



Jennifer Ray, group fitness manager, in the Whitaker Center's cycle studio.

Whitaker Wellness Center Reopens with Major Makeover

The Whitaker Wellness Center is back!

After an extensive renovation and modernization, North Naples' premier wellness facility is once again open, helping our community keep themselves in top shape. Whitaker Wellness takes its place alongside the downtown Briggs Wellness Center to cover all of Collier County with spa amenities, workout facilities and a complete restorative experience.

The Wellness Center originally opened in 2003 thanks to a generous donation from the Whitaker Foundation. The new expansive lobby was made possible by a gift from Ruth & G. Burt Holmes and is the first refreshed space to greet visitors and members coming into the Wellness Center.

"We offer all the amenities of a first-class day spa at a fraction of the cost," said Heather Imsdahl, Director of Employee Health & Wellness. "We have 28,000 square feet of wellness, and it's open to the public.

The Wellness Center offers flexible plans to suit every schedule and budget, with a variety of membership options including monthly and annual memberships, day passes, or a 14-visit pass. Whichever option you choose, you have access to classes and facilities at both the Briggs and Whitaker Wellness Centers.

Whitaker reopened in June 2021 with a variety of classes available each week, and more to come with the arrival of the winter season. Virtual classes are also available for those who prefer to exercise at home, or who want to stay with a favorite instructor while away for the summer.

If you're not sure where to start, you might want to participate in one of the Wellness Center's group fitness classes. The Whitaker Wellness Center offers many different formats for group fitness each week – more than any other fitness provider in Collier County. Options include cycling, stretch, Zumba®, foam rolling, interval training, strength training, barre exercise and a full range of yoga classes, among others. Whatever your level of fitness, there is a class that is ideal for you.

"With group classes, the workout is planned for you. Classes are fun, and there is a nice camaraderie among members and a sense of belonging," said Jennifer Ray, Group Fitness Manager. "Classes start and end at a set time, helping you plan your day. Many different classes are available, fitting a variety of schedules and fitness levels. In a class setting, the instructor will safely push you to perform better than you might on your own. And we are the only provider in the area to offer MOSSA-licensed fitness classes."

To soothe your body after a good workout – or even if you skipped the workout – members are invited to take advantage of the center's spa offerings. Whitaker has dedicated men's and women's whirlpool baths, steam rooms and saunas to get you glowing, and a variety of massage options including relaxation, deep tissue, and cupping by licensed massage therapists. For the most complete restorative experience, tune into a meditation class to soothe your mind.

"We're very proud of our new, ultra-spacious center," said Imsdahl. "With our dedicated Pilates Reformer studio, separate restorative studio, 85-inch video screens in the cycle room, TRX studio line, and extra-large Group Fitness Studio.

"Come here for a yoga class, relax in the steam room, and finish up with a massage. Everyone's goal is different, and we cater to each individual's needs," she said. "Our mission is helping everyone to live a longer, happier, healthier life."

Wellness Center Features:

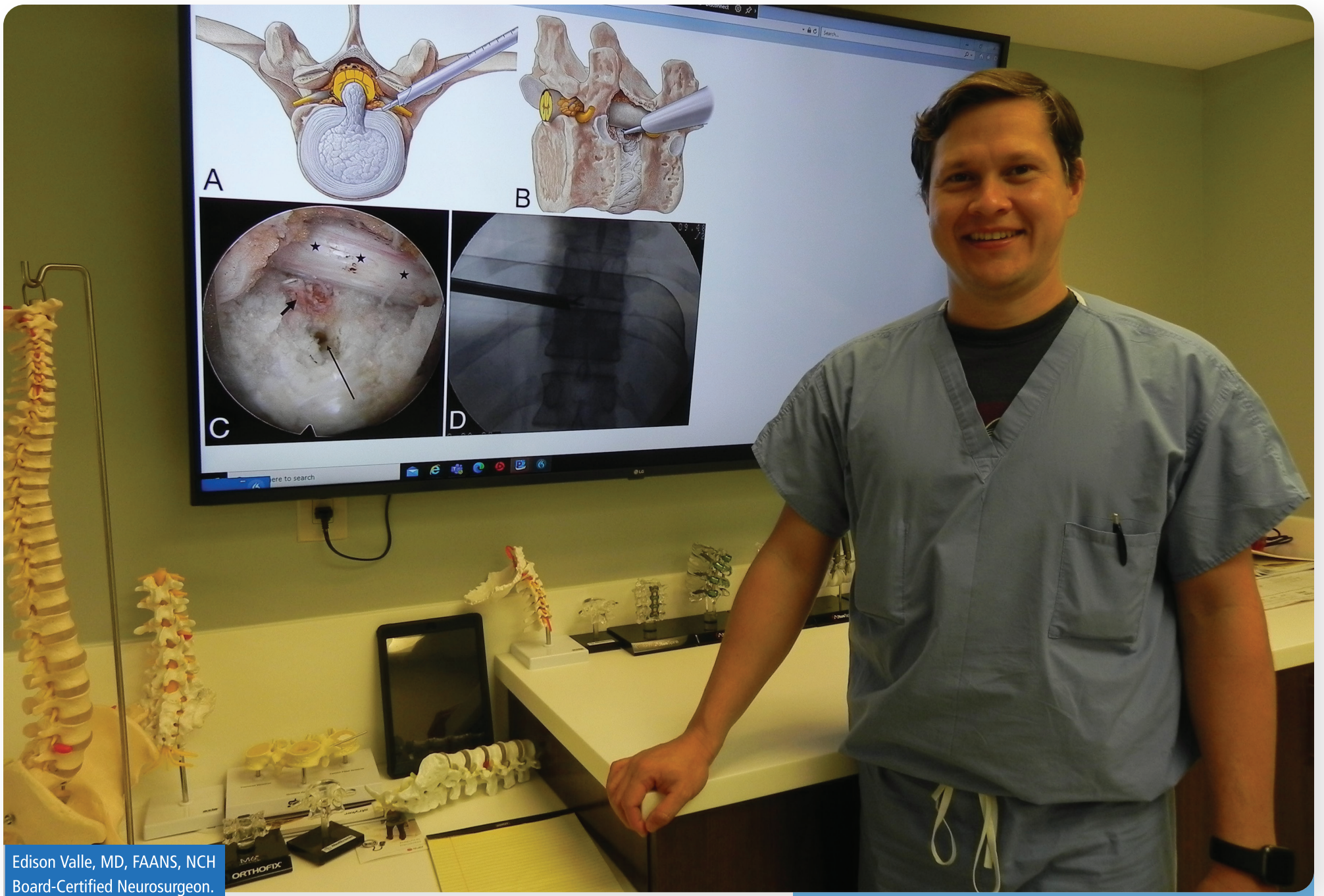
- The Whitaker Wellness Center offers variety of weekly classes; in-person and virtual
- State-of-the-art 28,000 sq. ft. facility incorporates latest advances in wellness and fitness
- Spa amenities include men's and women's whirlpools, steam rooms and saunas
- Meditation and massage options round out the complete restorative experience
- The center is open to all, with a wide array of plans and membership options



Rendering of the NCH Whitaker Wellness Center



A host of new exercise equipment addresses all needs and fitness levels. The Whitaker Wellness Center reopened in June, with 28,000 square feet of the latest fitness and wellness features.



Edison Valle, MD, FAANS, NCH
Board-Certified Neurosurgeon.

New Surgical Technique Offers Quick Recovery for Spinal Patients

This is not your father's back surgery. NCH's Board-Certified Neurosurgeon, Edison Valle, MD, FAANS, is among the first between Tampa and Miami to offer a minimally invasive surgical technique for patients who medically qualify.

This is great news for patients suffering from spine-related conditions such as bulging, herniated or degenerated discs, compressed nerves, chronic back pain, nerve pain in the arms, legs or neck, or a reduced ability to walk. In the past, conventional, or open spine surgery, was the preferred treatment method for many of these conditions – requiring a long incision, and an extended recovery time due to the necessity of disrupting nearby muscles and tissues in order to reach the neural structures.

The latest minimally invasive Endoscopic spine surgeries requires only a quarter-inch incision through which endoscopes, small fiber optic tubes with a light and lens, are fed into the spine, enabling the surgeon to perform the same surgeries. These procedures are not only faster, but they are also safer. Because trauma to nearby muscles, joints and tissues is avoided during an endoscopic procedure, the patient is able to enjoy a speedy recovery time.

"Endoscopic spine procedures are the next generation of 'super minimally invasive techniques,' as they really do not disrupt the surrounding tissues," explained Dr. Valle. "Since we use an endoscope no bigger than a pencil, there is no damage to the surrounding tissue as it is performed through a little opening in the spine. We can access the same nerves and the same part of the spine without disrupting any bone or any tissue whatsoever. This translates into minimal to no recovery time."

The minimally invasive surgical technique can be used to relieve pressure on the spinal nerves that can cause pain in the back, neck and extremities, and can also stabilize vertebral bones and joints.

"So, it has really changed the way we think about spinal surgeries," said Dr. Valle, adding that he and his team have now performed a handful of such procedures. "I am amazed at the results, especially as it speeds recovery for our older patients without damaging or changing the anatomy. And there is no scar, which patients also appreciate. When I see some post-op patients, it is hard to see where the incision was made."

Some minimally invasive surgeries are performed as outpatient procedures and utilize only local anesthesia, so there is less risk of an adverse reaction to general anesthesia, no recovery time, and patients can return home the same day.

For more information or to schedule an appointment, contact Dr. Valle at NCH Physician Group, Neurosurgery, 311 9th Street N., Naples at **(239) 624-4670**.

Benefits of minimally invasive spine surgery (MIS):

- Reduced blood loss
- Reduced risk of muscle damage, since less or no cutting of the muscle is required
- Reduced risk of infection
- Reduction of post-operative pain
- Faster post-operative recovery with reduced need for rehabilitation
- Better cosmetic results from smaller skin incisions (as small as several millimeters)

Minimally Invasive Spinal Surgeries treat the following conditions:

- Degenerative disc disease
- Herniated disc
- Lumbar spinal stenosis
- Back pain
- Sciatica
- Spinal instability including spondylolisthesis
- Vertebral compression fractures
- Spinal tumors
- Spinal deformities such as scoliosis

Candidates for spine surgeries include patients with the following:

- Bulging herniated or degenerated discs
- Compressed nerves
- Damaged discs when there is bone-on-bone friction
- Chronic back pain
- Nerve pain going down to the legs, sciatica
- Neck pain or arm pain
- Diminished or complete loss of the ability to walk

Lose the Weight – and Keep it Off – with Revolutionary Orbera Procedure

In March 2017, Frann Katz-McCombs' life changed for the better. And she is still enjoying that change today – four years later and 80 pounds lighter.

Tired of wearing a size 2XL, Katz-McCombs heard about a revolutionary procedure that promised long-term weight loss: the Orbera intragastric balloon. She researched the procedure thoroughly before finally deciding she was ready to make a serious commitment to weight loss.

"Orbera is a minimally invasive procedure and not a permanent solution, like the surgical gastric bypass," explained Katz-McCombs, adding that the procedure did not involve any kind of incision or overnight hospital stay. "The side-effects were minimal," she said.

The Orbera balloon works to prevent overeating by taking up space in the stomach. Only a small amount of food is needed to feel full, so patients will skip those larger portions. The balloon is kept in place for six months while the patient learns how to eat smaller, healthy portions and exercise.

Before the procedure, Katz-McCombs was required to follow a liquid diet for a few days. On the procedure date, she was mildly sedated, then an endoscope was inserted through her mouth to which a silicone balloon was attached. Her gastroenterologist, Mazen Albeldawi, MD, guided the balloon into her stomach and then carefully inflated it. Once inserted, there was no sensation of anything in her stomach.

"My follow-up consisted of educational visits with the NCH staff nutritionist, learning how to eat," said Katz-McCombs. "At first, I experienced nausea, but then it was easy for me. In the six-month period, I lost 67 pounds and 13 more pounds afterward for a total of 80 pounds. Now, I am a size 6-8, and I have kept the weight off; it's still hard for me to believe. Some people don't recognize me," she says.

The biggest thing, Katz-McCombs says, was that she had to retrain herself about the reasons she was eating – because it was all in her head and had nothing to do with food. "Food is not pleasure or a reward; it is nutrition," she said.

For Katz-McCombs, portion control was a big issue. "I don't buy anything in large portions. Dining out, I eat one-fifth of my meal, so I order an appetizer; you have to get used to leaving food on the plate." She said her diet now is one of simplicity – consisting mainly of protein and fiber. "The trick to maintaining your weight," she said, "is changing your attitude toward food."

Although she initially used a fitness app to track calories, she discovered she simply needed to focus on portion control. For exercise, she says she walks a lot and recommends going to a gym and weight training. At work, she uses a stand-up desk, a balance board and exercise with five-pound weights during conference calls.

Katz-McCombs now enjoys a protein drink for breakfast, tuna or salmon for lunch, a piece of fruit, and a salad for dinner. "I don't eat meat, chicken, or beef or drink alcohol," she said. "I don't eat carbs, bread, or pasta – but I don't miss anything and am happy with the way I eat. For treats, I have a fat-free, sugar-free pudding or a few sprouted grain pretzels. It's not like I just walk past the gorgeous desserts – I look – but I keep on walking."

For more information about the Orbera procedure or to schedule an appointment, contact Dr. Albeldawi at (239) 624-8070.

Benefits of Orbera intragastric balloon procedure:

- Non-invasive, incision-free weight loss option
- Candidates are those with a BMI of 30-40 who want to lose 20 to 30 pounds
- Performed under mild anesthesia on an outpatient basis
- Quick recovery
- The patient's anatomy is not changed
- The comprehensive 12-month program includes monthly clinical follow-up from dietitians, medical staff trainers, and other professionals
- Eliminates persistent feelings of hunger



Frann Katz-McCombs, an Orbera procedure patient who has kept her excess weight off since March 2017



Introducing the da Vinci® Xi™ Surgical System

NCH Healthcare System has joined a collection of healthcare systems across the country that currently offer the latest 4th generation da Vinci surgical system. The da Vinci Xi System was designed with the goal of further advancing the technology used in minimally invasive surgery. The System can be used across a spectrum of minimally invasive surgical procedures and has been optimized for multi-quadrant surgeries in the areas of gynecology, urology, thoracic, cardiac, and general surgery.

By enabling efficient access throughout the abdomen or chest, the da Vinci Xi System expands upon core da Vinci System features, including wristed instruments, 3D-HD visualization, intuitive motion, and an ergonomic design. As with all da Vinci Surgical Systems, the surgeon is 100% in control of the robotic-assisted da Vinci System, which translates his/her hand movements into smaller, more precise movements of tiny instruments inside the patient's body. The Xi System's immersive 3D-HD vision system provides surgeons a highly magnified view, virtually extending their eyes and hands into the patient.

Key Features Include:

- A new overhead instrument arm architecture designed to facilitate anatomical access from virtually any position.
- A new endoscope digital architecture that creates a simpler, more compact design with improved vision definition and clarity.
- An ability to attach the endoscope to any arm, providing flexibility for visualizing the surgical site.
- Smaller, thinner arms with newly designed joints that offer a greater range of motion than ever before.
- Longer instrument shafts designed to give surgeons greater operative reach.

Benefits of the da Vinci Robot Surgical System to patients:

- Shorter hospital stay
- Less blood loss
- Fewer complications
- Less pain
- Faster recovery time
- Smaller incisions associated with minimal scarring

The da Vinci Xi System is an expandable technology platform that is designed to accommodate and seamlessly integrate a range of current technologies, as well as future innovations, in areas such as imaging, advanced instruments and anatomical access. We are truly thrilled to be a leader in this field and look forward to continuing to bring minimally invasive surgical options to Southwest Florida.

For more information on minimally invasive surgical options at NCH Healthcare System, visit nchmd.org.



Eating Healthy is Possible when Dining out

Naples and Southwest Florida are culinary meccas with many enticing restaurants, and many residents, seasonal residents and visitors are regular patrons. But the tasty temptations on the menu can be an unhealthy trap, warned Audrey McKernan, RD, LD/N, CDE, (Registered Dietitian, Licensed Dietitian/Nutritionist, and Certified Diabetes Educator at NCH's Briggs Health Pavilion.) She shared strategies to help you eat well when dining out and offered tips you can apply when ordering from the menu at virtually any type of restaurant.

"Is it really possible to dine out and eat healthy at the same time? The answer is a resounding YES!" said McKernan. "You just need to be an informed consumer of the foods you consume."

"First and foremost," said McKernan, "many menu items are loaded with sodium." She suggests you ask for low-sodium options, order dressings, sauces, and gravies on the side, and eliminate condiments such as soy sauce, steak sauce and ketchup. "Fresh foods are better than processed, and broiled, grilled or steamed options are generally better than those that are braised, basted or fried," she said.

Portion control is also important, said McKernan, to cut down on fat and calories along with excess sodium. "Ignore the breadbasket and butter and go with open-faced sandwiches or wraps to further cut carbs," she suggested. Since many restaurants provide very large portions, she said you should consider splitting your meal between two people, or ask for half to be wrapped up for tomorrow's lunch. "Ask right away so you don't end up eating the whole dish," she said.

On the beverage front, drinking a glass or two of water before eating will curb your appetite, and cut your intake of alcohol as well, said McKernan. And if you're going to drink, red wine is a healthier choice than the traditional piña coladas, daiquiris or margaritas, she added. "A margarita can "weigh in" at 750 calories," she warned. "And be careful with the creamy, fat-filled specialty coffee drinks as well."

Dessert, anyone? "Share." said McKernan. "Your sweet tooth will be satisfied by just a couple of bites. Choose fruit with a dab of whipped cream, or better yet, put off dessert till you get home. Chances are that the craving will be gone."

Dietician's Tips for Healthy Dining Out

- Drink water to avoid overeating.
- Avoid sodium-laden sauces and ask for dressings etc on the side.
- Pass on the breadbasket – literally.
- If you're having dessert, go with fruit, share, or wait until you get home.



Audrey McKernan, Registered Dietitian, Certified Diabetes Educator

NCH Receives \$5.7 Million Gift for Women and Children to Receive Care Closer to Home

The Bill and Julia Van Domelen Foundation has awarded NCH Healthcare System a transformative gift of \$5.7 million. This gift was offered to NCH specifically because of common initiatives between the Foundation and the NCH Healthcare System with the goal of keeping families closer to home by enhancing access to critical and specialized care for all women and children. The Bill and Julia Van Domelen Foundation have been instrumental in addressing challenges in our community by bringing organizations together to address common issues.

“With the support of generous donors, like the Bill and Julia Van Domelen Foundation, NCH intends to grow the services offered at the NCH Women’s and Children’s Pavilion,” said Paul Hiltz, President and CEO of the NCH Healthcare System. “This wonderful gift will allow NCH to expand, enhance and develop services that better allow us to care for the women and children in our community, and has opened the door to improve collaborations with other local healthcare agencies that we will work together with to ensure healthcare access in our community is the number one priority.”

“We wanted to choose a healthcare partner who is committed to providing quality care to everyone in Collier County including underserved families,” said Julia Van Domelen, Director of the Bill and Julia Van Domelen Foundation. “NCH’s commitment to making specialized care available right here at home so families can remain together during a complicated health issue, is precisely why we choose them to be the recipient of this gift.”

The funds provided from this gift will support the recruitment and hiring of high-priority staff positions to enhance patient care. NCH will have the opportunity to train operating room (OR) teams, emergency department (ED) healthcare workers, and inpatient staff to care for patients with a level of confidence that is obtained through simulation training.

The funds will also help raise the quality of care for NCH’s tiniest patients by elevating our current neonatal program to a level III NICU. These resources will also be used for expanding our fetal maternal medicine program and provide care that will aid soon-to-be-mothers with high-risk pregnancies. Further expansion of pediatric surgery and anesthesiology is also part of the plan, as well as growth in pediatric imaging.

Additionally, a portion of the gift will help Pediatric ED patients by creating more comfortable environments for children and teens with emotional, behavioral, and mental health challenges.

“The generous support of community philanthropists ensures our families have access to the care they deserve,” said Kristin Mascotti, MD, Chief Medical Officer for the NCH Healthcare System. “We are so grateful to the Bill and Julia Van Domelen Foundation for making this enhancement of maternal and pediatric care possible.”

Council Aims to Improve Hospital Experience for Both Patients and Their Families

If you’ve ever had a family member who required hospitalization, you know that the experience can be just as difficult for loved ones as it can be for the patient. Not only are family members often left to navigate an often-confusing maze of medical jargon, hospital protocols and processes, they’re often attempting to do so while maintaining a job, family and other life responsibilities. The emotional strain can often be overwhelming.

Recognizing the challenges faced by patient family members, NCH created the Patient Family Advisory Council (PFAC) in January 2021 to improve communications between hospital staff and family members and to help NCH in its ongoing mission to deliver exceptional patient care.

“Illness of an individual doesn’t just affect that one person; you have a ‘sick’ and frightened family as well,” explained Amanda Smith, NCH Director of Guest Relations and PFAC staff co-chair. “PFAC looks at ways to ensure that the family is ‘seen’ and looked after with the same sensitivity that we provide our patients.”

The PFAC initiative was formed by NCH executive sponsors Kristin Mascotti, MD, Chief Medical Officer, and Carlos Quintero, MD, Chief Quality Officer. Their vision was to create a diversified committee with representatives from patients, families, hospital staff and executives, that could explore issues affecting patient care from several different viewpoints – and affect change when warranted.

Smith says that the council has already made changes in the hospital, and through PFAC, they have found an effective way to make improvements with input from everyone who is impacted.

“Some items that we have worked on include brainstorming fall prevention strategies in patients’ rooms, reviewing materials brought by NCH staff for feedback, enhancing the inpatient platform with bedside solutions, and selecting the best patient-use trays for food delivery,” explained Smith.

The council serves as a place for patients and their families to voice concerns arising from personal experiences with the ear of hospital staff and executives who are in a position to authorize changes. The committee also reviews the results of patient surveys to identify areas that may be in need of improved patient and family communication and provides input on protocols and processes to improve clinical and personal outcomes for both patients and their caregivers.

The PFAC agenda also addresses concerns initiated by NCH staff, and toward that end, the advisors attend rounds with executives to various units and carefully listen to the issues raised by healthcare staff. They also bring awareness of the role of PFAC to the NCH staff.

PFAC includes Sandra Lee Buxton and Sunny McCowan, advisor co-chairs, and Amanda Smith, staff co-chair. Nine committee advisors are distributed among caregivers, family, and former patients, and are supported by executives and rotating ancillary staff members.

“Our PFAC committee members have diverse backgrounds and personal experiences as a patient or as a caregiver of a hospitalized patient,” explained Buxton. “This information is important to the process, and each committee member is respected and realizes that their voice is heard. Team members also recognize that expressing their life experiences is pivotal to achieving change, streamlining services, and removing barriers to satisfaction.”

Periodically, the NCH executives receive a PFAC report communicating strategies and recommendations to improve the healthcare experience.

For more information, or to learn about the application process, email the Department of Guest Relations at PFAC@nchmd.org or call **(239) 624-3410**.



Amanda Smith, Director of Guest Relations, PFAC staff co-chair.



PFAC advisors and members: (front center) Benita Staadecker; (center, l to r) Garrett Anderson, Diane Denny, Ruth Veneziano, Mara Saad, Amanda Smith, Sandra Lee Buxton, Stacie Johnson, Troin Artis, Pat Botthof, Sunny McCowan, Patti Fowle, Carolina Diaz Leventhal; (back) Craig Greenwood.

Ways in which PFAC advisors impact change:

- IDENTIFY areas for improvement by sharing experiences, issues concerning different functions, and reviewing patient survey results
- INFLUENCE change by participating in staff, patient and family education and by serving as a representative on various committee decisions
- IMPROVE both clinical and personal outcomes for patients and their caregivers

PFAC involvement as an advisor includes:

- Commitment to serve as the advisor and voice of the NCH patient and family
- Commitment to 10 meetings in a calendar year (attend at least 8)
- Availability of three to four hours per month between meetings and project work
- Participation in special events or activities to raise awareness about PFAC

To become a PFAC advisor, you must:

- Be coping well with your hospital experiences
- Be willing to talk about your experiences and effectively share insights and information
- Demonstrate a passion for improving health care for others
- Have the ability to listen well, respect the perspectives of others, interact with various individuals, and work in partnership
- Enjoy working with others, show a positive outlook on life, and bring a sense of humor

NCH and the NCH Physician Group

Academic Internal Medicine Clinic

Charles Graeber, MD 1
 David Linz, MD 1
 Jeffrey Howland, MD 1
 Tracy Walsh, MD 1
 Medical Resident Physicians 1

Allergy and Immunology

Florina Neagu, MD 19

Behavioral Health

Brandon Madia, DO 1
 Esther Mugomba-Bird, APRN 1

Cardiology

David Axline, MD 14 5 1
 Michael S. Flynn, MD 1
 Adam J. Frank, MD 14 1
 Bruce A. Gelinias, MD 14 5 1
 Larry Leslie, MD 14 5 1
 Randolph Panetta, MD 1
 Tracey Roth, MD 14 1
 Samantha Sublette, MD 1
 Carlo Santos-Ocampo, MD 14 1
 Dinesh Sharma, MD 5 1
 Hillary Tassin, MD 1
 Silvio C. Travalia, MD 14 1
 Shona Velamakanni, MD 1
 Tara Louka, PA-C 1
 Caroline Shaw, PA-C 14 1

Cardiovascular Surgeons

Stephen D'Orazio, MD 1
 Robert Pascotto, MD 1
 Brian Solomon, MD 1

Center for Breast Health

Sharla Gayle Patterson, MD 2

Concierge Medicine

Ruben Contreras, MD 20
 Rasai Ernst, MD 20
 Mark Goldstein, MD 7
 Robert E. Hanson, MD 7
 Jesse H. Haven, MD 1
 Julie Southmayd, MD 1
 Gary Swain, MD 1

Endocrinology

Victor Luna, MD 14
 Valeriu Neagu, MD 1
 Michelle Nowak, APRN 1

Family Medicine

Andrew M. Bernstein, DO 12
 Christian O. Beskow, MD 12
 Jerry G. Best, MD 2
 Angelo J. Babbo, DO 3
 Emily Essert, DO 2
 Leniesha Ferrington, MD 12

Angeline Galiano, MD 3 6
 Lirka Gonzalez-Rodriguez, MD 14
 Karen Hiester, DO 5
 Brian Menichello, MD 5
 Monica Menichello, MD 5
 Samuel Parish, MD 12
 John Pennisi, DO 19

Gilberto Riveron, MD 4
 Kathryn Tapper, MD 1
 Venkata Yerramilli, MD 14
 Adrian Zamora, MD 5
 Michelle Clark, APRN 4
 Sarah Lindsay, APRN 2
 Cindi Lukacs, APRN 1
 Angela B. Morales, PA-C 2
 Alejandrina Montas, PA-C 6
 Kaitlin Walls, APRN 19

Gastroenterology & Hepatology

Mazen Albeldawi, MD 13
 Maged Bakr, MD 21
 Anna Juncadella, MD 21
 J. Ryan Obi, MD 1
 Rajeev Prabakaran, MD 21
 Kunal Suryawala, MD 13
 Heather Paris, PA 13
 Aubrey Fulton, APRN 1

General Surgery

Robert Bailey, MD 2
 Wesley Dailey, MD 2
 Robert Grossman, MD 1
 J Ryan Obi, MD 1
 Luigi Querusio, MD 1
 Christopher Staudinger, MD 2

Infectious Disease

Sergey Akimov, MD 12
 Gary A. Bergen, MD 12
 Vato Bochorishvili, MD 12
 Mark A. Brown, MD 12
 Miguel Madariaga, MD 12
 Rebecca Witherell, MD 12

Internal Medicine

Susan Best, DO 16
 Andre Davies, MD 3
 Louis Dusseault, MD 6
 Giuseppe Guitoli, MD 14
 Kim Hamilton, MD 16
 Jeffrey Howland, MD 1
 Larry Kohn, MD 19
 David Linz, MD 3
 Pedro Martin, MD 5
 Bryan Murphey, MD 2
 Mark Speake, MD 1
 Tracy Walsh, MD 1

David C. White, MD 15
 Gianpietro Zampogna, MD 19
 Gina LaFountain, APRN 3
 Erica Staudinger, APRN 2
 Victoria Wadsworth, APRN 5 16

Nephrology

Shariq Ahmad, MD 1

Neurosurgery

Edison Valle, MD 1

Orthopedic Surgery

Christopher Adams, MD 13
 Richard de Asla, MD 13
 Herbert M. Bertram, MD 1
 Jon S. Douchis, MD 13 1
 Howard J. Kapp, MD 18
 Gregory Rubin, DO 13
 Scott Thompson, MD 4 13
 Raisa Genao, APRN 13

Pain Medicine

Magid Al-Kimawi, MD 13
 Haroon Andar, DO 13

Palliative Care

Elizabeth Brawner, MD 1
 Ryan Perdsock, MD 1

Pediatrics

Paul Shuster, MD 19
 Danielle Silva, MD 19
 Whitney Vedella, MD 5
 Tali Wojnowich, MD 19

Pulmonary, Critical Care & Sleep Medicine

Brenda Juan, MD 1
 Douglas Harrington, DO 1 13
 Jose Herazo, MD 1
 David H. Lindner, DO 1 13
 Vinay Patel, MD 1 13
 Vishal Patel, DO 1 13
 Carl Ruthman, MD 1
 Gaja Shaughnessy, MD 1
 Gary Sporn, MD 1 13
 Jose Valle, MD 1 13

Rheumatology

Su Yien Zhaz MD 16

Urology

Elliot Blau, MD 19
 Marc Colton, MD 19
 Stacey Gazan, APRN 19

Wound Care

Reynald C. Allam, MD 7 13

For an appointment with a physician, please call Access Healthline at (239) 624-7777

Consult with a healthcare provider 24/7 from anywhere in Florida for only \$45, visit NCHmd.org/VirtualCare to start your treatment.

1 NCH Baker Hospital Downtown
 NCH Downtown Naples Hospital: 624-5000
 Academic Internal Medicine Clinic: 624-0940
 Business/Occupational Health: 624-4630
 Community Blood Center: 624-4120
 Dr. John N. Briggs Wellness Center: 624-2750
 Emergency Department: 624-2700
 NCH Heart Institute: 624-4200
 NCH Imaging: 624-4443
 Outpatient Cardiac Rehabilitation: 624-1680
 Outpatient Infusion Services: 624-4370
 Outpatient Oncology Navigator: 624-4988
 Outpatient Rehabilitation Center: 624-1600
 Palliative Care Clinic: 624-8490
 vonArx Diabetes & Nutrition Health Center: 624-3450

2 NCH North Naples Hospital Campus
 NCH North Naples Hospital: 624-5000
 Emergency Department: 624-9199
 Center For Breast Health: 624-8120
 NCH Imaging: 624-4443
 NCH Wound Healing Center: 624-0630
 Outpatient Pulmonary Rehabilitation: 624-6800
 Pediatric Emergency Department: 624-5000
 The BirthPlace: 642-6110
 The Brookdale Center: 624-5722

3 NCH Marco Island Campus
 Marco Urgent Care Center: 624-8540
 Outpatient Cardiac Rehabilitation: 624-8590
 Outpatient Pulmonary Rehabilitation: 624-8595
 Outpatient Rehabilitation Center: 624-8580

4 NCH Healthcare Bonita
 Emergency Department: 624-6900
 NCH Imaging: 624-4443
 Outpatient Surgery Center: 624-6930

5 NCH Healthcare Northeast
 Emergency Department: 624-8700
 NCH Imaging: 624-4443

6 NCH Healthcare Southeast
 NCH Immediate Care: 624-8220
 NCH Sleep Center: 624-8220
 Outpatient Rehabilitation Center: 624-1900
 NCH Imaging: 624-4443

7 NCH Wound Healing Center: 624-0650

8 Outpatient Rehabilitation Center: 624-6820
 Whitaker Wellness Center: 624-6870

9 Outpatient Rehabilitation Center: 624-0970

10 NCH Wound Healing Center: 642-0900
 Bonita Community Health Center

11 NCH Immediate Care: 624-8220

12 NCH Imaging: 624-4443

13 NCH Wound Healing Center: 642-0630
 Outpatient Rehabilitation Center: 624-0380

14 NCH Heart Institute: 624-1000
 Outpatient Cardiac Rehabilitation: 624-1080
 NCH Immediate Care: 624-1050

15 NCH Rehab Services Northeast Collier: 624-8790



For information on any of the NCH Healthcare System services, please call
 Access Healthline at **624-7777** or visit us online at **www.NCHmd.org**



At the **HEART** of
what matters most.



The Difference Is In the Care.

At NCH Heart Institute, compassionate care is at the heart of what matters most. From diagnosis to recovery, our renowned physicians and nurses provide a comprehensive cardiac care experience that is unparalleled and had led NCH to be named as one of America's 100 best hospitals for cardiac care.