



# PHYSICIANS REGIONAL MEDICAL GROUP

## Physicians and Medical Specialties NOVEMBER 2010

### **PINE RIDGE**

**Physicians Regional-Pine Ridge**  
6101 Pine Ridge Road  
239-348-4400

#### **Audiology**

*Clinic 2nd Floor - Desk 22*  
Ronald Gooden, Au.D.

#### **Bariatric Surgery**

*Clinic 2nd Floor - Desk 22*  
Mark Liberman, M.D.

#### **Cardiology**

*Clinic 1st Floor - Desk 10*  
Richard Prewitt, M.D.

#### **Colorectal Surgery**

*Clinic 2nd Floor - Desk 22*  
Susan Cera, M.D.  
Anthony Vernava III, M.D.

#### **Dermatology**

*Clinic 1st Floor - Desk 12*  
Stephen Ducatman, M.D.  
Craig Eichler, M.D.  
Robert Tomsick, M.D.

#### **Diabetes Education**

*Clinic 1st Floor - Desk 13*  
Pam Eichler, R.N., B.S.N., C.D.E.

#### **Facial Plastic Surgery**

*Clinic 2nd Floor - Desk 22*  
David Greene, M.D.

#### **Family Medicine**

*Clinic 1st Floor - Desk 10*  
Hope Chema, M.D.  
Gerald Levens, M.D.  
Nicole Malek, D.O.  
Ketan Trivedi, M.D.

#### **General & Minimally Invasive Surgery**

*Clinic 2nd Floor - Desk 22*  
Mark Liberman, M.D.  
Travis Fusselman, PA

#### **Gynecology**

*Clinic 2nd Floor - Desk 21*  
Dennis Hidlebaugh, M.D.

#### **Internal Medicine**

*Clinic 1st Floor - Desks 10, 11*  
Arnold Alexander, M.D.  
Charles Anderson, M.D.  
Bryan Murphey, M.D.

#### **Neurology**

*Clinic 2nd Floor - Desk 21*  
Michael Finkel, M.D.  
John Wilson, M.D.  
Ann Fowler, ARNP-C

#### **Ophthalmology**

*Clinic 1st Floor - Desk 11*  
Richard Beatty, M.D.

#### **Optometry**

*Clinic 1st Floor - Desk 11*  
Robert Guda, O.D.

#### **Otolaryngology**

**(Ear, Nose & Throat)**  
*Clinic 2nd Floor - Desk 22*  
David Greene, M.D.  
James Hadley, M.D.  
Jay Roberts, M.D.

#### **Rheumatology**

*Clinic 1st Floor - Desk 12*  
Allan Goodwin, M.D.  
Valerie Hahn, ARNP

#### **Sleep Medicine**

*Clinic 2nd Floor - Desk 22*  
David Greene, M.D.

#### **Thyroid & Parathyroid Surgery**

*Clinic 2nd Floor - Desk 22*  
Jay Roberts, M.D.

#### **Vascular Surgery**

*Clinic 2nd Floor - Desk 21*  
Argyrios Tzilinis, M.D.

### **PEBBLEBROOKE CENTER**

15215 Collier Boulevard  
Ste. 320  
239-348-4054

#### **Internal Medicine/ Pediatrics**

Kelly Fontana, M.D.

#### **Family Medicine**

Samuel Parish, M.D.

### **BONITA SPRINGS I**

**Diamond Ridge Center**  
3291 Woods Edge Parkway  
Ste. 200A  
239-947-4557

#### **Internal Medicine**

Zorayda Torres, M.D.

### **BONITA SPRINGS II**

24231 Walden Center Drive  
Ste. 204 - 239-348-4404

#### **Family Medicine**

Rebekah Bernard, M.D.

Ste. 203 - 239-348-4550

#### **Pain Management**

Heather Smith-Fernandez, M.D.

### **COLLIER BOULEVARD**

**Physicians Regional-Collier Boulevard**  
Regional Medical Arts Building  
8340 Collier Boulevard

Ste. 204 - 239-354-4316

#### **Family Medicine**

Michelle Becker, M.D.

Ste. 207 - 239-354-4301

#### **Cardiology**

Roland Werres, M.D., Ph.D.

Ste. 305 - 239-348-4566

#### **Family Medicine**

Linda Lucombe, M.D.

### **Five Convenient Locations**

6101 Pine Ridge Road, Naples, FL 34119 • 8340 Collier Boulevard, Ste. 204, 207 & 305, Naples, FL 34114  
15215 Collier Boulevard, Ste. 320, Naples, FL 34119 • 3291 Woods Edge Parkway, Ste. 200A, Bonita Springs, FL 34134  
24231 Walden Center Drive, Ste. 203 & 204, Bonita Springs, FL 34134

Appointments: 239-348-4400 or [www.PhysiciansRegionalMedicalGroup.com](http://www.PhysiciansRegionalMedicalGroup.com)

# Recommended Age Specific Tests

## Ages 18 - 29

Physical Exam

At least every 5 years, or as your doctor recommends.

Eye Exam

Once between ages 20 and 29.

Pap Smear (women)

Once a year for sexually active women.

Cholesterol Test

This one is needed now if you smoke, are obese, or have high blood pressure, diabetes or a family history of heart disease.

## Ages 30 - 39

Physical Exam

Every 3 to 5 years, or as your doctor recommends.

Eye Exam

Once between ages 30 and 39.

Pelvic Exam (women)

Once a year.

Pap Smear (women)

Once a year for sexually active women.

Cholesterol Test

Every 5 years if your last test was normal.

## Ages 40 - 49

Physical Exam

Every 1 or 2 years, or as your doctor recommends.

Eye Exam

Every 2 to 4 years.

Cholesterol Test

Every 5 years if your last test was normal.

Mammogram (women)

Baseline at age 40, then every 1 or 2 years.

Prostate Exam (men)

Age 45 for all African-American men and for white men with a family history of prostate trouble.

Bone Density Test

As you approach menopause (women); all women and men who are at risk for osteoporosis.

Pelvic Exam (women)

Once a year.

Pap Smear (women)

Once a year for sexually active women.

## Ages 50 and Older

Physical Exam

Every 1 or 2 years, or as your doctor recommends.

Cholesterol Test

Every 5 years if your last test was normal.

Mammogram (women)

Once a year.

Pap Smear (women)

Once a year for sexually active women. After age 70, women who have had 3 normal pap smears in a row or no abnormal results in 10 years, no longer need this test.

Rectal Exam

Once a year.

Fecal Occult Blood Test

Once a year.

Sigmoidoscopy

Every 5 years.

Colonoscopy

Every 10 years.

Prostate Exam

Once a year.

Bone Density Test

Women at or approaching menopause, all women over 65, men who are at risk for osteoporosis.

Baseline Audiogram

At age 60.

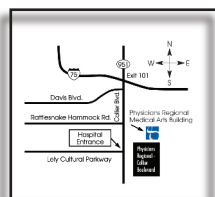
Skin Cancer Screening

Every 1 to 2 years.

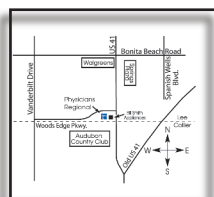
## Now accepting new patients in five convenient locations



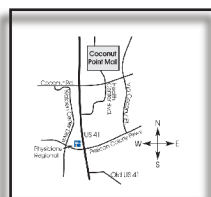
**PINE RIDGE**  
6101 Pine Ridge Road  
Naples, FL 34119



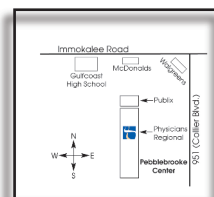
**COLLIER BOULEVARD**  
8340 Collier Boulevard  
Ste. 204, 207 & 305  
Naples, FL 34114



**BONITA SPRINGS I**  
3291 Woods Edge Pkwy.  
Ste. 200A  
Bonita Springs, FL 34134



**BONITA SPRINGS II**  
24231 Walden Center Dr.  
Ste. 203 & 204  
Bonita Springs, FL 34134



**PEBBLEBROOKE CENTER**  
15215 Collier Boulevard  
Ste. 320  
Naples, FL 34119