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# Health & Wellness<sup>®</sup> MAGAZINE

May 2020

Collier Edition - Monthly

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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>  
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>



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# Not All Heroes Wear Capes

## 21<sup>st</sup> Century Oncology Thanks Frontline Workers

21<sup>st</sup> Century Oncology would like to personally thank everyone on the frontline for their efforts during the COVID-19 crisis. The doctors, first responders, nurses, therapists, custodial workers, medical insurance processors, cashiers, food deliverers, truck drivers, chefs, volunteers, mail deliverers, military, and all other people in our local community and across the borders of our states, you are respected and honored as the real heroes that deserve to be recognized!

Putting oneself in the middle of a high-risk contagion such as the novel coronavirus is admirable, to say the least. It's brave individuals like you that make our country strong and proud. Caring for others—there is no higher calling.

### 21<sup>st</sup> Century Oncology Remains Open While Maintaining Safety Protocols at the Highest Level

Ongoing treatment for cancer is critical for patients. Because of this, the physicians and team members at 21<sup>st</sup> Century Oncology are continuing to keep radiation centers and all of their clinics open to deliver the highest quality of care for their patients. 21<sup>st</sup> Century Oncology is taking extensive precautions to protect their teams and their patients in each office through meticulous cleaning and limited access according to government standards.

As an alternative to in-person office visits, they are offering telemedicine where clinically appropriate to ensure your interaction with your physician for key services is not interrupted during this time.

If you need a telemedicine appointment or would like more information, please contact your local office or visit [www.21co.com](http://www.21co.com).



### Cancer Screenings and Treatment are Essential

Additionally, cancer screening is just as important as it's ever been. If you have any new symptoms or are due for skin, breast, colon, lung, prostate, or any other cancer detection test, do not put it off—waiting is not an option. Although cancers can be treated at almost any stage, certain cancers grow and proliferate rapidly, and with any disease, it's best to get diagnosed in the early stages. This allows the 21<sup>st</sup> Century Oncology team to treat you with optimal results. Again if you have any new symptoms, it's critical to get a proper evaluation and referral for imaging or other tests for screening and diagnosis.

For the past several weeks, we've all been practicing social distancing and rigorous hygiene. On April 3rd, Governor DeSantis issued a "stay at home" order and set standards for essential services, including medical treatment. Oncology is considered essential. If you have cancer, your ongoing care is critical, and you can rest assured that 21<sup>st</sup> Century Oncology has implemented stringent protocols to keep you and their staff safe. It's of their utmost importance to provide continuity of care without compromising the health and safety of their patients and medical staff.

### 21<sup>st</sup> Century Oncology

21<sup>st</sup> Century Oncology is the premier provider of cancer care services across multiple modalities, the largest radiation oncology provider and has one of the largest groups of urologists in the U.S. For more than 30 years, 21<sup>st</sup> Century Oncology has been committed to providing state-of-the-art, academic quality radiation therapy and other cancer treatments in a patient-centric setting focused on continuous innovation.

Headquartered in Fort Myers, Florida, the physician-centric company operates 123 radiation oncology treatment centers and 170 clinical offices in 15 states.

21<sup>st</sup> Century Oncology employs or is affiliated with nearly 900 physicians globally, including:

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21<sup>st</sup> Century Oncology works together to deliver the most advanced integrated cancer care.

Thank you again to the brave frontline workers. 21<sup>st</sup> Century Oncology joins you in support and loyalty to patients with COVID-19, the communities, and those that are treated and served during this pandemic.

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# BE ONE DREAM TEAM

## 21<sup>st</sup> Century Oncology is proud to **WELCOME** board certified radiation oncologist **Sonal Sura, MD, MBA**

**Dr. Sura** earned her Medical Degree at George Washington University in 2006. She was elected to Alpha Omega Alpha Medical Honor Society and graduated Magna Cum Laude. After her year-long research fellowship at Memorial Sloan Kettering Hospital, she went on to residency training at SUNY Downstate Medical Center in Brooklyn, NY which she completed in 2012. She served as Chief Resident from 2011-2012. She received training in all major modalities of Radiation Therapy cancer treatment, including Intensity Modulated Radiation Therapy (IMRT), Image Guided Radiation Therapy (IGRT) and Stereotactic Radiosurgery. She earned her Master's in Business Administration at the New York University Stern Executive MBA Program in 2017, where she specialized in leadership and marketing. She has a special interest in breast and GI malignancies. She is Board Certified with the American Board of Radiology in the specialty of Radiation Oncology. Before relocating to Naples, FL to join 21st Century Oncology, she served as the Director of Radiation Oncology at NYC H+H/Elmhurst, NY and Assistant Professor at the Icahn School of Medicine at Mount Sinai.

She loves running marathons, was a Modern Dance Major in college and loves traveling and spending time outdoors.



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## Keeping Mom Close Through Memories

—By Bob Johnson, RN, General Manager for VITAS® Healthcare in Collier County

It doesn't matter how old you are: Mother's Day is always a special day on the second Sunday in May. If your mother is still alive, it's a day for cards, flowers, get-togethers and special gifts.

For others, Mother's Day can be a bittersweet occurrence, marked by an ever-present sense of absence.

"Time heals all wounds" is a nice adage, but time also serves as a reminder of what's lost, and that's why the bereavement specialists at VITAS® Healthcare, the nation's leading provider of end-of-life care, encourage family members to find special ways of honoring their mother and their mother's legacy on Mother's Day.

Lorraine, the daughter of a VITAS patient, says being involved in her mother's hospice care helped her tremendously—while her mother was still alive and after she passed away.

"VITAS was there every step of the way," Lorraine says. "Without hesitation, each member of the team provided prompt answers and made transitions very smooth. They cared for me as well, always available to talk, support, and direct me when I found things overwhelming."

With the team's help, Lorraine's mother "passed peacefully at home," she says.

"I have never felt so close with a team of healthcare professionals," Lorraine recalls. "I will be forever grateful and amazed at the passion they all have for their roles in end-of-life care. They taught me what true LOVE is."

Robin Fiorelli, director of bereavement services for VITAS, points out that Mother's Day can resurrect grief and longing for mothers, whether it's been one year or 50 years since a death.

She encourages motherless sons and daughter to find special ways of honoring their mothers and "mother figures"—anyone who served as a protector or mentor in a motherly role.

Create special crafts, a photo album or scrapbook in her memory. Cook Mom's favorite recipe or volunteer in her honor on Mother's Day. Visit your mother's grave or find closure by attending a grief support group or memorial ceremony.

"It can be really healing on Mother's Day to honor the person who was motherly to you," Fiorelli says. "While we know our mother is gone, we still have a relationship with her, based on memories, a shared history and the fact that we can still feel her presence and support."

For more information about hospice and end-of-life care services, call VITAS Healthcare at 866.759.6695 or visit [VITAS.com](https://www.vitas.com).   

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# CLINICAL TRIALS

No other field of medicine is changing as rapidly as oncology. Over the past decade, literally dozens of new medicines and new approaches for treating cancer have been developed, and this has resulted in many more people surviving cancer than ever before. According to the National Cancer Institute, in 2020, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer. Some of the reasons cancer survival rates have dramatically increased can be linked directly to such things as improvements in early detection methods, more advanced therapies, and genetic research and clinical trials, which are responsible for developing more effective drugs.

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? In some instances, it is because clinical trials are misunderstood and patients may fear being “a guinea pig.” In clinical trials for a life-threatening disease like cancer, no one who participates in a clinical trial is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

## Debunking the Myths

Aside from the misunderstanding about being a guinea pig, patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.

All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer ... then in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.



## Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, there are many hundreds of promising new cancer drugs and therapies currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists (FCS) is a recipient of the national ASCO Clinical Trial Participation Award and a strategic partner of the Sarah Cannon Research Institute, one of the largest clinical trial organizations in the U.S. As such, FCS offers access to more national clinical trials than any other private oncology practice in Florida ... and, if you qualify to participate in a clinical trial, you can do so in the comfort and convenience of your local FCS cancer center.

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Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, throughout Florida. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, that deliver the most advanced and personalized care in your local community.



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# MODIFYING CHILD SUPPORT IN FLORIDA

By Kenneth V. Mundy, Esq.

**A**fter a divorce with minor children or an action for the determination of paternity in Florida, a court will issue a child support order. The child support order will clearly identify the financial responsibilities each parent must meet for their children's food, education, housing, health-care, and other living expenses. As you and your co-parent's life circumstances evolve, however, either of you may experience a change that may require an adjustment to the amount of child support that needs to be paid. For example, one of you may lose your job, or more positively, one of you may receive a major promotion. To adjust the child support, you both may stipulate to the adjustment or you ask the court to intervene. This article primarily focuses on what happens when you and your co-parent cannot agree. Generally, you are required to go back to court to effectuate a change to the child support order.

Before a court can grant a child support modification in Florida, you and/or your co-parent must experience a substantial change in circumstances. Typically, the party enduring the change must prove that the change falls within one of three following areas to request and obtain a modification to the child support obligation.

## 1.) Changes in Income

If you or your co-parent experience a drastic increase or decrease in income, there's a high likelihood the court will modify the current child support obligation. Florida child support statutes allow for modification of child support when said modification would result in a change in support of at least 15% or \$50.00, whichever is greater. Therefore, if you experience a significant raise in income or if you are one of the countless Florida residents that were terminated from employment or laid off due to the coronavirus, your child support order can potentially be modified upward or downward.

## 2.) Changes in Expenses

If there is a change to your or your co-parent's child-care expenses, modification of the child support order may be warranted. There are several ways a child's expenses may increase or decrease. Here are some examples, but as with many things in the law, this list is not exhaustive.



- a. A medical diagnosis that requires ongoing care;
- b. Enrollment in a private school;
- c. Changes in daycare costs or frequency; or
- d. An increase or decrease in the children's health insurance expenses.

Finally, a change in the parents' expenses may also qualify as a change in circumstances warranting modification. For instance, if your co-parent is obligated to pay you alimony, but this alimony obligation is later modified or terminates, modification of child support may result. Other examples include:

- a. The addition of a child support order for another child;
- b. A sudden increase or decrease in payroll taxes; or
- c. A major increase or decrease in one or both parents' health insurance expenses.

## 3.) Changes in Custody

Changes in custody can also trigger a modification of the child support order. Consider the situation where both parents have 50% of the overnights with their children. If one parent consistently fails to exercise their timesharing, and the other parent can prove it, the court may adjust the child support amount accordingly to reflect the timesharing arrangement that is actually being followed by the parents. Similarly, if the parents officially change the custody agreement, they can also request that child support be modified based on their new agreement.

Before a child support obligation can be modified in Florida, the parent seeking modification must file a Supplemental Petition for Modification of Child Support. This petition must be served on the other parent, who then will have 20 days to file an answer.

The case then proceeds, assuming the parties cannot agree, to a trial, just like the initial divorce or paternity action. In most cases, the parties are obligated to attend mediation before the case can progress to trial.

The process of modifying child support can be straightforward if both parties can amicably reach an agreement. In many cases, however, child support issues can become very complicated, very fast. Therefore, it is essential to work with a skilled family law attorney that will protect and advocate for your best interests.

If you experienced a substantial change of circumstances that may warrant modification of your or your co-parent's child support obligation, it is imperative that you have the guidance of an experienced family law attorney to assist. The family law attorneys at Woodward, Pires & Lombardo, P.A., are Certified Financial Litigators and regularly help clients navigate through complex child support issues. To further discuss the facts and circumstances of your specific situation, please contact the law firm of Woodward, Pires & Lombardo, P.A., at (239) 649-6555. We look forward to hearing from you.

**Kenneth V. Mundy, Esq.**, associate attorney with the law firm of Woodward, Pires & Lombardo, P.A., graduated summa cum laude from Ave Maria School of Law in 2016. Mr. Mundy is a Certified Financial Litigator specializing in family and marital law, including but not limited to, complex divorces, child custody disputes, child support and alimony issues, paternity matters and domestic violence proceedings. Mr. Mundy also represents community associations located throughout Southwest Florida. Mr. Mundy was originally born in New Jersey and moved to Naples, Florida with his parents and older sister in 1997. Mr. Mundy is presently engaged to long time Naples native, Taylor Morgan, who attended the Community School of Naples and thereafter obtained her undergraduate degree from Florida Gulf Coast University. Mr. Mundy is also very involved in the community as he is on the Boards of Director for Meals of Hope and the Naples Junior Chamber, both of which are not-for-profit entities. For more information, see [www.wpl-legal.com](http://www.wpl-legal.com).



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# HOW TO BE IN CHARGE OF YOUR GENES

By Svetlana Kogan, M.D.

1990 was an exciting time to study biology at Cornell University. Our genetics professor had announced with great pride that humanity was embarking on an epic quest of identifying all of the existing human genes - Project Genome. For the next decade or so, 40-something thousand genes were identified and to everyone's dismay humans turned out to be only 1% different from chimpanzees. Eventually however, in the first decade of the 21st century, geneticists realized that there is no point in focusing on all of the newly discovered genetic material - there was just too much spliced out as a waste during transcription of the DNA in living humans. Instead, it was decided to focus on the 23,000 genes that code for the proteins because those were the only ones that mattered for life.

At the time, it was believed that genes would determine your destiny. If you were born with a genetic predisposition to a certain disease - you were very unfortunate because it was just a matter of time before you would succumb to that particular illness. Subsequently, in medical schools around the globe, family history was considered of utmost importance because you had to watch out for your defective genes. This outlook on health has ruined many lives, because for millions of people this kind of self-fulfilling prophecy has plagued them with anxiety and waiting for a disaster to happen. Along the way, scientists were using observational experiments to see how genetic material would express itself in people.

One of the biggest breakthroughs occurred in the studies of over 2000 identical monozygotic twins who came from the same fertilized egg. These twins were chosen for the studies because they were separated at birth and grew up in different environments. They lived in different parts of the world, ate different foods, stuck to different day regimens, and were exposed to different parenting styles. To everyone's joyful surprise, it turned out that if one of the twins had a certain serious illness like cancer or inflammatory disease only 38%-48% of the identical siblings would succumb to the same disease. Most twins grew up to have vastly different health outcomes. In fact, studies like these gave rise to a new science called Epigenetics. 'Epi' in Greek means 'above' something, so this word was coined to



indicate that the bio-psycho-social environment of a human upbringing is much more important to genetic expression than the mere inheritance of genes themselves.

Epigenome is less material and more energetic in quality. It is affected by everything that happens to us and how we think about ourselves. Epigenomic changes acquired in our lifetime can be passed on to future generations without adherence to any previously known genetic rules, because traditional rules were created for material things in the Newtonian view of the universe.

When we add the element of energy to understanding our genes - a whole new world of potential outcomes unfolds in front of our eyes. This leads us into an exciting new era of becoming masters of our genes. But many of you have known the people who have exercised regularly, have been extremely cognizant of the nutritional benefits of what they ate - and still got sick with cancer, or autoimmune or inflammatory disease. What exactly happened to those people who seemingly did all the right things? Perhaps, they have ignored the energy variable of the epigenomic equation.

How we perceive the world and our place in it cannot be measured or quantified. It is made up of energy, but it triggers a biochemical cascade of the molecules of emotions which are then directly attaching to our cellular receptors. What happens next is that the message is triggered inside the cell which leads all the way into the nucleus where protein transcription and translation is initiated. As a result, disease expression can be activated or

remain dormant, depending on the emotion which triggered it. That is why we often see how the passing of a loving spouse, will often lead to the surviving spouse's subsequent untimely death. We frequently observe how psychological trauma can result in gastrointestinal disorders, heart attacks, diabetes, and chronic fatigue syndrome. It helps to remember that it does not take a monumental drama in your life to kill you. Daily common emotions which are sure to trigger genetic malfunctioning are: hatred, resentment, fear, anxiety, insecurity, feeling disempowered, feeling cheated, and the list goes on and on. It would serve us well then to cultivate and nourish the opposite state of mind: that of love, affection, freedom, security, comfort, balance, empowerment, and gratitude. These positive emotions are the key to the lock of epigenetics doorway behind which your genetic destiny is just up to you.



**Svetlana Kogan, M.D.** is a Board Certified Medical Doctor with 20 years of experience. She has appeared as a health expert on FOX, ABC, CBS, and NBC prime time TV, and has authored hundreds of publications for internet and print. She moved her Concierge Internal Medicine practice from Manhattan NYC to Naples, where her focus is on fusing traditional medicine with holistic approach to illness and prevention.

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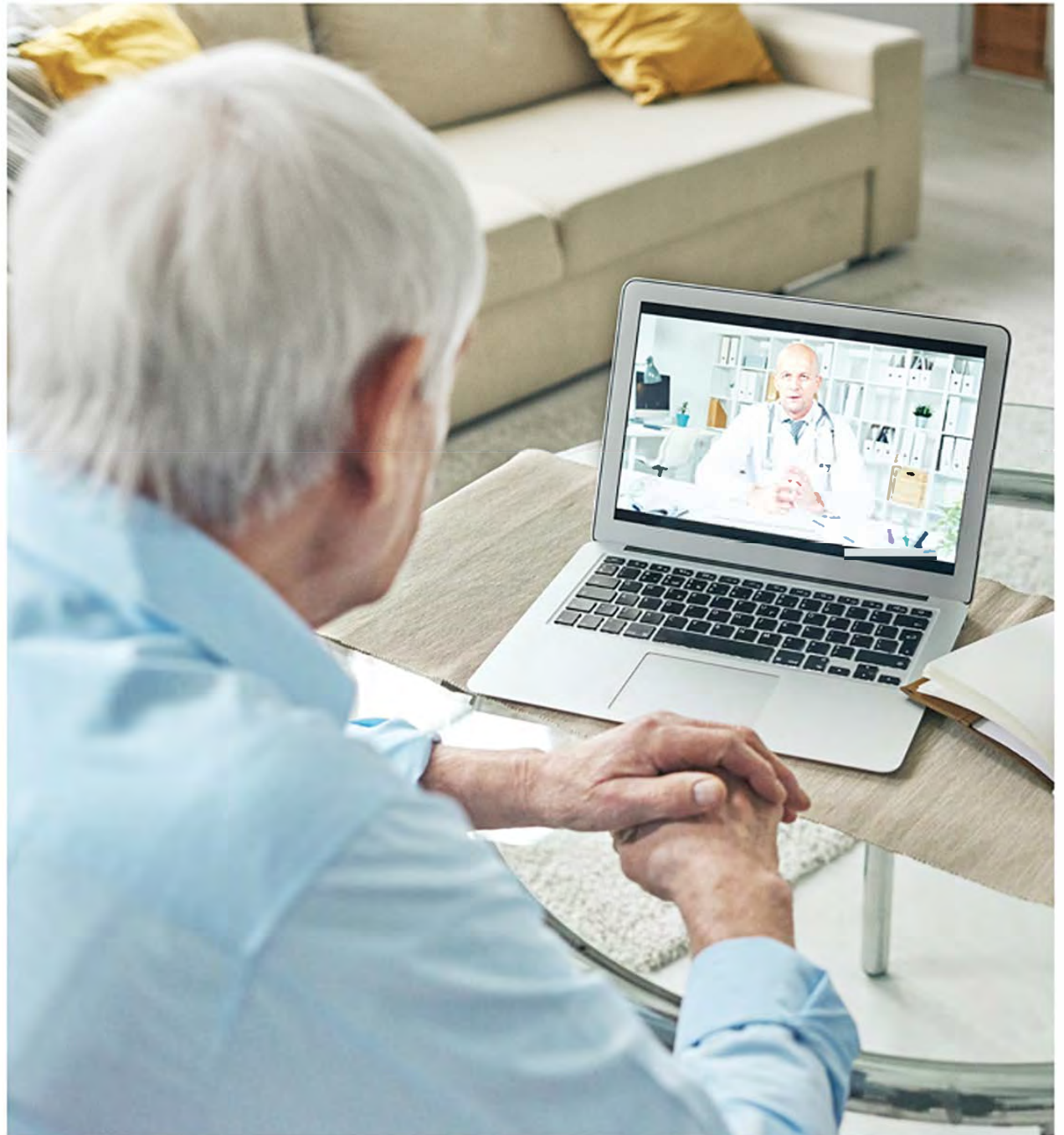
# Advanced Urology Institute is Now Offering TELEHEALTH

**T**elemedicine is defined in general terms as the delivery of health care services at a distance using electronic means for “the diagnosis of treatment, and prevention of disease and injuries, research and evaluation, education of health care providers” to improve health. There are many descriptions for this, but *telehealth* often is used as the umbrella term to encompass telemedicine for direct delivery of care, but could also be used for education, research, and public health initiatives, and prevention. The available technology allows us such to us multiple devices such as cellphones, computers, and others in order to deliver care.

Telemedicine through telephone and video technology has been used since the 1960s in the sectors of the military and space. Over the past several decades, as the use of wireless broadband technology has become more advanced and cell phone and internet use has become almost mainstay the availability of this modality makes it attractive for use.

In the United States, the use of telemedicine is increasing. There have been multiple studies and surveys that looked at the introduction of this modality into medical practices, and many different models exists in our country for its use. As it pertains to medical care some of the hurdles include the ability to maintain patient privacy and compliance with the existing regulations and legal barriers.

The COVID 19 pandemic has thrust us hard and fast into adopting this modality to take care of our patients during this crisis. It has allowed us to reach and treat most of the patients in our Urology practice from the comfort and safety of their and our homes. We have been able to transition efficiently and quite effectively. I personally believe telemedicine is here to stay and will continue to evolve. Further platforms will continue to evolve, as they already exist, that will provide more interactive features that will allow us to provide even more complete health care delivery.



  
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# Alleviant Offers Virtual Visits Via Telemedicine

## May is Mental Health Awareness—You Are Not Alone



**D**uring this time, we are all adjusting to a new normal by social distancing, practicing good hand hygiene and staying safe at home. However, many of us have needs that require us to seek ongoing medical and mental health check-ups. For those with mood disorders such as depression, anxiety or bipolar disease, it's critical that you do not stop your medical treatment protocol. If you notice your symptoms getting worse, seek help sooner rather than later. The practitioners of Alleviant Health Centers of Naples are available for their patients in need of ongoing therapy appointments.

Alleviant has implemented virtual telehealth, which patients can access via their smartphone, tablet or computer. With a telehealth visit you can get a full psychiatric evaluation, receive a diagnosis, be prescribed medication that can be called into your pharmacy of choice or engage in a psychotherapy session.

### Virtual Visit Tips

- Make sure you have a list of questions and/or symptoms ready
- Call the office or email to schedule your virtual visit
- Choose a private, quiet location where you are comfortable

- Check your device beforehand to make sure your camera and sound work
- Most private insurance companies cover telehealth, but you may want to check before scheduling
- Medicare covers telehealth
- Alleviant's staff is available to walk you through the steps if you have any difficulty

### May is Mental Health Month

Each year millions of Americans face the reality of living with a mental illness. There is a national movement to raise awareness about mental health. During May, each year we come together to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.<sup>1</sup>

NAMI, the National Association of Mental illnesses "You Are Not Alone" campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the public. Now more than ever before, it is essential for mental health professionals, the community and patients to come together and show the world that no one should ever feel alone.<sup>1</sup>

Source:  
<https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

### Alleviant Health Centers of Naples

We use an integrative holistic approach to healing using a combination of the following traditional and innovative therapies:

- **Medication Management:** Meet with our Psychiatric Nurse Practitioner to adjust, change or fill your prescriptions.
- **Ketamine Infusion Therapy:** 70% of patients experience a significant reduction in symptoms; many during the first infusion.
- **Nasal Ketamine:** We are a Certified Spravato™ Healthcare Setting. FDA approved for Treatment Resistant Depression.
- **Transcranial Magnetic Stimulation (TMS):** FDA approved non-invasive procedure for Treatment Resistant Depression.
- **Psychotherapy:** Meet with our Psychologist for individual, couples and family therapy. Trauma therapy using Eye Movement Desensitization and Reprocessing (EMDR).



*Stephen Durand moved to Naples 15 years ago to attend Wolford College where he received his training as a Certified Registered Nurse Anesthetist (CRNA) and earned a Master's degree from*

*Florida Gulf Coast University. Stephen and his wife Liz, who is also a Registered Nurse (RN) love working side by side. "We experience great joy and satisfaction from helping people feel better."*



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# After Childbirth Many Women Have a Weakened Pelvic Floor & Urinary Incontinence:

## How **EMSELLA™** Can Help You

By Joseph Gauta, MD, FACOG

**A**fter childbirth, the pelvic floor, which protects and supports the internal pelvic organs may become weakened, stretched, less elastic, and less resilient. The weakened pelvic floor muscles can also cause overactive bladder and incontinence issues.

35% of women experience a weakened pelvic floor after childbirth, and this also occurs in women that have had C-sections because the unborn baby's weight is stabilized on the pelvic floor muscles.

The problem of incontinence is so common among women because, until now, there has not been an effective way to treat a weakened pelvic floor. If you're noticing that you leak when you laugh, jump, cough, or sneeze due to postpartum incontinence from a weakened pelvic floor, it only gets worse without treatment. **YOU DON'T HAVE TO ACCEPT THIS AS YOUR FATE OR AS "NORMAL."**

While there are multiple ways to treat urinary incontinence, a revolutionary in-office "chair" is the most advanced, non-invasive, simplest treatment to date. Women are declaring it's impressive results in droves. EMSELLA™ treatment can help get your pelvic floor back in shape and help prevent further pelvic floor problems later in life.



The EMSELLA Chair is a non-surgical, non-invasive treatment that can greatly improve incontinence. Each 28-minute session is the equivalent of 11,200 pelvic floor exercises. The EMSELLA™ chair is being touted as the Kegel throne. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment

**Urinary incontinence pads cost women upwards of \$900 per year! You no longer have to miss out on life or suffer embarrassment due to incontinence issues. EMSELLA is the answer.**



**All You Need to do is Sit Back and Relax, and the Results are Marked by Significant Improvement.**

EMSELLA™ is an excellent option for postpartum pelvic floor weakening as a solution for urinary incontinence and improvement in your quality of life.

**No Surgery | No Drugs  
No Pain | No Downtime**

*Just The Answer You've Been Looking For*

*To schedule an appointment at the Florida Bladder Institute please call 239-449-7979.*

**References:**

1. Body by BTL. A Breakthrough Treatment For Incontinence And Confidence. 2019 Btl Industries Inc.



Nicole Houser, PA



Joseph Gauta, MD



Amber Thompson, PA-C



**BEFORE**

Pelvic floor muscles insufficiently support pelvic organs and affect bladder control.

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# VITALITY AND ACCOUNTABILITY

BY DR. LINELL KING

**W**ho is responsible for the state of your health? Who is to blame when your health declines, systems malfunction, and your body refuses to look, act, or operate in the way you want it to or think it should?

It seems that there should be a place to put the blame for the lack of, or misinformation related to health. Particularly when we find ourselves or loved ones dealing with health issues that we don't deserve or understand.

Can we blame the fast food or advertising industries for selling us unhealthy yet affordable food, or maybe the FDA? How about the agriculture industry? Can we blame our news and media sources for providing nutrition and health information that later, turns out to be wrong? Should we blame the pharmaceutical industry, modern medicine; genetics?

Do you blame your busy life, stressful job; the unfair hands that you've been dealt? Perhaps many of these things have affected you negatively and created immense challenges, making the idea of improving your health seem impossible.

You may blame all of this, and more. You might even feel justified in doing so. However, I doubt that placing blame would actually improve your health.

It is critically important to recognize which past circumstances and environments have created negative impacts on our health, we should learn from those experiences to help avoid future offenses or risks. Additionally, it is important to understand that prolonged stress (including emotional states like frustration and anger) erode the immune system. So, getting yourself stuck in the "blame game" for too long can actually fuel and promote an unhealthy environment emotionally and physically. This kind of "toxic environment" is often contagious, and potentially results in increased risk for things like high blood pressure, heart problems, depression, insomnia, and acid reflux.

Unfortunately, there is no single industry to blame or to rely on, alone. We each need to step to the plate and take accountability for improving and maintaining our own health.



Lifetimes could be spent blaming and finger pointing, finding all the reasons that things have gone wrong. HOWEVER, that energy could also be used elsewhere, to move your life and body in a positive direction to achieve better health, emotionally and physically.

It's ok to feel angry, frustrated, sad, overwhelmed. But when the time is right, it is just as important to let that anger go.

Give yourself permission to feel, and then heal.

Get back to the basics... family, food, water, HEALTH.

At Naples Vitality, we help couples create a simple personalized plan that they can stick to. In a collaborative approach, we provide you with education, guidance, and ongoing support. We work together to help you create the life, body, and vitality that you want and deserve for you and your family.

What are your priorities and how do they affect your health? What changes can be made to improve your future self?

Stay open to change, take every opportunity to get clear on what you want. Take action by prioritizing your health, making a plan to create a better, brighter, and more vital future.

Call **239-307-0036** to reserve a free 15 minute consultation call with Dr. King to discuss your personalized success strategy.  
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# Quigley Eye Specialists Is Waiving Fees for Virtual Eye Appointments for Those Impacted by COVID-19

**R**esidents who need eye care and have lost their jobs because of the COVID-19 pandemic, have no health insurance and are in financial hardship may now receive a virtual eye appointment from Quigley Eye Specialists at no charge. Upon completion of a financial affidavit, those in need may have fees that insurance would normally cover completely waived.

“Service to our community has been our mission since Thomas A. Quigley founded our practice more than 30 years ago,” said Dr. Duane Wiggins, Board Certified Ophthalmologist and Cataract and Refractive Surgeon at Quigley Eye Specialists. “Giving back is an important part of our everyday lives. We are proud of the fact that we have performed more than 2,000 free surgeries for those without insurance or means to pay because they were at risk of going blind without the needed procedure.”

Extending eyecare to those impacted by the COVID-19 pandemic is the next natural step for Quigley Eye Specialists. Waiving fees to help residents who need to see an eye doctor but don't have the resources to pay for it is the responsible thing to do, he added.

Residents do not need to be a current patient of Quigley Eye Specialists to obtain virtual eye exams or have the fee waived. “Any patient who has an eye concern can now access this safe way to see a doctor without leaving their home,” said Dr. Wiggins. “While we cannot do dilation online, we can uncover visible eye concerns that may involve obtaining a prescription for medication. If it is an emergency or cannot be handled online, we certainly can make an appointment for an in-office visit.”

Those with current insurance coverage will not qualify for the program. Individuals with insurance may still schedule a virtual eye appointment, but their insurance will be billed for the exam.



Dr. Wiggins said there is also an emotional benefit to the virtual appointments. “When we visit with patients in their homes via virtual eye appointments, we are able to connect. For many patients, this is the only human connection they have during this time of social distancing,” he said.

Virtual appointments may be the new normal for a long time. According to the Centers for Disease Control, the pandemic is expected to pose a threat until a vaccine is made. Therefore, social distancing guidelines may continue for the next 18 months.



675 Piper Blvd., Naples, FL 34110  
239-466-2020 | [www.quigleyeye.com](http://www.quigleyeye.com)

#### About Quigley Eye Specialists

Technology leaders in eye care, Quigley Eye Specialists is one of the nation's leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, retinal issues, corneal conditions and routine eye care. As the number one choice for cataract treatment in Southwest Florida, Quigley Eye Specialists is committed to providing the highest level of quality eye care and service to the community. The practice has served the region for more than 30 years and offers patients convenient locations throughout Southwest Florida including Bonita Springs, Cape Coral, Fort Myers, Lehigh Acres, Naples, Port Charlotte and Punta Gorda. For more information, call 239-466-2020 or visit [QuigleyEye.com](http://QuigleyEye.com).



# Keys to Eating for Better Brain Health

By Caroline Cederquist, M.D.

**F**rom sharpening concentration to reducing dementia risk, food for thought takes a whole new meaning with these best foods for the brain!

When it comes to health, we tend to select foods to benefit internal lab values and external physical appearances. While keeping blood pressures, cholesterol levels, and weight within healthy and normal parameters is encouraged, we must not dismiss or undermine the significance of nourishing the brain. Sound nutrition and positive lifestyle choices may not only impact cognition in the short-term, but lead to lasting outcomes.

## Keys to Eating for Better Brain Health

A multitude of diet recommendations can positively influence brain health, mostly laying on the foundation of implementing a heart-healthy, Mediterranean-style diet. According to the American Stroke Association, a heart-healthy diet can lower stroke risk and improve overall health, identifying "brain foods" as fruits, vegetables, fish, whole grains, fat-free and low-fat dairy products, beans, and lean meats. Incorporating such foods and reducing saturated and trans fats, sodium, and added sugars are suggested to lower stroke risk by lowering cholesterol and blood pressure that may cause strain and inflammation in the arteries. Furthermore, added sugars have been closely tied to obesity and diabetes, two risk factors related to stroke. Beyond specific guidelines of a heart-healthy diet, supplementary considerations assisting in optimal brain health are configured from the AHA's Life's Simple 7, including managing blood pressure, controlling cholesterol, reducing blood sugar, getting active, losing weight, and smoking cessation.

## Best Brain Foods

Along with umbrella diet recommendations and considerations, the following foods have been explored and attributed to better brain health:

- **Avocados** - Unlike most fruits recognized as carbohydrate sources, avocados are acknowledged for their heart-healthy monounsaturated fat content. Addressed in the *Advances of Neurobiology*, avocados contain a high content of antioxidants that may exhibit neuroprotective outcomes. Avocados' potential role in mitigating oxidative stress and neural damage may safeguard against age-related diseases such as Huntington's, Parkinson's and Alzheimer's diseases. Their potassium concentrations may also manage blood pressure and potentially detour stroke risk.
- **Beans** - Economical, plant-based, and vegan-friendly, beans are extremely valuable to the brain and nervous system. Beans significance in brain health is mostly related to their vitamin B content, which assists in modulating neuron synthesis and communication.

The magnesium supplied in some beans may increase the speed of message transmission and relax blood vessels, allowing more oxygenated-rich blood flow to the brain.

- **Beets** - Beets are a significant source of antioxidants, along with research showing drinking beet juice may fight the progression of dementia. Areas of the brain often lack blood supply with advancing age, a phenomenon thought to contribute to dementia and poor cognition. The nitrites found in beets have shown to widen blood vessels, thus increasing oxygen-rich blood flow to the brain similarly to magnesium.
- **Berries** - Berries are considerably known for their significant antioxidant content, compounds that protect cells from damage. According to a study published in the *Journal of Agriculture and Chemistry*, berries enhance beneficial signaling in the aging brain. Evidence supports the fruit has direct effects on the brain that may prevent age-related neurodegenerations and the resulting changes of cognitive and motor function.
- **Coffee and Tea** - Coffee brews up extensive benefits, including the sought out energy jolt in the morning hours and to the brain for lifelong benefits. The caffeinated beverage can enhance memory, focus, and mood, along with reducing the risks of Alzheimer's disease and Parkinson's diseases and depression. Additionally, the catechins found in tea promotes healthy blood flow, which may support a healthy brain.
- **Dark Chocolate** - Yes, you read that right... But it is important to mention the key need for moderated portions and attention to added sugars. The powerful antioxidant properties and stimulants of dark chocolate may enhance focus and concentration. Simply put, the darker the chocolate, the greater the polyphenols, compounds offering powerful antioxidant properties. Along with reducing the risk of cardiovascular disease and certain cancers, polyphenols may defend against brain deterioration and weakening.
- **Dark, Leafy Greens** - As if there was another reason to eat your greens... Dark, leafy greens have been touted to keep mental abilities sharp. More specifically, the vitamin K content found in spinach, kale, collard and mustard greens may slow down cognitive decline, prompting leafy greens to be affordable and noninvasive protectors from dementia and Alzheimer's disease.
- **Deep-Water Fish** - Deep-water fish, including salmon, herring, and mackerel, contain infamous omega-3 fatty acids. Though popularly recognized for their protection against heart disease, omega-3s also play a favorable part in brain function. Docosahexaenoic acid (DHA), a type of omega-3, is necessary for proper brain development in infants and required for normal brain function, further contributing to positive outcomes on learning and memory.

- **Grassfed Beef** - Though often scrutinized for its saturated fat content, beef can contribute to a better brain related to its iron and zinc content, two minerals showing promise in brain health. Moreover, grassfed beef supplies greater amounts of omega-3 fatty acids compared to cattle that are grain-fed. Grass-fed beef is correspondingly apart of the Grain Brain Diet and The Anti-Alzheimer's Trio, along with avocados and coconut oil, three proponents high in "brain-healthy" fats.

- **Nuts and Seeds** - Perhaps it is not so ironic walnuts resemble the structure of the brain... Like oily fish, the brain benefits of nuts and seeds can be attributed to omega-3 fatty acid content. The high vitamin E concentrations found in assorted varieties walnuts may lead to memory improvements.

- **Peppermint** - Chew on this: Research suggests not only the smell, but the flavor, of peppermint can enhance memory! Evidence supports chewing gum can improve long-term and working memory, along with increasing alertness and mental performance.

- **Pomegranates** - Pomegranates provoke special interest in anti-aging researchers, as the polyphenol content has been extensively studied in animal models in relation to Alzheimer's disease. But a recent study set out to examine the effects in humans, ultimately discovering the polyphenols derived from pomegranate juice may improve memory in older persons with age-related memory decline. Additionally, memory assessments indicated subjects who drank 8-ounces of pomegranate juice over a one-month time span experienced significant improvements related to memory performance.

- **Whole Grains** - Fiber-rich whole grains are a considerable component in heart-healthy and Mediterranean diets, which are linked to lower risks of cognitive impairments. The folate found in oats and other whole grains are also crucial for proper brain development and function, which play an important role in mental health and wellbeing.

.....

**Caroline J. Cederquist, M.D.**  
Board Certified Bariatric Physician  
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# ARTHRITIS AND THE AGING POPULATION



**S**ome of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation.

Arthritis causes significant inflammation of the joints. When arthritis affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, stiff joints, and impinged range of motion. Although exercising can be extremely beneficial for arthritis, the thought of movement is too much for many individuals. As time goes on, arthritis can make it difficult to maintain a normal lifestyle and perform the tasks necessary to live a high-quality of life. It also can lead to other interrelated conditions, such as hip and knee issues. If an individual needs a joint replacement procedure, learning to get around in an optimal manner, can require home health care.

McKenney Home Care provides exceptional in-home health services and client-centered care. With a passion for maximizing the quality of life of their clients and their families, they are driven to ensure social engagement and specialty services during all stages of life.

For Individuals with arthritis, joint replacement, and other disorders that make it difficult to maintain daily tasks safely, McKenney Home Care delivers enriched specialized training for its caregivers working with these patients and their specific medical needs. In addition to specialized videos and manuals, McKenney personally educates the caregivers involved in helping their loved-one at home.

Seniors face many challenges as they age. If you or a loved one could benefit from assistance, it's important to seek help as soon as possible from a reputable home health care company.

McKenney Home Care is a trusted home health care provider. They specialize in medical care that fits your needs in the comfort of your own home. They have a highly-trained, experienced, licensed staff who are passionate about giving genuine care to their clients.

*McKenney Home Care in Naples, FL hosts a Lewy Body Dementia Support Group on the first Wednesday of every month.* This ongoing support group is approved by the Lewy Body Dementia Association in Atlanta and is in affiliation with the Parkinson's Association of SWFL and the Alzheimer's Support Network.

For Individuals with neurodegenerative disorders, McKenney Home Care delivers enriched specialized training for its caregivers working with Dementia Patients. In addition to specialized videos and manuals, McKenney educates the caregivers through the use of the Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experience of those suffering from Alzheimer's and other forms of Dementia.

Along with their medical expertise, McKenney Home Care is a certified Music & Memory Agency. Providing help for Dementia Patients; this specialized music therapy program is highly personalized and has been shown to reduce the need for anti-anxiety and antipsychotic drugs by up to 50%, while bringing joy to the lives of patients who have Dementia.

If you or someone you know would like more information about McKenney Home Care or the LBD Support Group, please call McKenney Home Care at 239-325-2273, or visit [mckenneyhomecare.com](http://mckenneyhomecare.com).

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## Pain in Your Feet and Toes: Don't Let the Symptoms Escalate

**W**hether young or old, most people lucky enough to live in Florida appreciate the great outdoors. The weather and sunshine allow Floridians and visitors alike time well-spent kayaking, golfing, playing tennis, jogging, and participating in competitive sports for the majority of the year.

While exercising outdoors is a healthy luxury, ballistic movements through exercise and sports-related activities can cause a great deal of wear and tear on the feet and ankles. Some of the most common are due to repetitive strain. Podiatrists often see issues that deal directly with the toes. One of the most widespread disorders is a condition known as hammertoe.

### Hammertoe

Hammertoe can be genetic and many times occurs in people with either a high arch or a flat foot. When the muscles in your toes get out of balance, they can start contracting abnormally. This causes the toe to bend in an upward position in the middle joint of the toe. When this happens,

it can create severe pain. Various forms of arthritis can contribute to this issue as well. And unfortunately, ill-fitting footwear can also cause hammertoe, due to pushing the toes out of their normal position for long periods of time.

Hammertoes can be corrected by minimally invasive surgery. A small titanium screw is placed in the toe to help straighten it into the correct position. If the tendon is only lengthen, the hammertoe will mostly come back.

Whether it's you, or someone you know that sustains sprains, tears, or other painful injuries to your feet or ankles, it's imperative that you seek out the best podiatric care to ensure you heal correctly and to eliminate future relapse or recurrence.



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**Dr. Michael J. Petrocelli**, a board-certified podiatrist, was born and raised in North Providence, Rhode Island. He attended the University of Miami in Coral Gables, Florida where he earned his B.S. degree in Biological Sciences. He then went

on to receive his Doctor of Podiatric Medicine degree (Cum Laude) at the Scholl College of Podiatric Medicine in Chicago, Illinois. He completed a two-year residency in foot and ankle surgery—with an emphasis on diabetic wound care and limb salvage—at Kern Hospital in Detroit, Michigan.

Dr. Petrocelli has been in practice since 1994. He began with a large group practice in Tampa, FL, before relocating to Naples, FL, in 2002 to start his own practice and be closer to his family.

All forms of lower extremity treatment, including major and minor foot surgeries are within Dr. Petrocelli's scope. In addition to his practice, Dr. Petrocelli is also the staff podiatrist at the Naples Community Hospital Wound Healing Center.

Dr. Petrocelli is highly experienced in treating foot disorders and deformities like crossover toes and the symptoms that go along with foot pain and discomfort before and after surgery. Collier Podiatry offers great options and routines for the most beneficial rehabilitation and healing.

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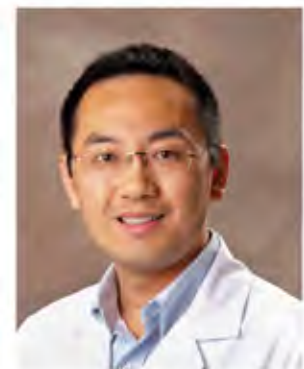
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# The Hearing Healthcare Field Has Made Major Adjustments Due To COVID-19!

By Hoglund Family Hearing and Audiology Services

## I would like to share FIVE INSIGHTS that Clinicians and Patients have experienced while dealing with this Pandemic Crisis:

### Hearing Loss is much more challenging when people are wearing masks on their faces!

Visual clues make communication much easier for people with hearing loss. When everyone's face is covered in a mask... *communication suffers*. This is especially true with hospital grade masks that also cut the volume by **10 to 12 Decibels** in many cases. This requires loved ones and Medical Professionals to speak much louder in an attempt to communicate... and *raising your voice makes it appear that you are angry* with the person you were speaking to, and often leads to hurt feelings and increased stress!

People who have been procrastinating or fighting the use of hearing aids, therefore, create even more stress in the household. People whose hearing aids needed to be repaired often found that some of their Hearing Care Providers needed to temporarily close their Practices due to Pandemic concerns. *Hoglund Family Hearing and Audiology Centers* will gladly help repair any broken hearing aids throughout this Pandemic in our attempt to make communication with loved ones easier.



John and Patricia Hoglund  
LHAS, BC-HIS, ACA

We established a **Pandemic Hotline** to help people during this crisis through Telemedicine approaches, and curbside drop-off of broken Hearing Aids to maintain social distancing, if someone was quarantined or at high risk! We will continue to offer this assistance at **NO CHARGE** until the world returns to normal! Pandemic Hotline: **239-360-3753**

### Technical Advances in Hearing Aids have been a Godsend throughout this Pandemic!

Many of today's modern hearing aids can be programmed without a Patient needing to physically visit their clinician! **Starkey Hearing Technology's** new *Livio* line of hearing aids can all be programmed from a distance, so if you happen to have any Starkey

product... call our offices and we will explain how to make these programming changes quickly and easily. Our Practice happens to be blessed with extremely talented and caring "millennials" who understand this new technology like the back of their hands, and will patiently walk you through the steps required to make these changes. **Do not be concerned about your technical skills...**they will make this easy for you! Again there is **NO CHARGE** for this service!

### Doctors and Hospital Employees are Absolute ANGELS!

I'm sure we speak on behalf of all Southwest Florida residents, in expressing our *admiration and appreciation* to these **Healthcare WARRIORS!** In appreciation, many of the manufacturers have agreed to provide **Special**

**Pricing (UP TO 50% OFF)** for anyone involved in medical care. We will also provide special evening and weekend appointments for anyone involved in healthcare, and assure you that you will not be exposed to any other Patients to ensure your safety! **Thank You, and Bless You for your service!**



### The Stress of this Crisis has made Tinnitus UNBEARABLE!

*Stress fuels Tinnitus... and Tinnitus fuels stress.* It has long been known that the stress hormone cortisol acts like kerosene on a fire to Tinnitus distress. The emotional trauma of this economic crisis and health pandemic coupled with a lot more time alone in a quiet environment... have dramatically impacted the lives of Tinnitus sufferers! The **American Tinnitus Association ATA.org** has

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many resources including a Tinnitus hotline at 1-800-634-8978. Locally, you can call today to arrange a **FREE Emergency Tinnitus Consultation** with John Hoglund by calling our **Southwest Florida Pandemic Hot-line: (239) 360-3753** if you need additional information to help you get through this crisis!



### SILENCE IS ... LONELY!

We have all heard the phrase "Silence is Golden" for as long as we can remember, but when it is challenging to communicate with those around you, and you have difficulty hearing people over the phone, it makes the world a lot lonelier! **Loneliness can contribute to depression** and Social Isolation can dramatically increase these feelings of loneliness! You owe it to yourself to hear your best! Please call our offices now and we will arrange an appointment in the future when the pandemic risk has been reduced, and let us give your hearing the attention and care it requires! **Quality-of-life often depends on quality of communication with others!** All of our Clinics offer **FREE HEARING TESTS** for your convenience, and you will receive a dated copy for your medical files!

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# Yes, We Are Open

By Peter Convard - General Manager



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*Here at Core-Fit By Design, our promise is to share our passion for fitness and wellness and provide you with an extraordinary experience, every day and every-time you step into our studio.*

*Keeping that in mind, there is no higher priority than the safety of our members and staff. This is why our standards for safety as well as commitment to our members health and wellness is our biggest concern. The current situation with the coronavirus has reinforced these practices.*

**C**oreFit by Design is not your average gym. In fact, it's a comprehensive personal training facility with a wide variety of different services to offer you the best personal training in Southwest Florida, coupled with advanced therapies and technology to get you looking and feeling your best. CoreFit by design was founded with one goal in mind and that is to give their clients results by providing the very best in service, attention, and accountability to help each person specifically reach their health & wellness goals.

CoreFit By Design offers individuals and families a unique health and wellness opportunity by incorporating multifactorial methods to help you reach your weight loss, health and aesthetic goals. Our facility is unique in that there is no other training facility in Southwest Florida that has what we offer our clients all under one roof. If you want real results for your multiple health and wellness goals, you need the dedicated, experts at CoreFit by design.

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4. We set our standards extremely high and will not rest because we want 100% satisfaction from anyone who calls or walks through our doors.
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# Too Young to Have **VEIN DISEASE?** **THINK AGAIN...**

By Joseph Magnant, MD, FACS, RPVI

**V**enous disease, also known as venous insufficiency, is often thought of as being an issue that only affects the “older” population. Surprisingly, there are many teens and young adults that may have venous insufficiency without even knowing it. Venous insufficiency occurs when there is a failure of the valves in the leg veins to close tightly resulting in the backing up of venous blood down towards the feet. This causes blood to pool and pressure to build in the lower legs, which leads to signs & symptoms of venous disease. Venous insufficiency can manifest as a variety of signs and symptoms, many which may not immediately come to mind when thinking about venous disease as a potential cause of leg issues, especially in the younger population.

Most people are aware of the most common sign of venous insufficiency which is varicose veins, but many people without varicose veins can also have venous insufficiency. It is important to understand that varicose veins do not need to be present for a diagnosis of vein disease to exist. The most reported non-visible symptoms of venous insufficiency are achy, heavy or tired legs, especially at the end of the day. Here are two examples of young adults who would never have thought of seeing a Vein Specialist but since they were related to Dr. Magnant, (his son and his niece) they underwent an evaluation at Vein Specialists and were found to have significant venous insufficiency on their ultrasound.



**PATIENT #2**

*Alexandra is a 29-year-old female who over the past few years had been experiencing intermittent achiness in both of her calves after sitting or standing. Over time, the achiness had become more frequent and more severe, often causing her to have to massage her calves or take an over-the-counter pain relief medication to help alleviate her symptoms. She had no visible signs of venous disease and just like patient #1 is a healthy individual, and further ultrasound investigation revealed evidence of severe venous disease. Thus far she has been successfully managed with compression hose, although she may decide in favor of a more definitive treatment called endovenous ablation at some point in the future if the compression stockings lose their effect.*

Based on these findings and their youth, conservative treatment was recommended consisting of a compression hose trial, exercise and elevation of the legs when possible. Both patients reported significant improvement in their symptoms when they wore their hose on a regular basis during the day. Although, compression hose will not cure the underlying venous disease, they can assist in alleviating the many of the symptoms associated with venous disease.

In other cases, conservative treatment may not yield adequate relief and a minimally invasive outpatient procedure called endovenous ablation may be appropriate. This may be considered when conservative treatment has failed, or signs and symptoms have worsened. Endovenous ablation is performed in the office in a sterile environment under local anesthesia. This can be accomplished by

using either a laser or a radiofrequency catheter that allows us to seal the poorly functioning veins(s) with heat or with a special medical adhesive called VenaSeal. These procedures improve the venous symptoms by decreasing the venous pressure in the lower legs. These procedures are minimally invasive and allow patients to return to normal activity in a short period of time, which is especially important in younger, active patients.

Venous insufficiency is a common and often undiagnosed condition affecting millions of adult Americans. Although it is true that the risk of developing venous disease is more prevalent in older adults, younger adults can also be affected. The number one risk factor for developing venous disease is heredity. When family members such as one’s parents or grandparents have venous disease, one is at an increased risk for developing signs and symptoms regardless of their age or gender. Other contributing factors that are common among the younger population are contact sports such as football, baseball or soccer. Injuries related to contact sports can lead to a greater risk of developing venous disease due to direct trauma to the veins in the legs. Obesity is also an important risk factor which can affect both genders and individuals in any age group. Weight gain commonly occurs in the abdominal area which can cause increased pressure on the pelvic veins which impedes proper venous flow out of the legs.

Both patients presented to our office looking for answers to their bothersome leg symptoms. Again, both patients had no visible signs of venous disease; however, after taking a detailed history and discussing their concerns it was evident that further evaluation with venous ultrasound was warranted. Duplex ultrasound evaluation is the gold standard in diagnosing venous disease and allows Vein Specialists to formulate a specific plan tailored to each patient’s findings. In both cases, their ultrasounds revealed treatable venous disease.

**PATIENT #1**

*Patrick is a 22-year-old male who at the age of 19 began experiencing leg symptoms but had no visible signs of venous disease. While attending Florida State University, Patrick began noticing that his legs would become achy, especially after walking to and from multiple classes throughout the day. He also noticed that his legs had become increasingly fatigued after exercising. As an overall healthy individual, venous disease may not have been thought of as a contributing factor, especially since he had no obvious signs vein disease such as varicose veins, swelling or skin discoloration. Ultrasound examination confirmed severe superficial venous insufficiency and he has since been successfully managed with compression stockings.*



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# Bio-Identical Hormone Replacement Facts & Myths

By Andrea Bickerton, M.D.

**Bio-Identical Hormone Replacement Therapy (BHRT) has been around since the 1930's and has been a topic of much research and discussion since that time. As the debate continues over the risks vs benefits of hormone replacement, Dr. Andrea Bickerton, MD of Refined Image discusses some of the myths and misconceptions of BHRT below.**

**Myth: BHRT is only for women.**

**Fact:** Both men and women can benefit from BHRT. There are multiple studies that show many benefits for both males and females that can come with hormone optimization. While we know that women go through menopause, it is not always known or discussed that men go through a similar process called andropause.

• **Benefits that can be seen with BHRT:**

- Increased energy and stamina
- Increased feeling of overall wellness
- Increased muscle mass
- Decreased body fat
- Improved erectile ability in men
- Increased libido
- Improved sleep
- Decreased irritability and anxiety
- Improved cognition/decreased "brain fog"
- Improved vaginal health
- Decreased hot flashes
- Increased bone mass
- Decreased "bad" cholesterol and increased "good" cholesterol
- Decreased risk for Alzheimer's

**Myth: BHRT is only for people over 50 years old.**

**Fact:** There is no set age to say when you may need hormone replacement. Many women and men are experiencing decreased hormone levels in their 30's and 40's and can benefit from BHRT. You do not have to wait until you complete menopause or andropause to start hormone replacement therapy.

**Myth: BHRT is only for people under 75 years old.**

**Fact:** There is no age limit on optimizing your hormone levels. Hormone replacement can lead to feeling better overall, decreased risk of cardiovascular disease, increased muscle mass, reduced body fat, increased energy, improved sleep, decreased anxiety/depression, and improved bone health to name a few.

**Myth: I am getting older, so I am supposed to feel like this.**

**Fact:** You do not have to live with symptoms of hormone deficiency such as fatigue, brain fog, irritability, poor sleep, weight gain, decreased libido, hot flashes, ED, or decreased bone and muscle mass just because you are a certain age. Most patients notice improvement within a few weeks of pellet insertion and report continued improvement over the following months to years with continued therapy.

**Myth: I should wait until my symptoms are severely bothersome.**

**Fact:** Starting BHRT as soon as symptoms are noticed can help prevent many negative outcomes associated with low hormone levels such as osteoporosis, decreased muscle mass, weight gain, cardiovascular disease, and Alzheimer's to name a few.

**Myth: BHRT isn't "natural".**

**Fact:** BHRT have the exact same molecular structure as the hormones our bodies make naturally. Also, by allowing for a steady stream of the hormones via pellets you feel more like yourself than the highs and lows experienced with other forms of hormone replacement such as creams, patches, pills, and injections.

**Myth: BHRT pellets are new.**

**Fact:** BHRT pellets have been used safely and effectively since the 1930's and offer more steady, consistent hormone levels than any other type of hormone replacement.

**Myth: You can't control the dose of hormones with BHRT pellets.**

**Fact:** BHRT pellet dosing is precisely individualized based on your current health status and hormone levels. BHRT pellets also have the added advantage of giving a consistent dose of hormone replacement every day that can not be achieved with oral medications, creams, or injections.



**Myth: You can't use BHRT pellets if you have a history of blood clots or cancer.**

**Fact:** Pellets do not increase the risk of blood clots because they do not have to be metabolized the same way oral medications do. Also, while there are exceptions, most patients with a history of cancer can be treated safely with BHRT pellets.

**Myth: Getting BHRT pellets is difficult.**

**Fact:** Pellets are placed in a quick in-office procedure and only need to be done every 3-4 months for women and every 5-6 months for men.

While BHRT offers many benefits, it is not a "one size fits all" type of treatment and does require evaluation with a licensed medical professional to determine if this is an appropriate treatment for you. Dr. Andrea Bickerton, MD of Refined Image offers complimentary consultations to determine if you would qualify to start BHRT and to help you create a personalized treatment plan that may also include addressing other areas that have been affected by hormone deficiency such as weight gain, skin changes/signs of aging, vaginal changes/painful intercourse/urinary incontinence, and vitamin deficiencies. Call Refined Image @ 239-302-3540 today to schedule your complimentary consultation today and be on your way to aging healthier and living happier.

*Dr. Bickerton offers complimentary consultations for new patients to come and discuss the plan in more detail. To schedule your appointment, or to reserve your seat for the seminar please call the office at 239-302-3540 or go online to [www.refinedimagenaples.com](http://www.refinedimagenaples.com).*



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# Can IV Nutrients Help Boost Your Immune System?

**A**long with the seasonal flu, this year, we are also all concerned with the newest Coronavirus, COVID-19. Taking precautions is essential. Individuals with weakened immune systems, and adults 65 and over are more susceptible to the dangers of the flu and COVID-19, as their symptoms can quickly exacerbate into pneumonia or other disease states. As the immune system becomes weaker, the ability to fight off viruses and bacteria becomes more difficult and problematic. It's critical to stay healthy and boost the immune system; that's why along with good hygiene, so many people are also looking into preventative treatment methods.

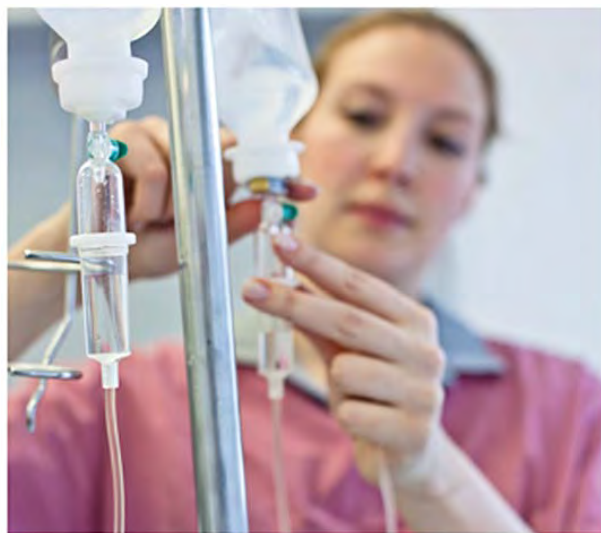
## IV Therapy Advantages

Vitamins can be absorbed in fairly large quantities by the body, but even more so by IV therapy. When given intravenously, larger amounts are absorbed than by traditional supplements or through even the healthiest of diets. IV nutrient therapy may help avoid illness by fueling your immune system with high impact nutrients, boost powerful anti-oxidants, maintain a healthy nervous and cardiovascular system, improve your ability to withstand stress and remain resilient.

While eating a healthy diet and taking vitamins is very beneficial, IV nutrients are able to enter the bloodstream without going through the digestive tract, which breaks down supplements potency. IV nutrients are able to permeate the tissues and organs more efficiently than with oral supplementation. Delivered through an IV, they go directly into your bloodstream, meaning those vitamins have a much higher absorption rate.

Aesthetic Treatment Centers offer a multitude of supplementation and nutrient combinations tailored to your personal needs.

They also offer other immune boosting and preventative infusions that can help you fight infections and boost your immune system. Every person who receives an IV drip has the opportunity to have a personalized consultation with a nurse practitioner to ensure efficacy and safety for each patient.



IV hydration and nutrient intervention is a therapy that is natural and very effective at getting key supplements directly into the blood stream for fast, efficient results.

## The Science Behind IV Hydration & Vitamin Infusion Options:

Proper hydration is essential for digestion, detoxification of the liver and kidneys, and waste removal and may help alleviate symptoms such as fatigue, headaches, joint pain, weight gain, high blood pressure, and kidney issues.

## Benefits:

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Our Mission is to provide the best quality of service, cutting edge technology, a multimodality approach and individualized attention for our clients which help our patients fall in love with themselves all over again.

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At ATC, you will find only the most effective, safe and desirable minimally and non-invasive technologies on the market, providing our patients with beautiful results.

Headquartered in Naples, FL, *Aesthetic Treatment Centers* is located in the Advanced Medical Building at 720 Goodlette-Frank Road, Suite 300 Naples, Florida.

Mindy and Kathy







# WRIST FRACTURES DEMYSTIFIED!

By Carmella Fernandez MD, MBA

**F**ractures of the wrist are one of the most common injuries treated in the emergency department and by orthopedic surgeons. We typically see wrist fractures in one of two settings and in a bimodal age distribution. Younger patients with normal bone density, typically sustain high energy injuries such as a fall off of a ladder, where as an older individual can sustain a fracture from a low energy injury such as a fall while playing tennis or pickleball. The difference between the two are very important as a low energy injury typically indicates that the bone was not strong enough to withstand the impact. This can indicate a more serious underlying bone deficiency such as osteoporosis. The lifetime risk of sustaining an osteoporotic fracture is 40% in women and 30% in men. Quite often an individual has never had a bone density test, or was told they had a normal bone density at the time of presentation to an orthopedic surgeon.

Below is a list of the most common questions I receive from my patients' at the time of their initial evaluation for a wrist fracture.

## 1. I went to the ER and was told I have a wrist fracture? What bones are involved in a wrist fracture?

There are two bones in the forearm that end at the level of the wrist. The larger of these two is the distal end of the radius and the smaller is the ulna. The radius carries approximately 80% of the axial load to the joint surface when one extends their wrist such as when performing a push up. Therefore, when medical providers refer to a "wrist fracture", they are typically speaking about a break of the distal radius. However, quite often there is a concurrent fracture of the smaller ulna as well in the setting of a distal radius fracture.

## 2. How quickly should I see an orthopedic upper extremity specialist after my injury?

You should ideally have an evaluation within one week of the date of injury. If by chance surgical intervention is indicated for your fracture it does become more difficult as the time passes and the bones begin to healed in a poor position.

## 3. What should I do while I wait for my specialist appointment?

The most important thing you can do is refrain from any lifting, pulling, or pushing activities as this will increase your discomfort and can allow the bones to shift into a position that may require future surgical intervention. In addition, if there was no injury to your fingers, elbow, or shoulder you will want to move these joints to prevent stiffness which may require extensive occupational therapy to improve your results. I always tell my patients that their goal should be to make a full fist and have full extension of their fingers within a few days of visiting with me.

## 4. I was told my wrist is "shattered", does that mean I need surgery?

No, it does not. There are certain radiographic criteria that are utilized to help decide if surgical intervention will improve someone's ultimate functional outcome. In addition, to these criteria I also take in mind the activity level of my patients' in conjunction with their concurrent medical conditions. I always tell my patients' that I don't just treat an X-ray, I treat them as a whole individual, and the X-ray is only a component of this decision tree. I enjoy reviewing the X-ray findings and helping my patients' come to a decision regarding their treatment plan.

## 5. If I don't have surgery, what are my other options?

Conservative treatment options for a wrist fracture including casting, splinting, or a combination of the two. I typically following my patients weekly for three weeks following initiation of conservative treatment to assure there is no change in alignment of the fracture. If the bones shift during the first three weeks, then surgical intervention to improve the alignment can be performed prior to healing of the fracture. One can expect to be immobilized in a cast and/or splint for a total of six weeks prior to initiating wrist range of motion. Sometimes at the end of the immobilization period individuals may be referred to an occupational therapy to improve their range of motion, and further down the line improve their grip strength.



## 6. What does surgery involve for a wrist fracture?

Surgical intervention involves making an incision to access the fracture fragment(s) to improve alignment and restore and stabilize the osseous anatomy. Once the bone fragments are aligned then a combination of different implant devices are inserted to stabilize the bone while it heals. Often these plates and screws are retained indefinitely, however depending on the fracture pattern and bone quality there is a possibility that certain types of plates must be removed once the bone is healed.

## 7. What should I expect after surgery?

The first office appointment will occur two weeks after the date of surgery, at which time the sutures are removed and depending on the fracture pattern and bone quality, often my patients' are transferred into a removable splint and may begin wrist and forearm motion. There is an 8-10 week period post-operatively that you must refrain from any lifting, pulling, or pushing with the operative hand. At 12 weeks post op I typically allow my patients to return to all activities gradually with no restrictions.

## CARMELLA FERNANDEZ MD, MBA

*Dr. Fernandez is a dual fellowship trained orthopedic surgeon specializing in surgery of the hand, wrist, and elbow. Her clinical interests focus on developing personalized treatment plans to restore pain-free function to her patients through a variety of non-surgical and surgical solutions.*



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- Continuous passive motion machines
- Crutches
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- Glucose control solutions
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- Suction pumps
- Traction equipment
- Walkers
- Wheelchairs

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# WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

**T**here are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and TCH, and the second is the altered version of the plant that has been through a hybrid process to lighten the TCH (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no TCH. TCH is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the TCH levels have been extracted through a vigorous process, leaving zero to little TCH levels. CBD is a great alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of TCH to be included in the leaves of the marijuana.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and TCH through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and TCH, creating a multitude of beneficial reactions in the body.

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications. Since then there been multiple studies in the United States and Europe that affirm that medical marijuana is an effective alternative in the treatment of several illnesses.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida since the approval of Amendment 2. In Florida the medical marijuana is allowed in the form of pen vape and cartridges, pills, oils, edibles and smokable. The possession of marijuana without an ID card is still illegal at a federal level.

## ARE YOU A GOOD CANDIDATE TO TRY LOW TCH OR FULL POTENCY MEDICAL MARIJUANA?

If you have one Qualifying Condition and have tried other treatments for your respective illness without success, like for example medications or therapy you probably will benefit from marijuana. Medical marijuana will be considered the following step in the intent to improve patient quality of life. In Florida, medical marijuana can be exclusively used to treat and alleviate symptoms of the following medical conditions:

- Cancer
- Chronic Pain
- Chronic Muscle Spasms
- Seizures
- Anxiety
- Epilepsy
- Glaucoma
- Parkinson's Disease
- Multiple Sclerosis

- Crohn's Disease
- Positive HIV/ AIDS
- Posttraumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Terminal Conditions
- Other Debilitating Medical Conditions of the same kind of class or comparable conditions above, as determined by the Florida Board of Medicine



The process basically consists of first visiting a Qualified Physician, and the physician will determine if the benefits of Low THC or medical marijuana outweighs the risks depending of the current health status. If approved, the patient will apply for a Medical Marijuana Card to the Medical Marijuana Use Registry (MMUR) of the Department of Health of the State of Florida. Application process is quick and can be done online at: [Knowthefactsmmj.com/patients/](http://Knowthefactsmmj.com/patients/). Once you have the card you can reach any of the approved dispensaries to obtain the product. Dispensaries usually home deliver, have several locations and have a health educator available to advise the patient on how to use the products.

Last June 23, 2017 Governor Rick Scott signed SB 8-A legislation to implement Medical Marijuana Amendment. The bill contains significant changes to make the initial regulations more flexible.



## SOME OF THE SIGNIFICANT CHANGES ARE:

- Eliminating the 90 days waiting period for a Qualifying Physician to prescribe the Marijuana
- Added Seasonal Residents as Qualifying Patients
- Eliminates Sale Tax in Marijuana Products
- Allow the Low THC product to be used publicly, but not the full potency marijuana
- Telemedicine visits are prohibited
- Pregnant woman can be certified to use Low THC products

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing and dispensing medical marijuana. Dr. Ralph Rodriguez and Dr. Alejandro Blanco from Internal Medicine Partners of Naples have a great deal of experience in diagnosing and deciphering the need for TCH and CBD in their practice.

### Dr. Ralph Rodriguez

Dr. Ralph Rodriguez, MD, is a Board Certified Internal Medicine physician more than ten years of experience practicing medicine in different settings. Dr. Rodriguez started his career at the University of Puerto Rico, Medical Sciences Campus, where he completed his medical degree and residency program in Internal Medicine. He relocated to Fort Myers, FL on 2008 and worked for Lee Memorial Hospitals, and then decided to join NCH Hospitals of Naples, FL where he currently practices as Hospitalist physician since 2010.



He is a member of the American Medical Association, the American College of Physicians, Collier County Medical Society, The American Professional Wound Care Association and he's the Treasurer for Hispanic American Doctors Association of SWFL. He is also certified in Hyperbaric Medicine & Problem Wound Care Management and is experienced in Platelet Rich Plasma treatments.

### Dr. Alejandro Blanco

Dr. Alejandro Blanco, MD, is Board Certified in Internal Medicine. He obtained his Medical Degree in the Autonomous University of Guadalajara School of Medicine in Mexico. Then he completed his education as Internal Medicine Physician in Ramon Ruiz Arnau University Hospital in Puerto Rico in 2012. He relocated to the beautiful city of Naples FL and worked as Hospitalist in NCH Hospitals.



Dr. Blanco is member of the American College of Physicians, American Medical Association, Collier County Medical Society and The American Professional Wound Care Association. He is also certified in Hyperbaric Medicine & Problem Wound Care Management and is experienced in Platelet Rich Plasma treatments.

Please contact Internal Medicine Partners today to find out more about your options and to schedule a consultation. Hablamos español.

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# Peripheral Arterial Disease: What Are Your Treatment Options?

By Russell Becker, DO, Vascular Surgeon

**P**eripheral artery disease affects 8.5 million Americans. Peripheral artery disease (PAD) is caused by plaque buildup, known as atherosclerosis. The arteries can become damaged by smoking, high cholesterol, high blood pressure, and insulin resistance (high blood sugar). When this damage occurs, the body begins a healing and regenerative mechanism that allows plaque to act as a bandage over the damaged arterial walls. This is dangerous for multiple reasons, but the two most detrimental are that the plaque can break off, causing a blood clot to form, leading to strokes or embolisms. And the other issue is narrowing of the artery, which blocks blood flow in the legs, arms, brain, and heart. These issues are often linked to unhealthy lifestyles, and PAD can also lead to other complications and comorbidities.

Although PAD can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, and a sedentary lifestyle.

## Do You Have PAD?

Some of the common symptoms are pain in the leg or calf while walking. This is known as claudication, and it usually subsides once a person rests for a period of time. Other symptoms are a weak pulse in the ankle or foot, hair loss on the legs and feet, burning or tingling in extremities, swelling of calves, dry skin, dark veins, ulcers on legs or feet, and shortness of breath.

Individuals with arterial disease due to atherosclerosis (plaque buildup in the arteries) often have peripheral vascular disease (PVD). Other blood vessel conditions like DVT's (Deep Vein Thrombosis) varicose veins, pulmonary embolisms, and venous insufficiency are interrelated.

Maintaining a healthy diet is critical to keeping your lipid levels in proper balance, coordinately it will assist in supporting the vascular structures through nutrient and antioxidant-dense foods. Dr. Becker, of The Vascular Center of Naples, typically, recommends a low-fat diet full of healthy fruits, vegetables, and lean protein. Preventing atherosclerosis, or the hardening of the arteries due to plaque buildup can be achieved through medications as well. However, if the blockage from PAD is severe and life-threatening, a medical procedure will be necessary to open and repair the artery to allow blood to flow normally again.

## Conservative Treatment Options

### Healthy Lifestyle Changes

Changing ones diet, incorporating exercise and quitting smoking can help heal the body, and area especially important to incorporate after having a procedure.

### Medications

These include, antiplatelet or anticlotting agents blood thinners, cholesterol-lowering drugs, blood pressure medications, and medications that increase blood supply to the extremities.

## Procedures for PAD

### Peripheral Vascular Stent

A small mesh tube may be placed in the artery during angioplasty. A stent helps keep the artery open after angioplasty is done. Some stents are coated with medicine to help prevent blockages in the artery.<sup>1</sup>

### Angioplasty

A catheter (thin tube) with a balloon at the tip is inserted into a blocked artery. The balloon is then inflated, which pushes plaque outward against the artery wall. This widens the artery and restores blood flow.<sup>1</sup>

### Atherectomy

is a procedure that removes plaque buildup from an artery. During the procedure, a catheter is used to insert a small cutting device into the blocked artery. The device is used to shave or cut off plaque. The bits of plaque are removed from the body through the catheter or washed away in the bloodstream (if they're small enough). Doctors also can perform atherectomy using a special laser that dissolves the blockage.<sup>1</sup>

### Bypass Grafting

A blood vessel from another part of your body or a synthetic tube to make a graft is used as a graft. It bypasses the blocked part of the artery. The bypass allows blood to flow around the blockage. This surgery doesn't cure PAD, but it may increase blood flow to the affected limb or area.<sup>1</sup>

## Worst-Case May Require Amputation

An advanced case of peripheral arterial disease or PAD that causes a build-up of plaque in the artery wall and leads to the blockage of blood flow to a limb or extremity. If you have both PAD and diabetes, you are at a particularly high risk for requiring an amputation.<sup>2</sup>

#### Sources:

1. <https://www.ncbi.nlm.nih.gov/health-topics/peripheral-artery-disease>
2. <https://vascular.org/patient-resources/vascular-treatments/amputation>

Because the veins and arteries balance each other out, when an individual is experiencing chronic symptoms it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. PAD must be treated to prevent further damage to your circulatory system and your overall health. If you or someone you know is experiencing any venous or arterial issues, please contact your physician immediately.



**Russell Becker, DO, Vascular Surgeon**

Dr. Becker received his fellowship training in vascular and endovascular surgery at Wayne State University in Detroit. He is board-certified by the American Osteopathic Board of Surgery, he's a fellow of the American College of Osteopathic Surgeons, and he retains active memberships with the Society for Vascular Surgery and the American Association for Vascular Surgery.

Dr. Becker has experience and interest in all areas of vascular and endovascular surgery, including treatment of conditions like carotid artery disease, hemodialysis access creation and maintenance, and diseases of the veins.

Beyond performing surgery, Dr. Becker is a well published author of vascular surgery literature. He has previously served as an investigator in numerous new and developing clinical device trials and has been a part of the clinical faculty in vascular surgery at Michigan State University College of Human Medicine in East Lansing, Michigan.

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# Palm Coast Physical Therapy Offers Telehealth, Virtual Office Visits: **What You Need to Know**

**T**elehealth, virtual office visits have become the new normal in patient care. Popular for years in urgent care due to the convenience for patients, it's now a great way to receive virtual physical therapy treatment. Although it is always best to be seen and treated by your physical therapist, our current situation with Coronavirus is causing us to make adjustments to conventional treatments. With Palm Coast Physical Therapy, now you can heal and learn exercises, stretches and get coaching for all of your musculoskeletal needs right in the comfort of your own home!

Palm Coast Physical Therapy Doctors of Physical Therapy are available to give you clear oversight, guidance and recommendations depending on your musculoskeletal issues. They can also virtually evaluate your progress.

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## The Palm Coast Difference—Improve your quality of Life

### What Makes Palm Coast Excellent?

Our personalized approach is a big key to our success at creating lasting patient and physician relationships. We offer one-on-one patient care and develop our treatment programs based on each individual's needs.



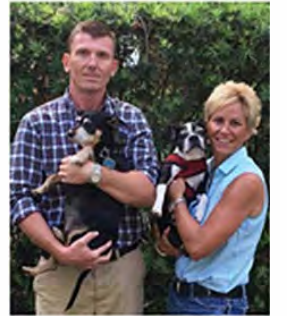
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### The Palm Coast PT Team:

**Dr. Lori Criswell, PT, DPT, CLT**  
Owner / Director

Lori has more than 28 years of clinical experience. She interned at NYU, Duke University and George Washington University Hospitals. She received her bachelors of science degree from West Chester University, her Master of Physical therapy degree from the University of Delaware and received her Doctor of Physical Therapy degree from the University of South Florida in 2014. She has her Manual Therapy training from The University of St. Augustine and her Lymphedema Certification from the Academy of Lymphatic Studies.



### Dr. Trevor Gilliam, DPT - Physical Therapist

Trevor graduated from the University of Rhode Island in 1998 with a BS in Exercise Science. He graduated from Florida Gulf Coast University in 2011 as Doctor of Physical Therapy. His focus is on biomechanics, functional neuromuscular re-education, and Vestibular rehabilitation.

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## CMS Issues Guidelines for Reopening Facilities for Non-COVID-19 Care

Courtesy of Dr. Tobo, Personalized Retina Care of Naples

The Centers for Medicare & Medicaid Services (CMS) issued recommendations on April 19, 2020 for the first phase of reopening physician offices and ambulatory surgery centers that provide nonemergent, non-COVID-19 health care. An example of non-emergent non-COVID-19 healthcare are elective procedures such as cataract extraction surgery.

Retinal specialists offices remained open following the guidelines of the ASRS (American Society of American Specialists) as they are considered essential healthcare providers due to the nature of retinal diseases. Retinal diseases are often silent (painless, not associated with redness of the eye) but potentially devastating to vision if not detected early. Among those are patients with macular degeneration that receive monthly treatment to prevent irreversible blindness. As physicians, we decide what patients have urgent problems that pose a greater threat to their vision than the risk of exposure to SARS-Cov-2.

The new CMS recommendations aim to give health care facilities guidance to provide essential non-COVID-19 care to patients who have no symptoms of COVID-19 (in regions with a low incidence of the disease).

### The recommendations include:

- Health care providers and staff should wear surgical facemasks at all times and patients should wear a cloth face covering if they don't possess surgical masks.
- Within the facility, administrative and engineering controls should be established to facilitate social distancing, such as minimizing time in waiting areas, spacing chairs at least six feet apart, and maintaining low patient volumes.
- Sanitation protocols should be in place providing for cleaning and disinfection of the facility and decontamination of anesthesia equipment pursuant to CDC guidelines.
- When adequate testing capability is established, patients should be screened by laboratory testing before care and staff should be regularly screened by lab test as well.
- All patients must be screened for potential symptoms of COVID-19 prior to entering the facility.



- Facilities should consider establishing non-COVID care (NCC) zones that would screen all patients for COVID-19 symptoms, including temperature checks.
- Staff should be routinely screened for symptoms of COVID-19.
- Adequate supplies of equipment, medication and supplies must be ensured and not detract from the community's ability to respond to a potential surge.

### COVID-19 and Eye Disorders

Dr. Katia Taba of Personalized Retina Care of Naples has implemented and follows all CDC guidelines and updates for the safety and treatment for her patients.

Conjunctivitis (pink eye) does not appear to be a common symptom or comorbidity of COVID-19. To corroborate this finding, a Chinese study from Wuhan recently published online at the American Academy of Ophthalmology journal (*Ocular Findings and Proportion with Conjunctival SARS-COV-2 in COVID-19 Patients* - Department of Ophthalmology, Renmin Hospital of Wuhan University, Wuhan, 430060, Hubei Province, People's Republic of China) indicated that SARS-CoV-2 RNA could be detected in the conjunctival swabs of 2.5% (3/121) of COVID-19 patients. Among the 121 patients of the study, eight (6.6%) had ocular symptoms and only one of them tested positive for conjunctival SARS-CoV-2. The ocular symptoms included itching, redness, tearing, discharge, and foreign body sensation. Two patients of the same study without ocular symptoms tested positive for conjunctival SARS-CoV-2 (one was classified as severe/critical COVID-19 case and another was classified as a mild/moderate case). The appearance of ocular symptoms or the result of conjunctival SARS-CoV-2 detection was not significantly correlated with the duration of COVID-19 disease. A minority of the 121 patients had ocular symptoms and findings, which when present were mild, therefore pink eye is not a common manifestation of COVID-19 disease.

In the same study, the proportion of positive results for conjunctival SARS-CoV-2 detection was 2.5% (3/121); that was significantly different from the nasopharyngeal SARS-CoV-2 detection rate of 70.2% (Table S1, available at [www.aaojournal.org](http://www.aaojournal.org); positive proportion, 2.5% vs. 70.2%; McNemar-Bowker test,  $\chi^2$  value 85.571,  $P < 0.001$ ). The proportion with a positive result for SARS-CoV-2 RNA was significantly different between the conjunctival and nasopharyngeal specimens.

Along with the association of conjunctivitis or not, if you have any eye symptoms or disorders, it's crucial not to let them go or ignore your condition. Eye diseases can be signs of chronic or acute illnesses, and many eye disorders can lead to vision loss and even blindness if not treated.

Dr. Taba has recently seen an increase in brain and eye strokes, and although there is speculation that those conditions might also be directly correlated with COVID-19, her patients were non-COVID-19. However in her interaction with the patients, they generally have not been able to exercise as much, have had their regular follow up check ups with their PCPs cancelled and were unable to communicate through telemedicine. Unfortunately, this epidemic has affected treatment and monitoring of other health conditions. Therefore, it is important that patients and healthcare providers follow the CMS guidelines for safely resuming care to non-COVID-19 patients.

### Personalized Retina Care of Naples

If you are experiencing any changes in your eye health, whether it's blurry vision, pain, impaired vision, or any other eye irregularities, it's imperative that you see an ophthalmologist right away. The earlier disease or disorders are detected, the better the outcome and treatment options are for you.

Personalized Retina Care of Naples provides incomparable diagnosis, medical and surgical treatment for retinal conditions and disorders. Dr. Taba is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases.

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## Ideal EMSculpt Candidates

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The EMSculpt procedure feels like an intensive workout of muscles in the target area being treated. The levels can be adjusted and gradually increased during the course of the treatment. Most patients enjoy lying down and relaxing during the non-invasive procedure.

Each treatment in the series takes approximately 30 minutes. The series is mapped out precisely for you with your physician and EMSculpt specialist. Since EMSculpt is non-surgical and non-invasive, there is no downtime. You could schedule a treatment for your lunch break and return to work immediately after. Regular physical activities can be resumed immediately and are encouraged after your EMSculpt treatment.

## Results

Patients feel the tightening and lifting effects immediately after the treatment, which feels similar to an intense workout. Within just a few short weeks (2-4) after the last session in the series, patients will see major because the underlying muscles require time to strengthen fully. The body gradually and naturally eliminates fat cells that are destroyed through apoptosis during the series of treatments, and results continue to improve for weeks to months after the treatment series. One round of EMSculpt treatment can increase lean muscle by up to 16% and reduce fat by up to 19% in the treated area.



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# Managing Diabetes Amidst the Coronavirus

By Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

**C**oronavirus is here with reports that it may return this Fall. If you or a loved one has diabetes and/or heart disease, extra steps should be taken to remain healthy. Be safe, don't panic, be cautious, be informed.

Thousands of people die from the influenza annually. And, thousands have died from the coronavirus. Consider steps to take great care during every flu, virus, and cold season.

People with diabetes are more likely have a weakened immune system, more so with poorly managed diabetes. A recent study related to patients with diabetes indicated a three times higher mortality rate than those without diabetes.

High blood sugar levels lower the body's ability to fight infections. The immune cells don't function as effectively which causes an increased risk.

Keeping your glucose levels as low as possible is important for a healthy immune system and to help heal. Illness can make your glucose erratic. Stress, worry or panic can contribute to high glucose levels.

Working to improve your immune system all year long will always give you a leg up when colds and viruses are around us so we can stave off or lessen the length of time and symptoms.

## What Can I Do to Stay Healthy?

If you are a smoker, this is a good reason to refrain from smoking. The coronavirus appears to cause respiratory problems, smoking can worsen the issue.

Stay hydrated! This is the kind of virus that causes infection in your nose, sinuses, or upper throat. Drink water! The amount of water required really depends on your weight. For now, stay with the suggested 8, 8-oz. glasses per day and a little more if you are not feeling well. Herbal teas can be a good option.

COVID-19 and the flu virus can be contracted through oral and nasal passages. If we are not properly hydrated, the droplets from someone else's cough or sneeze can transfer to these areas. The droplets can stay suspended which we can inhale. When the mucus membranes in our nose, mouth, or lungs are dry they cannot block the virus.

The stickiness of mucus helps to trap particles from the air, virus, pollution, and dust to be filtered out before it can reach the lungs. The increase of mucus (stuffy nose) is your body's way of responding to irritants.

Avoid high sugar and sugar-free labeled drinks. Hot showers and the use of a humidifier may help improve conditions in your home.

So.... Stay hydrated!

Food is important. Because we may be less active during this time, don't overeat. You may see your glucose levels spike. There is an exception to every rule ~ eating extra greens and veggies is usually no problem (not including potatoes/root vegetables).

Avoid grabbing those bags of chips and snacks from the grocery stores. Think about healthy foods that are going to give you nutrition. Please avoid those.

Be sure you are getting good rest; this is important to keeping a healthy immune system.

Because most facilities are closed get outside and get some fresh air, go for a walk. Having said that, if you see your neighbors, just wave and keep your distance. Remember, these precautions are just temporary. Or just go to your backyard or lanai.

No reason to be sedentary! Get yourself motivated to get up and move. Start slow, maybe 5-10 minutes 3 times per day. Remember if you stay healthy, you work to keep your family healthy. So, be a good example.

Take up activities to keep you from going stir crazy. The following examples may be great for you and your family to get through the COVID-19 season. Actually, these suggestions can be good for you and your family after we get through this.



- Read that book you've been putting off, read the Bible
- Use face time/video to read to your grandchildren at bedtime

## Exercise at home:

- Stretch – set a goal, if you can't touch your toes today, by the time we get back to a normal life you should be able to.
- If you have a set of weights in your home...use them.
- Lean against the kitchen or bathroom counter to do pushups using your own weight (assuming you don't have an issue with your shoulders) rather than getting down on the floor.
- Sit ups
- Walk up and down your stairs
- Do knee bends (use a chair or counter to keep you stable).
- If you are not so mobile, you can do exercises while sitting in a chair.
- Play your favorite music and sing! Have singing contests with your family members – you can do this over face time with your family members at a distance.
- Since many churches are currently closed, some parishes post their services online or listen to other established TV sermons until your own church is open again.
- Learn something new! Go online and learn more about your favorite subject, learn a language, anything that interests you.
- Puzzles. When we were kids, we would put together puzzles with our grandparents. A great way to pass the time while creating.
- Meditate. Meditation helps reduce stress and anxiety and helps us put things in perspective. There are a number of meditation apps available to download on your phone.

## Sources:

Keep abreast of as information changes. The CDC offers a lot of information on what we can do to stay healthy. <https://www.cdc.gov/coronavirus/2019-ncov>

"COVID-19: Extra caution needed for patients with diabetes", <https://www.the-hospitalist.org/hospitalist/article/219144/diabetes/covid-19-extra-caution-needed-patients-diabetes>, March 17, 2020

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# How to Heal a Sprain in Half the Time

By Toni Eatros, MS, Dipl Ac, AP

**H**as this ever happened to you? You are so proud of yourself for sticking to your exercise regime. Things are going great and you are seeing positive results from your effort and discipline. During your work out, you stumble and end up twisting or spraining your ankle. You hear the loud crack as your ankle touches the ground. Pain immediately ensues, as does the swelling and bruising. Now what? How will you continue your new, effective routine? Unfortunately, you will need to take some time off to allow your ankle to heal, but if you follow the recommendations that I am outlining in this article, you will be able to cut that healing time in half and get back to your fitness routine.

Most of us know about the RICE protocol when addressing injuries, especially sprains.

- Rest
- Ice
- Compression
- Elevation

The above protocol is imperative if you want to get back to your workouts quickly. You must get off the joint. If you don't rest, and keep pushing through, you will not have quick or complete healing. I hate to say it but no walking, running, stepping or spinning on a sprain.

Apply ice to the joint for the first 3 days (72 hours). An effective interval is applying ice for 20 minutes of every waking hour. Do NOT use heat during these first three days. For the compression step, wrap an ACE bandage around the joint. Be careful not to put it on too tight. It is important that the energy, blood

and lymph can move through the area so it can heal. The last step is elevation. It is important to elevate it as much as possible. Raise the joint so it is higher than your heart level.

Using the RICE protocol, it will take about 7-21 days to heal a sprain of any joint. The worse the sprain, the longer it will take to heal. However, if you add in homeopathics, the time it takes to recover will be significantly shorter. If you are not familiar with homeopathic medicine, you can listen to my, "Homeopathy, The At Home Medical System You can Use to Take Back Control of Your Life" podcast to learn more. The podcast can be found on the internet at <https://anchor.fm/anhs4566>, Season 1, Episode 11.

At the first moment after spraining a joint, take homeopathic *Arnica montana* 30C. The dose is dependent on the manufacturer, so read the label to see if one dose equals, 4, 5, or 6 pellets. *Arnica* is especially useful for soft tissue trauma. It helps to reduce swelling and pain. The *Arnica* will be alternated with *Ruta graveolens* 30C, every two waking hours for two days. *Ruta* is especially helpful for any complaint involving cartilage, tendons or bone surfaces.

This is what it looks like:

- 10am sprain ankle
- 10:05am take first dose of *Arnica montana* 30C
- Implement the RICE protocol from above
- Noon take first dose of *Ruta graveolens* 30C
- 2pm take *Arnica montana* 30C
- 4pm take *Ruta graveolens* 30C
- continue while awake for the first 48 hours.

The frequency of dosing listed above is indicated for a pretty severe sprain. If you have taken the homeopathic medicines and you feel better, or if it is a mild sprain, then spread out the dosing of each medicine, to one dose every 6-12 hours. If there is no swelling or pain, then stop the *Arnica montana*. Continue to take the *Ruta graveolens* 2-3 times per day until the sprain has healed.

The beauty of homeopathic medicine is that it will not interact with any pharmaceuticals, vitamins or herbs that you may be currently taking. Only take homeopathics to address a symptom, they are not to be taken prophylactically or for long periods of time, especially if the symptom has resolved.

If you put into use the information that you learned in this article, you will be able to cut the down time from a sprained joint by about half. I encourage you to explore the world of homeopathic medicine. There are many ailments that are effectively treated at home using homeopathy. At this time, more than ever, we want to reduce our visits to the doctor or emergency room. COVID-19 is spreading like wildfire throughout the world. The ability to treat yourself and your family from the comfort of your home is invaluable at this time of self isolation. Check out my podcasts, [anchor.fm/anhs4566](https://anchor.fm/anhs4566), to learn more about homeopathy.

Although I am unable to treat you in my office at this time, due to the coronavirus pandemic, I am offering telemedicine homeopathic consultations over the phone. Homeopathy can address many acute and chronic illnesses, without the use of pharmaceuticals. Call my office today, 239-260-4566, to schedule a homeopathic consultation or schedule online at [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com).

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# A Letter to my Tribe: Planning for the Invisible Enemy

Provided by Nina Azwoir

I can feel my fingers pitter patter away on an enormous keyboard, yet my gaze often pivots to a view outside my unwelcome sliding glass doors. I find myself looking out to a stunning backyard. A pool with water like Caribbean turquoise seas, surrounded by Mango trees ripe with fruit. If it were any other year, sitting in this room in April would bring a sense of calm and peace. But this one isn't the same. The freedom and serenity I've been granted in the past has been stunted by an invisible cage. I have been incarcerated in my own home. A sentence that feels like a lifetime, but has in fact been only four weeks! Like little children we are told to behave, "it will be over before we know it."

I spend my life and my love planning for the people I care about most.

No really, that is what I do as Financial Advisor and Investment Planner. But did I plan for this?

The gains in the market have lasted for 15 straight months, and now the thrill of the ride has been swept from under our feet. I have started to go through my own catharsis with the stages of grief.

The denial was the most fun, I have to admit. Like adolescents, we all started this arduous journey with disbelief and a laissez-faire attitude. I might have even been a tad rebellious. Of course, being of Middle-Eastern descent didn't help; I had always stood strong against the control taken from myself and my sisters as we grew up. I wasn't going to let this disease stop me. We rolled our eyes at the first people who wore masks. We insisted that this would be over in a week, and many even compared this pandemic to a flu. We were brazen...until we started to witness local businesses close before our eyes. An invisible enemy laser-focused on taking our health and our livelihoods.

I sit here past that and several other stages now as I gaze past the "Invisible wall" meant to harbor us.

My perception has blossomed. I am still blessed enough to be here so I have to ask myself and my clients; do you remember all those times when we spoke about planning? About creating a strategy that can hold up in all environments? Yes, that one.

Do you remember when we spoke about emergency cash flow? This is the time we planned for, even though we didn't realize it at the time.

What about that complex term, risk management? Yes, that was the life insurance we put in place for your loved ones in case of a devastating event. We didn't know if you would ever need it, but as your Advisor I didn't want you to enter unknown territory without protection. We have a plan.

Some simply called it the Bucket system. You know that age old process of directing different assets into different silos? If you don't, please contact me and I will be happy to share this with you.

Most have sat with me tirelessly as we created sophisticated scenarios that showed what may happen if they passed away unexpectedly.

Then the scenario we planned for, but didn't expect so soon: what if the market drops? It showed us we need other more secure options in place to save them from days like ones we have seen as of late.

We have strategies in place to protect your life savings from risk. This is your triumph at a time like this.

We did purposeful planning and things as simple as beneficiary check-ups so that we were always sure to have all bases covered. Remember the attorney we sat with to make sure your will and health care directives were in order?

These are the times we did all of these things for. The power of having a plan elevates you from the pandemonium of a pandemic.



And so my tribe, we are for the most part accepting of what may come. It's usually the last stage in the cycle of grief.

We don't know how long this will last and we don't know if it will rear its ugly head once more with a vengeance. But here is what we do know: you have a solid Investment Plan in place and you will always have my guidance. I hope this keeps you feeling more secure and less lonely behind our invisible walls, because if you look close enough, you will see that I am always here with you.

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# The Tale of the Ugly Bufo Toad is More of a Nightmare for Pet Owners

**B**ufo toads, also known as cane toads, were introduced to Florida back in the 1930s from Central and South America to protect our sugar cane and other crops. Bufo toads have a lethal secretion that can kill pests within minutes. That's why they were brought here to protect farmers and plantation owners' crops. Over the years, these pesky bug-eyed frogs have multiplied to great numbers, and when we start to get into our rainy spring and summer season, they appear in the masses. They usually come out at dusk and into the late evening hours. However, younger Bufo toads are out earlier in the day.

These invasive amphibians are not aggressive, but they have enlarged parotoid glands on their neck and shoulder areas that produces a lethal poison known as bufotoxin. This toxin is deadly to dogs and cats. If a pet comes into contact with a Bufo toad directly or in some cases indirectly, they can die within 15 minutes of exposure to bufotoxin.

These toads are becoming more and more brazen. It's not uncommon for homeowners to see them eating out of their trash cans or enjoying food left out on the patio, including food right from a pet's bowl. If your pet eats after a Bufo toad, bites the toad, or licks them or licks the leftover secretion of the toxin, you have to take critical initial steps to try and save your pet. If infected, pets will become erratic and panicky, their gums and tongue will become bright red and swollen; they will have frothing of the mouth and frantically paw at their face. They may also experience seizures and, ultimately, death. Bufotoxin is extremely toxic, thick and sticky.

## Steps to take if your pet comes into contact with a Bufo toad:

1. Thoroughly wipe out your pet's mouth with a wet cloth or paper towels; concentrating on the gums, teeth, tongue, and inside of the cheeks.
2. With a garden hose on gentle flow, rinse out your pet's mouth from the side so that the water flows out the other side of their mouth and NOT down their throat. Do this for at least 10 minutes.
3. Call your veterinarian or Emergency Animal hospital.

## Prevention is key:

1. Keep your pets on a short leash.
2. Walk them earlier in the afternoon, if possible.
3. Pay attention to what they are sniffing or getting into around the yard and on their walks.
4. Trim bushes back off the ground in your yard.
5. Turn off lights at night that attract insects, which inevitably attracts toads, or use bug lightbulbs or motion sensors.
6. Don't leave food outside, as this can also attract other predators such as raccoons.



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# The Role of COVID-19 Antibody Testing

**V**iruses like the novel coronavirus need a host to proliferate and mutate. Once they invade the body, they need the body to continue to live, or the virus dies if it does not move into another host. One way that we as hosts to viruses can either ward it off or fight it aggressively is through a bolstered immune system or antibodies directly able to fight the infection off. COVID-19 is an RNA virus, which is the genetic code of the virus. DNA viruses have limited mutation capabilities, while RNA is an unstable molecule that can replicate and mutate quickly depending on their need to survive, and they spread rapidly from person to person. Antibodies can inhibit these actions in RNA viruses and create a biological environment that prevents the replication of the virus altogether or makes it difficult to do so.

## Types of Antibodies

COVID-19 antibodies are Y-shaped proteins found in the blood that help to fight infection through immune function. If a person becomes infected with COVID-19, which is the antigen, IgM antibodies are present from the onset and try to fight the viral infection. After the body is finished fighting the virus off, IgG antibodies form. These provide ongoing protection from the same viral properties, and the body uses those IgG antibodies to 'remember' how to fight it off if re-exposed to the virus.

Researchers have developed a precise antibody test for COVID-19. The blood test looks for specific antibodies that are fighting or fought the coronavirus, as opposed to the common cold or seasonal flu.

## Antibody Testing

We're all accustomed to recognizing the COVID-19 cell, as it's reshown on news channels, magazine covers, newspapers, and online news networks across the globe. The name Corona means crown. The cell has spikes (like spikes of a crown) that are actually what causes the virus to invade of healthy cell's receptors. The spike proteins are what attaches to a person's cells, invades through the receptors and alerts the body to create the Y-shaped antibodies, so they can attach to the antigen and kill it. The blood test is simple and quick for the patient. The reagents used are able to detect and decipher the different types of antibodies in the blood.

The COVID-19 antibody tests are under the FDA's Emergency Use Authorization, meaning there might be discrepancies in the accuracy of the tests due to its limited study. However, these tests are important for two reasons; the first is to determine how infected areas are, were or could be, and the



second is convalescent blood plasma can be made. If individuals show antibodies to the virus, their blood plasma can be made into a viable treatment for those suffering from the virus.

## Reopening the Country

It's ideal if the majority of people are able to receive the antibody tests. This information will allow researchers to know how many people in a certain area had it and have the antibodies specific to COVID-19. If a significant amount of people have antibodies, then 'herd immunity' is thought to be a beneficial factor. This means that the majority of people had it, and therefore the risk of infection to others is low.

If only minimal numbers of a community have antibodies, then the risk of infection is still high. These factors are critical in determining whether it's safe to reopen areas of the country and what precautions to take going forward.

## Reentering Society Safely

In the meantime, we all want to get back to our normal lives, but it's wise to be prepared to reenter the world with great precaution. We will need to wear masks or face coverings, continue to practice good hygiene, and maintain a safe distance between each other for a while.

## Integrative Pain Management of Naples: Taking Extra Precaution for Patient's Safety

Dr. Ranasinghe has implemented telemedicine as well as a strict in-office protocol to keep her patients safe via social distancing:

- Each patient waits in their car until the previous patient has exited the building
- A staff member tells patients when they can enter the office
- The office staff is meticulously disinfecting all surfaces and rooms between patient care
- There is no patient to patient interaction
- Telemedicine visits are recommended to patients, whereby patients can visit with Dr. Ranasinghe via a video chat without having to leave their homes

## Chaturani Ranasinghe, M.D.

Dr. Chaturani Ranasinghe is a double board-certified Anesthesiologist and Interventional Pain Medicine physician. Dr. Ranasinghe is educated and experienced in all aspects of pain management, including the entire range of pain management procedures, including Radiofrequency ablation procedures and Spinal Cord Stimulation. However, she began to notice a trend in her patient's own request for more holistic options for pain relief. She took it upon herself to learn and utilize acupuncture in her treatments and incorporated other alternative healing methods into her management of pain. Her decision to open a facility in Naples is founded on enabling the patient to be highly involved in a truly integrated approach.



With her knowledge and the use of advanced medicine, she has been able to help many patients who had little hope of a functional life. Dr. Ranasinghe consistently works to bring patients the education they need as she believes that well-educated patients have the best chance for pain-free lifestyles.

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# Do You Have A Thyroid Disorder?

By Josephine V. Jasper, MD F.A.C.E.

**D**uring your yearly physical, did you ever wonder why the physician places their hand on your throat and asks you to swallow? This common test allows Your doctor to check for thyroid nodules. Although thyroid nodules are extremely common and usually benign, there are growing numbers of people with thyroid cancer and other thyroid issues.

The thyroid is a butterfly shaped gland. It produces two main hormones that regulate body temperature, metabolism, heart rate and other factors. These two hormones are T3 and T4.

In recent years there have been several celebrities that have shared their personal stories of thyroid issues. Most recently, Supermodel, Gigi Hadid shared that she suffers from Hashimoto's Disease, which is an autoimmune disease that attacks the thyroid.

Along with cancer and Hashimoto's, thyroid nodules could suggest that that you may suffer from hyperthyroidism or hypothyroidism. If left untreated, thyroid issues can lead to dangerous conditions like AFIB, blood disorders and heart disease.

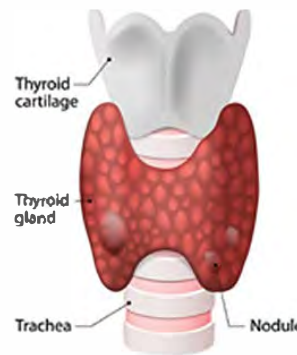
### Hyperthyroidism Symptoms:

- Overactive appetite
- Fatigue
- Anxiety
- Nausea
- Lack of concentrate
- Irregular heartbeat
- Sleep disturbances
- Dry/Brittle & hair breakage
- Itchy dry skin

With Hyperthyroidism, an overproduction of the T3 and/or T4 hormones causes the body to react to the over secretion of the thyroid hormones in negative ways. The most common form of this disorder is Grave's disease, which is an autoimmune disease. Grave's causes the body to attack it's on thyroid gland. Other causes can be from genetic mutations (can run in families), and tumors in the ovaries or testes.

### Hypothyroidism Symptoms:

- Tendency to be cold
- Dry itchy skin
- Swollen eyes
- Forgetfulness
- Lack of concentration
- Lack of appetite
- Weight gain
- Fatigue
- Menstrual changes
- Hair loss
- Depression & anxiety



With hypothyroidism, the thyroid is underactive, producing too little T3 and/ or T4 hormones. The causes of hypothyroidism are autoimmune diseases, like Hashimoto's, surgical removal of the thyroid (cancer patients), environmental radiation exposure, or radiation treatment of the thyroid. Although there is no cure, there are many different medications available to successfully treat hyperthyroidism and hypothyroidism.



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The right diagnosis and care makes all the difference in your outcome and healthy living. Dr. Jasper wants all of her patients to live their lives to the fullest with optimal health. Learn how to manage your condition under the care of Dr. Josephine Jasper, a board certified endocrinologist and voted one of NJ's top practitioners. She is now serving patients in Marco Island and Naples, Florida.

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# Coronavirus, Also Known as COVID-19: How Are Insurance Companies Handling It?

By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

**M**ost of the major insurance companies that sell a Major Medical Plan, Employers Group Plans, Medicare and Medicaid have your back. Most are waving all members cost sharing, including copays, coinsurance and deductibles for COVID-19 diagnostic testing provided at approved locations in accordance with CDC guidelines. You can login to your providers website to find information on how your plan will handle the virus. You can also call the customer service number on the back of your card, but we highly recommend going online and logging in so urgent needs can be handled faster. Our clients are always welcome to call us, and we will help with questions. That's why having a local agent that is dedicated to their clients is important. CDC is the Center of Disease Control <https://www.cdc.gov/>, this is the site that is most important. Many news media put a spin on things, the CDC is your best resource for up to date information.

If you think you may have been exposed to COVID-19, call your primary care provider right away. Your health care provider will determine if you should be tested, they will work with local and state health department to coordinate testing. The most common places are providers offices and clinics. The care or treatment for COVID-19 will be covered in accordance with your health benefits plan. The initial test is free but if you have the virus your deductibles, copays and coinsurance will apply. If drive-up testing options become available in your area you need to check if it is an FDA approved facility/location.

Things have been changing daily, so check on the CDC website for updates also [www.floridahealth.gov](http://www.floridahealth.gov) for state specific information. DO YOUR PART! Social Distancing, stay home as much as possible, enjoy our outdoor, bike, walk, boat etc.. Always wash your hands, do not touch your face unless you have carefully cleaned your hands first.

This was a internal message from Stanford Hospital, please share with family and friends.

## IMPORTANT ANNOUNCEMENT - CORONAVIRUS

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.

3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasis enough - drink plenty of water!

## THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention

For many of us we have never had to choose our own insurance, our parents or our employers have done it for us most of our lives. It is important to understand how your plan works and the terminology associated with it.

- **Contracted Price** – This is the price the insurance company has contracted with the provider.
  - Most deductibles and coinsurance are based on the contracted price which most of the time much less.
- **Deductible** - A specific amount of money that you must pay before an insurance company will pay a claim.



- **Copays** – A fixed dollar amount for a covered service
- **Coinsurance** – Percentage of the cost you pay normally after the deductible
- **Maximum out of Pocket** – This is the maximum you can pay for your services in a policy or calendar year based on how your plan was set-up. Many of the newer plans include prescription drug costs in the out of pocket maximum. Medicare Advantage Plans do not include them in the health portions deductible or out of pocket maximum.

If you are considering retiring, or maybe choosing Medicare vs. Employer Group there is a lot to know and it could hurt you not understanding the facts. Work with a Local Insurance Agent that has an office that you can verify their location, you want to be able to the future and you should not have strangers in your home unless it is medically necessary. Our office specializes in Medicare, we offer free workshops that you can attend and virtual sessions.



## Dee Merritt

We are happy to help, we have agents from Bradenton down to Marco Island, our headquarters are in Fort Myers and we also have an office we use part time in Naples.

To learn more about your options call to schedule an appointment contact:

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# Stress Management

By Neetu Malhotra, MD

**H**ave you ever felt overwhelmed? Are you feeling stressed out? The holidays can sometimes be quite stressful, whether it be making the house ready, making sure you have gotten all the presents for your loved ones/friends, but you might want to take some time for yourself too. In fact, the holidays are known to bring out all sorts of ailments and health problems, more than any time of year. The stress of the holidays is real and not something to be ignored and brushed under the rug. Stress Management is truly something we all have to deal with at one point or another. Not all stress is bad, but when you start to feel overwhelmed and feel a loss of control, that's when stress can wreak havoc in your life.

The first part in managing your stress is to identify the stressor, for example-whether it be certain negative people, going through a divorce, being told of a new diagnosis or fear of losing your job. Whatever that stressor is, it's important to identify it, talk it over with a close friend/relative or perhaps write it in a stress journal. It is crucial to not keep the feelings/emotions bottled up because that in itself is truly, I believe the heart of many health problems. Stress has been linked to heart disease, depression/mental illnesses, inflammatory conditions (ie arthritis, autoimmune illnesses, etc) and even some forms of cancer.

The second part of stress management is coming up with a plan or solution to dealing with the problem that is creating the stress/turmoil in your life. This is where taking a step back for a moment



can often help. Sometimes, taking a deep breath and talking out loud is all that may be needed. I also believe it is extremely important to have outlets or hobbies in your life. Some people find getting up early and meditating is a way to relax and recharge your mind. Others may find playing an instrument, listening to a Ted talk, gardening or reading a book keeps them relaxed and content. The point is, you have to find some activity that makes you happy and feel relaxed. This in itself, helps you think of the solution as a third party and coming up with a new perspective on the problem/situation creating the stress in your life.

I think it is important to have general lifestyle principles and routines embedded in your life such as the 5 steps below:

1. It is important to stay positive and surround yourself with people that will bring positivity in your life as well.

2. Exercising regularly and maintaining a healthy diet also helps with keeping the stress levels manageable.

3. Staying well hydrated and avoiding excessive consumption of caffeinated and alcoholic beverages also help you manage your stress.

4. Learn also how to say "no" to unnecessary requests. You need to know your limits and stick to them. It is important to know the difference between the "shoulds" and the "musts" and when needed to say "no" to taking on too much, whether it be in your personal or professional life. Taking on too much is indeed a recipe for disaster and the root of stress for most people.

5. Lastly, getting enough sleep is also vital to stress management. Most of us are not getting the recommended 7 to 8 hours of sleep every night.

In the end, it is always important to ask oneself, "Is this going to make a difference in the grand scheme of things?" "Is it really worth getting upset over?"



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# ANXIETY & YOUR BRAIN

By Natalie Klas MS/LMFT

Why is it that some people see the light, while others are constantly reminded of the darkness? The intriguing anatomy and process of our brains help us to better understand the production of fear, anxiety, worry and the decision to take flight or to fight.

In *Paradise Lost*, John Milton may have summed up this scenario very well for us when he wrote, "The mind is its own place and in itself, can make a Heaven of Hell, a Hell of Heaven." Although medical professionals are still discovering new reasons for depression and anxiety to this day, we know that a tiny portion in the brain called the amygdala, stores emotional and threatening thoughts, along with memories from our early childhood to present day.

## Anxiety & The Brain

There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

Although medical professionals are still discovering new reasons for depression and anxiety to this day, we know that a tiny portion in the brain called the amygdala, stores emotional and threatening thoughts and memories from our early childhood to present day. Anxiety, fear, stress and PTSD (Post Traumatic Stress Disorder) cause extreme side effects, such as severe nightmares, flashbacks, anxiety, sleep disturbances, hyper-startle responses, loss of interest, and suicidal thoughts.

When anxiety disorders are left untreated or under-treated, several areas of the brain like the hippocampus (regulates emotions) and the prefrontal cortex (decision making, planning abilities) shrink causing long-term damage.

Anxiety is a common feeling that many of us experience. We tend to be more familiar with the physical symptoms that occur, such as, sweaty palms, flushed cheeks, a racing heart, headaches or stomach pain.

One could think of physical symptoms as a warning sign. The symptoms are trying to get our attention and sending a message to let us know that we need to start taking care of ourselves. When the physical symptoms are occurring, there are even more detailed interactions occurring with neurons, hormones and cognitive structuring of the brain.

Learning techniques to get rid of and control negative self-talk, emotional triggers, and anything that stimulates your anxiety is critical. This can be done in counseling with the help of your therapist. You can restructure negative responses to anxiety and irrational thought patterns.

## Tranquil Waters, Christian Counseling with Natalie Klas

Natalie Klas is the Owner and Clinical Director of Tranquil Waters Christian Counseling. The counseling center was created to help develop individuals, couples and families strengthen their health that is intertwined with physical, mental and spiritual wellness. We offer a peaceful environment immersed in compassion and knowledge of psychological theories.

She is moving into her 18th year of counseling and is a Licensed Marriage and Family Therapist in the state of Florida and Wisconsin. She has provided psychotherapy to a diverse population and uses a variety of theoretical approaches to aid in the process of healing. These include: Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Strength Based and Motivational Therapy. She is also trained in Family Systems Theory and is devoted to helping individuals strengthen their self-worth and relationships. Those theories help with symptoms (not limited to) of depression, anxiety, PTSD, addiction, marital conflicts, ADHD, post-partum depression, blended families and parental difficulties.

Mrs. Klas began her career by working with women and children in shelters for domestic violence survivors. As well as, experienced medical training when working with doctors in the hospitals and provided on-site trauma-based counseling. The therapy she provided embraced the power of art, music and experiential therapy in assisting survivors to find their voice and strength in recovering from trauma. She provided counseling to survivors from the late 90's until 2002.

Mrs. Klas received her Bachelors of Science degree in both Psychology and Art Therapy in Madison, Wisconsin. In 2002, she earned her Masters of Science degree in Marriage and Family Therapy. After graduation, she worked alongside psychiatrists to help clients with severe mental health symptoms. She became a leader in working with clients diagnosed with Schizophrenia and Substance Addictions.

In 2006, she began teaching at the college level, where she conducted lectures on the topics of psychology, clinical modalities, and theoretical approaches. She has experience in teaching college students in the classroom and through online webinars.

Over the last thirteen years, Mrs. Klas has worked with individuals, couples and families who present with a variety of life challenges. She takes pride in providing a nonjudgmental approach to explore life's obstacles in a safe environment. Her therapy style offers a sense of compassion, while encouraging her clients to recognize their own strengths and weaknesses within themselves and the impact these have on their thoughts, emotions and behaviors.

**Contact Tranquil Waters Christian Counseling Today!**

*Philippians 4:6-7*

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*



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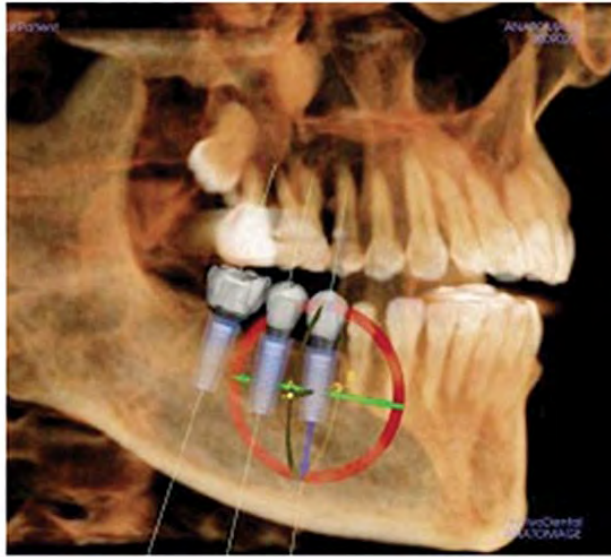


# Computer Guided – Dental Implant Placement

By Juan Teodoro, D.M.D.

**C**omputer Guided Dental Implant Surgery actually allows the procedure to be “performed” in advance of the surgery. Surgical simulation can be done on the computer, so the exact size and ideal location for the implant is known. In essence, the treatment is completed on the simulator pre-surgically. Recent computer technology breakthroughs enable a surgical guide to be electronically constructed to guide implant placement during surgery.

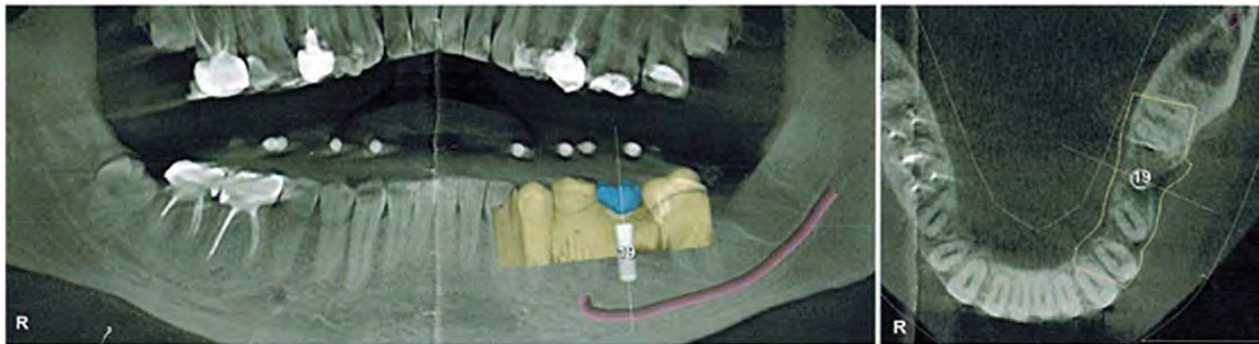
3-Dimensional Cone Beam Computerized Tomography (CBCT) imaging can provide important information regarding the width, shape, quality and volume of bone in cross-section. Once the scan is obtained, the shape of the bone can be clearly seen and a discussion can be conducted of whether procedure such as bone grafting will be required. Other important anatomic landmarks can also be identified that cannot be seen with traditional x-rays.



Computer Guided Dental Implant Surgery is typically performed in less than an hour. In most cases, no incisions or sutures are usually needed and therefore post-operative swelling / discomfort is minimal. This state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.



*Dr. Teodoro is a Board Certified Periodontist. He holds both Diplomate status in the American Academy of Periodontology and the International Congress of Oral Implantologists. Dr. Teodoro served as a Major in the U.S. Air Force practicing periodontics. Throughout his Air Force career he served as Chief of Periodontics, Director of the Implant Board & Clinical Instructor. He is currently a clinical assistant professor at the Naples dental residency program for the University of Florida. Dr. Teodoro is still the only periodontist in both Lee & Collier County trained in Advanced Laser dentistry.*



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# SWFL'S MILLENNIUM PHYSICIAN GROUP TO HIT 30,000 TELEHEALTH VISITS ON PROPRIETARY VIRTUAL HOUSE CALL NETWORK IT BUILT FROM THE CLOUD DOWN

Florida's largest independent medical group Millennium Physician Group to hit 30,000 telehealth visits today five weeks after launching its MPG Connect platform to dampen the spread of COVID-19. What's exceptional about Millennium's Telehealth Service MPG Connect is that it connects Millennium's 450,000 patients with *their* physicians, which is a departure from most telehealth services that use third-party healthcare providers who don't know the patients nor have their medical records on hand.

"Our technology not only connects patients who should or want to stay home with the doctors who knows them best, but it also allows our doctors to practice medicine while quarantined in what we're calling *reverse telehealth*" says Millennium Chief Innovation Officer Jeffrey Nelson. Millennium is conducting more than 1,350 virtual visits a day across the state using its proprietary platform – one that it owns and built from the cloud down, right here in Southwest Florida. "This is one of the many innovations we'd already been working on and just pushed to the forefront once it became imperative the medical community come up with solutions to manage the COVID-19 Pandemic," adds Nelson.

"Telehealth is the tool that allows us to strengthen the patient-provider relationship during this understandably concerning time while preserving our patients' continuity of care. We're especially vigilant about those with chronic conditions, like hypertension, diabetes, and COPD, for whom it's particularly important to stay connected with their doctor and on top of their health," says Millennium Chief Medical Office Alejandro Perez-Trepichio, MD. "MPG Connect is invaluable!"

All that's needed is an MPG Connect appointment and a computer, smartphone or tablet. New and existing patients can call their nearest doctor's office, (844) CALL-MPG or go online to MillenniumPhysician.com to request a telehealth visit through the MPG Connect platform.

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#### About Millennium Physician Group

Millennium Physician Group is the largest comprehensive, independent physician group in Florida with more than 130 locations in 17 Florida counties. With more than 500 healthcare providers, Millennium offers primary care, specialty care, walk-in centers, imaging centers, labs and more. We maintain a strong commitment to high quality care with state-of-the-art technology combined with a friendly family atmosphere. Learn more at [www.MillenniumPhysician.com](http://www.MillenniumPhysician.com).



# Your Clean Home is Our Business



Did you know that a cleaning service company can do so much more than keep your home clean? Did you know that a service like this can actually help to reduce the amount of stress that you are suffering from? Let me explain. Cleaning takes a lot out of you. I mean, even the slightest clean to your home can take a lot of effort.

This is just going to add more stress onto you. Things become extra bad if you have had a pretty stressful day as it is. You just don't want to clean. If you don't clean the problem becomes much worse. You see, studies have shown time and time again that living in an unclean environment can actually lead to all sorts of stress and health concerns, anxiety attacks and high blood pressure which can lead to heart issues. Being unable to clean this environment how you want to is just going to make things a lot worse.

Don't sell yourself short, your time is extremely valuable. Need a dollar value? Just calculate how much you make per hour, and multiply it by the amount of time it will take to clean your place, and then multiply that by the value you place on spending that time with your family. Chances are it's much less expensive to hire a house cleaning company, than to do it yourself.

Maid Pro understands the stress that comes from worrying about a clean house. At Maid Pro, they understand that their customers are the reason they exist. That's why all of their team members follow a set of core beliefs that center around you, the customer. They know that listening to the wants and needs of their customers and delivering a personalized service makes for a more enjoyable experience for everyone.

**Less Stress:** a healthy organized home can reduce stress levels and ensure you're feeling your best even when not at home.

**Healthy Lifestyle:** airborne pollutants and allergens can irritate our immune systems and trigger respiratory issues such as asthma.

**Have Friends & Family Over:** a clean home is an inviting home. Don't stress about having people over because of the clutter in your home. Stay on top of it with Maid Pro's cleaning services and spend more quality time with those you love.

When you are surrounded by a mess, the hormone Cortisol is released into your system. This is a stress causing hormone that can speed up aging and increase your chances for heart disease. When your messy home is cleaned up, endorphins are released. This makes you feel great.

There are plenty of reasons to choose, and love, Maid Pro. Maybe it's because they work with you to build a cleaning plan, tailored to your needs and budget. Or because their cleaning staff are expertly trained to provide the highest quality clean. It could be because they allow you to choose when and how often they clean so that they fit perfectly into your life and schedule. No matter the reason, at the end of the day cleaning is their passion and it's what they bring to each and every home they touch.

February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Eliminate stress and worry from your life where and when you can. Your heart will thank you. Maid Pro can help reduce that unwanted stress and keep your home clean and beautiful which will allow you more quality time with your family and loved ones.



A clean house is also beneficial towards our general health. When our houses are not maintained and cleaned often, the germs, and bacteria, if not taken care of properly, can accumulate to the point that they create sickness. Our body's natural immune systems can only tolerate so much. If we let the germs and bacteria get out of hand, then not only our health, but our family's health will be at risk. When we take care of and maintain a clean home it will ensure long term good health for your family to enjoy for years to come.

Valentine's day is right around the corner give the gift of a clean healthy home give Maid Pro a call, let them know what you need and they will give you an estimate right then and there. They believe that everyone should have a clean and healthy home. That's why they make sure the products, tools and processes they use are in the best interest of the planet and every customer whose life they touch.

Maid Pro takes the work out of "housework" for you. Your home is in good hands with Maid Pro they clean so you don't have to.

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# Slowing the Pace of Your Life

By Pastor Timothy Neptune

**R**emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

*2In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.*  
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.*

Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions.'*" Luke 12:15

If you find yourself making statements like this:



- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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*Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit [www.venturenaples.com](http://www.venturenaples.com).*





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