that number is likely to have grown since then. Being overweight can contribute to impaired self-esteem and limit a child’s athletic abilities. If unchecked, obesity also can cause health issues such as high blood pressure, coronary vascular disease, osteoarthritis, liver disease, and diabetes.

The first step in dealing with an obese child is a visit to the child’s pediatrician. While metabolic and endocrine problems contribute to only a tiny percentage of obese children, it’s important to rule them out. Also, your child’s doctor may request testing for diabetes and cholesterol problems. They also can help formulate a plan for weight loss.

Obese children should avoid fad diets, as these are generally quite limited in variety and, therefore, short-lived. Concentrate on consuming a variety of low-calorie, high-“value” foods, such as fruits and vegetables, high fiber carbohydrates, and lean meats. Parents should be aware that many obese children drink a large portion of their calories in the form of soda, whole milk, juices, and sweet tea. Try substitut-

ing water, unsweetened drinks, and skim milk.

Eating meals together as a family also is important. Family meals are associated with children eating more fruits and vegetables, and less fatty foods and soda. This also can help children learn appropriate portions, which are often exaggerated in foods purchased outside the home. Remember to support your child through your own healthy eating habits — it’s difficult for a child to eat a snack of apples when the rest of the family is eating ice cream!

Encourage your overweight child to become more physically active. This doesn’t necessarily mean joining a health club or gym. One of the most important, easy things to do is limit TV, video games, and computer time. Also, encourage children to join a sports team, go to a pool, ride bikes, or simply go for a walk.

Remember — the key to effective weight loss is small changes over long periods of time, so keep activities fun and varied so your child does not lose interest.



Dr. R. Nathan Landefeld

New Shingles Vaccine Offered

By F. Richard Kirley, M.D.

An exciting new vaccine for the prevention of shingles has been recently approved by the U.S. Food and Drug Administration.

ZOSTAVAX is indicated for the prevention of shingles, also known as Herpes Zoster. Shingles is a rash that appears on one side of your body. The rash usually begins as a cluster of red spots that later blister. The rash may itch and is often very painful. The rash generally heals over several weeks and the pain usually lessens as the rash heals.

People with immune system problems are at greater risk for developing a widespread rash. Shingles is caused by the same virus that causes chickenpox. Once you’ve had chickenpox the virus can live and remain inactive in one or more nerve roots in your body for years. For reasons not fully understood, the virus can later become reactivated. Age and immune system problems can increase your risk of getting shingles.

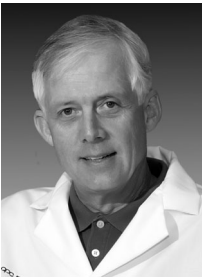
ZOSTAVAX works by helping your immune system protect you from getting shingles and the associated pain, which on rare occasions can last indefinitely. Though not 100 percent effective in preventing shingles, if you get shingles and have been vaccinated it may help prevent that nerve-related pain that can linger after the shingles rash has healed. ZOSTAVAX cannot be used to treat shingles once you have it. If

you do get shingles, see your doctor within the first few days of getting the rash.

ZOSTAVAX is for people older than 60. Those who should not receive ZOSTAVAX include those who are allergic to gelatin or neomycin or who have conditions that weaken the immune system such as an immune deficiency, leukemia, lymphoma or HIV/AIDS. Others who should not receive ZOSTAVAX are those who take high dose steroids (prednisone) or who have active tuberculosis that is not being treated.

Please tell your doctor all the medications you are taking and any allergies you may have as well as any reaction you may have had to any other vaccines. Also notify your doctor if you are in close contact with someone who is pregnant or who may be pregnant and who has not had chickenpox or been vaccinated against chickenpox, or someone who has immune system problems as listed above.

ZOSTAVAX is given as a single dose under the skin. Side effects most commonly reported include redness, pain, swelling, itching, warmth and bruising at the injection site and headache. Discuss with your doctor if ZOSTAVAX is right for you.



Dr. F. Richard Kirley

Dr. Antonucci Receives Humanitarian Award



Dr. Lawrence Antonucci

Lawrence Antonucci, M.D., of Physicians’ Primary Care of Southwest Florida has been honored as a recipient of the *Key to the Cure Humanitarian Award* by Saks Fifth Avenue.

“Your selfless dedication to the welfare of our community and particularly women’s health issues is well known and widely respected. It is our honor to have a person of your stature receive the *Key to the Cure Humanitarian Award* for 2006-07,” said Carole Crevar-Stockard, general manager of Saks Fifth Avenue in the Bell Tower.

The *Key to the Cure Humanitarian Award* recognizes those individuals who have worked to increase breast cancer awareness and women’s reproductive cancers.

Please join us in congratulating Dr. Antonucci!

Dietary Tips for Parents

- Reduce added sugars, including sugar-sweetened drinks and juices
- Use canola, soybean, corn oil, safflower oil, or other unsaturated oils in place of solid fats during food preparation
- Use recommended portion sizes on food labels when preparing and serving food
- Use fresh, frozen, and canned vegetables and fruits and serve at every meal; be careful with added sauces and sugar
- Introduce and regularly serve fish as an entree
- Remove the skin from poultry before eating
- Use only lean cuts of meat and reduced-fat meat products
- Limit high-calorie sauces such as Alfredo, cream sauces, cheese sauces, and hollandaise
- Eat whole-grain breads and cereals rather than refined products; read labels and ensure that “whole grain” is the first ingredient on the food label of these products
- Eat more beans and tofu in place of meat for some entrees
- Breads, breakfast cereals, and prepared foods, including soups, may be high in salt and/or sugar; read food labels for content and choose high-fiber, low-salt/low-sugar alternatives

Source: American Academy of Pediatrics

Dr. Wiggins Elected Co-Chair Of School Health Advisory Committee

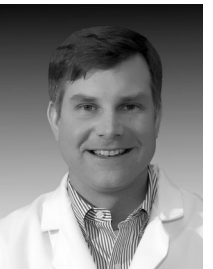
Next time you hear about a new health policy in Lee County public schools, you may have the School Health Advisory Committee co-chaired by Dr. Stanley L. Wiggins to thank for it.

Dr. Wiggins, a pediatrician at the Cape Coral and Lehigh pediatrics offices of Physicians’ Primary Care, was elected co-chair of the volunteer committee made up of health care providers, nurses, parents and teachers. Dr. Eleanor Blitzer of the Cape Coral pediatrics office of Physicians’ Primary Care also is a member of the committee.

“Our role is to make recommendations to the Lee

County School Board for policies to improve school health. Issues can deal with anything from healthy lunches to having kids wear hats and sunscreen for physical education classes,” Dr. Wiggins said.

The committee meets four times per year. Current issues include improving access to dental care, obtaining more school nurses, and offering anti-bullying measures.



Dr. Stanley L. Wiggins

congratulations