

# Physicians' Primary Care

OF SOUTHWEST FLORIDA

October 2019

## Our Adult Medicine Division Welcomes:



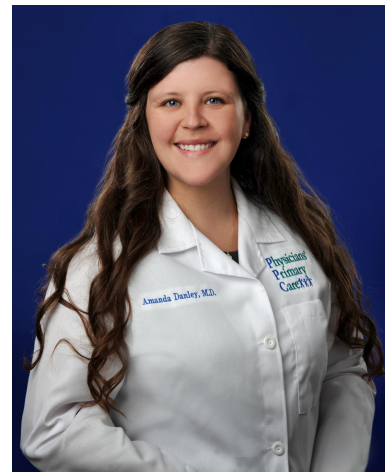
**Dr. Karla  
Noel, M.D.**

College Family Practice



**Dr. Syed  
Sher, D.O.**

Cape Coral Family Practice



**Dr. Amanda  
Danley, M.D.**

Cape Coral Family Practice

## Our Pediatric Division Welcomes:



**Dr. Melanie Coombs-Bynum, M.D.**

Camelot Pediatrics & Cape Coral Pediatrics

# Flu Season Ahead

Influenza vaccination is the most important way of preventing the flu and potentially severe complications, including death. Seasonal influenza vaccination reduces the likelihood of becoming ill with influenza or transmitting influenza to others.

## Who should get vaccinated?

[The CDC recommends](#) everyone 6 months and older get a flu vaccine each year. Others that are recommended to get the flu vaccine are:

- People who have certain medical conditions including asthma, diabetes, and chronic lung disease
- Pregnant women
- People 65 years and older
- People who live with or care for others who are high risk of developing serious complications

*Call your PPC office to schedule your flu shot*

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# Physical Therapy Month

Physical Therapy is a branch of rehabilitative healthcare that uses patient-specific exercises and equipment to help patients regain or improve their physical abilities. Physical therapists work with many types of patients, ranging from: infants, adults to the elderly. Each and every person deserves to live an enjoyable, healthy and painless life. Lifestyle, pain, injury or weakness can have a negative affect on how we live our lives every day. The things most of us take for granted, such as: getting in/out of bed, taking a bath, getting dressed, sitting and standing can be extremely painful.

[Physical therapists \(PT's\)](#) can assist in the following:

- Prevention of injuries
- Treatment of health problems associated with bones, joints, nerves, tendons, ligaments, circulation, & muscles
- Pain management/pain relief, advancements with balance and mobility

Each patient can expect the most up-to-date evidence-based treatment interventions, and one-on-one individualized attention. We believe functional movement is central to what it means to be healthy.

During the month of October receive a **FREE**  
**"BALANCE SCREENING"**

*Call **239-242-2641** to schedule your balance screening*

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# We are a Patient-Centered Medical Home!

Physicians' Primary Care of SWFL has been awarded recognition by the National Committee of Quality Assurance (NCQA) Patient-Centered Medical Home Program

[National Committee for Quality Assurance](#) (NCQA) Patient-Centered Medical Home (PCMH) is the most commonly implemented model for transforming primary care practices into medical homes. PCMH highlights care coordination and communication through their model of care to transform primary care practices into "*what patients want it to be*".



*“NCQA Patient-Centered Medical Home Recognition raises the bar in defining high-quality care by emphasizing access, health information technology and coordinated care focused on patients,” said NCQA President Margaret E. O’Kane. “Recognition shows that Physicians’ Primary Care has the tools, systems and resources to provide its patients with the right care, at the right time.”*

## Children's Books



Our Pediatric Offices are collecting children's books. All children are able to take a book home after their appointment. If you have new or gently loved children's books we would be happy to have them.

**All children's book donations can be dropped off at any of our nine locations across Cape Coral, Fort Myers, and Lehigh Acres.**

Physician-Owned. Patient-Centered

