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Health & Wellness[®] MAGAZINE

July 2020

Collier Edition - Monthly

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YOUR HEALTH MATTERS

COVID-19
NEW CHALLENGES
IN KIDNEY
TRANSPLANTATION

**PERIPHERAL
NEUROPATHY**
ALTERNATIVE
TREATMENT OPTIONS

**WHAT'S NEW
AT PHYSICIANS
REGIONAL?**

PHYSICIANS REGIONAL
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**TIPS FOR STAYING
HEALTHY & ACTIVE
WHILE SOCIAL DISTANCING**

PHYSICIANS REGIONAL
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PHYSICIANS REGIONAL
WELCOMES

**CARDIOTHORACIC
SURGEON
DENNIS STAPLETON, M.D.**

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ANTIBODY
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Welcomes Dr. Gautham Mogilishetty



We are excited to announce that board-certified transplant nephrologist, **Gautham Mogilishetty, MD**, has joined Associates in Nephrology.

Dr. Mogilishetty has more than 20 years' experience, completing Fellowships in both Nephrology and Transplantation.

His areas of expertise include:

- Kidney transplant care of immunosuppressed patients
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Providing comprehensive kidney care & transplant services since 1984.

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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/>



COVID-19: NEW CHALLENGES IN KIDNEY TRANSPLANTATION

By Gautham Mogilishetty, MD

Chronic Kidney Disease (CKD) is a slow progressive deterioration of kidney function leading to kidney failure. CKD progresses from stage 1 to stage 5, which is the final stage, when a patient is deemed as End Stage Renal Disease (ESRD). These patients require kidney replacement therapies such as Dialysis or Transplantation to survive.

In the United States there are more than half a million people suffering with ESRD needing some form of dialysis treatment such as Hemodialysis or Peritoneal Dialysis. This form of treatment is essential for their survival but it is associated with high morbidity and mortality. The 5 year survival for ESRD patients on dialysis is 35%. In other words, if 100 patients were started on dialysis today, only 35 of them will be alive in 5 years.

Kidney Transplantation is the treatment of choice and a potential cure for ESRD. It not only provides qualitative improvement in lifestyle, but also in quantitative terms known as survival benefit. Patients who have had a kidney transplantation survive longer as compared to being on dialysis across all age groups. This survival advantage is most pronounced in younger patients. Those patients below the age 50 have a three fold increase in survival, those above 65 have 2 fold increase, while those above 75 years have only one and half fold increase in survival advantage.

Then the question one would ask is why is transplantation not offered to all. It is standard of care to offer the best treatment option for kidney failure first. The answer to this difficult question is two fold, one is lack of availability of organs and the risk associated with surgery along with life long immunosuppression.

There are about 100,000 patients waiting for kidney transplantation and on an average only 15,000 kidney transplantation are done every year in United States.

The median waiting times for kidney transplantation nationally is 4 years and in some regions it is as high as 8 years. To give you a perspective, every 14 minutes someone is added to the deceased donor organ wait list and every 2 hours someone dies waiting for an organ. These patients wait patiently for their turn, hoping and praying everyday, for their gift of life to arrive. These patient know that time is not on their side and longer their stay on dialysis shorter their life expectancy. It's a fight for survival and all patients continue to soldier along bravely.

To make matters worse, COVID 19 pandemic has put additional challenges to receiving a kidney transplantation. Who would have thought that the next world war would be up against this invisible enemy. It's an enemy that we cannot see and more importantly outnumbers us by trillions. People with comorbid conditions are at greatest risk with the highest mortality. CKD patients, especially older population, are extremely vulnerable to this virus.

In this pandemic, CKD patients now face new challenges with regards to their transplantation process. Center of Disease Control (CDC) has made recommendations that elective surgeries and non-essential procedures that include transplantation to be postponed. However, Transplantation in "high acuity/unhealthy patients" were allowed to proceed based upon centers operational level. Each transplant center will base their decision on issues like circulating COVID-19 infection burden in their areas and operational issues such as testing ability, bed, OR space availability, and personal protective equipment. In the process, transplant evaluations were postponed, transplant wait evaluations were not updated or delayed, living donor surgery was postponed by 28 days and finally only some centers still continued deceased donor kidney transplantations with reduced immunosuppression. Fortunately, patients residing in SWFL who were on the waitlist still received deceased donor kidneys during the peak of the crisis.

Risk of acquiring COVID-19 from organ donation is low. All donors are screened for COVID-19 symptoms and exposure history. If a kidney donor tests positive for COVID-19, the organ is not used for transplantation. Post transplant patients are at high risk for severe disease from COVID-19 with mortality of 30% as compared to general population it is 1-5%.

It is important that one takes measures to help keep yourself safe and reduce the chance of acquiring the COVID-19 infection. Be sure to wear a mask when outside the home, maintain 6 feet distance between you and others, carry hand sanitizers, washing hands frequently, and make trips to labs for necessary tests only. Fortunately, post kidney transplant clinic visits have been facilitated by Telehealth, minimizing patient exposure and in some cases patients also had in home testing depending on their insurance plans.

The most important aspect for the post transplant patient is good nutrition to boost innate immunity, exercise as permissible and finally it is critical to be complaint with immunosuppression medication.

In times of uncertainty, there are people who take advantage upon others who are vulnerable, scamming people who want to prevent and /or treat COVID-19. The best way to avoid being such a victim is to know your facts...knowledge is power. There are investigational COVID-19 vaccines and treatments in early development but have yet to be fully tested for safety and efficacy. Fraudulent COVID-19 products come in many flavors, including dietary supplements, vitamins, minerals, foods(ginger, garlic, turmeric) as well as questionable products like herbal remedies, immune boosters which might interact with your immunosuppression medication putting you at risk for rejection and transplant organ failure.

Transplant centers need to balance the risk of patient dying waiting for a kidney transplantation against the risk of dying acquiring additional challenges been on immunosuppression. COVID-19 is here to stay and like the Influenza, the only real answer is a meaningful vaccination. Until then, using common sense, and shielding one self from the virus is the prudent approach.

We are excited to announce that board-certified transplant nephrologist, Gautham Mogilishetty, MD, has joined Associates in Nephrology.

Gautham Mogilishetty, MD, is a board-certified transplant nephrologist. His areas of expertise include kidney transplant care of immunosuppressed patients, cardiovascular outcomes in kidney recipients post-transplantation, and living kidney donations with long-term outcomes.

Dr. Mogilishetty earned his medical degree from Osmania Medical College in Hyderabad, India. He completed his internal medicine residency at the University of Missouri-Kansas City. Dr. Mogilishetty completed a nephrology fellowship at the University of Arkansas in Little Rock, Arkansas, and a fellowship in transplant medicine from Oregon Health and Science University in Portland, Oregon.

Dr. Mogilishetty is a member of the American Society of Nephrology, the National Kidney Foundation and the American Society of Transplantation and is a member of the Royal College of Physicians, London.

He treats patients 18 years of age and older.

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DIFFERENT TYPES OF BUSINESS ENTITIES ARE AVAILABLE IN FLORIDA... WHICH IS BEST FOR YOU?

By Shay S. Raja, Esq.

There are several business entities options available in Florida. These include corporations, limited liability companies (LLCs), general partnerships, limited partnerships, and sole proprietorships. So, which is best for you? The best course of action is to discuss with an attorney what you hope to accomplish in setting up your business to determine what type of entity you should use. Below is a brief description of the basics for each entity type.

What is a Corporation?

A corporation is an independent legal entity that exists separately from the people who own, control, and manage it. It has the ability to enter into contracts, pay taxes, transact business. The owners of a corporation have limited liability compared to several other entities. Furthermore, a corporation does not dissolve when its owner(s) (or shareholders) die because it is considered a separate "person."

What is an LLC?

A Limited Liability Company (LLC) is similar to a corporation in some respects, but with a few slight differences. Like a corporation, an LLC offers limited personal liability but is not required to hold regular stockholder or management meetings, and there is no requirement to comply with other corporate formalities required by a corporation.

What is a Partnership (General or Limited)?

A Partnership is created when two or more persons co-own a business and share in both the profits and losses of that business. Each of the owners or "partners" contribute something to the endeavor, whether it be financial contributions or real property.

Florida Statute Chapter 620 recognizes two types of partnerships: General Partnerships and Limited Partnerships.

In a **General Partnership**, the rights and responsibilities are divided equally among the partners. These partners are referred to as general partners because each partner can act on behalf of all the partners and each partner is responsible for the partnership's debts and obligations.



To register a Florida General Partnership, download and mail a completed Partnership Registration Statement along with a \$50 filing fee to the Florida Division of Corporations.

A **Limited Partnership** is comprised of both general and limited partners. Unlike general partners, limited partners are not responsible for the partnership's actions, debts and obligations. This type of partnership allows each partner to determine and/or limit his or her personal liability.

To form a Florida Limited Partnership, file a Certificate of Limited Partnership and submit filing fees totaling \$1,000 to the Florida Division of Corporations.

While general partners have the right to manage the business in return for their personal liability exposure, limited partners do not hold this right. Both general and limited partners, however, benefit from the business's profits.

What is a Sole Proprietorship?

A sole proprietorship is usually the simplest and most common structure chosen to start a business. It is unincorporated and owned and operated by one individual. This entity has no distinction between the business and the owner. When not operating under the owner's legal name, sole proprietorships must register a fictitious name with the Florida Division of Corporations.

However, there is also significant risk associated with this type of business entity. This is because there is no legal differentiation between you and the business. As a result, a sole proprietorship does not afford any protection for your personal assets if you are sued or encounter serious financial difficulties. This means if you choose a sole proprietorship, it is important to consult with legal and financial professionals who can help identify ways to mitigate this risk.

In the end, a number of factors will play a part in determining the type of entity you decide to form for your business. The above information is just a brief overview of what each entail. We recommend sitting down with a knowledgeable attorney and discussing these factors so that they can help you determine the best fit for you and your business.

Shay S. Raja is an attorney at Woodward, Pires & Lombardo, P.A. serving clients with real estate law and business law matters. Contact Mr. Raja at sraja@wpl-legal.com or (239) 649-6555.



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PHYSICIANS REGIONAL WELCOMES CARDIOTHORACIC SURGEON DENNIS STAPLETON, M.D.

Physicians Regional Healthcare System is excited to welcome cardiothoracic surgeon Dennis Stapleton, M.D. to their medical staff. Dr. Stapleton, along with long-time colleague, Scot Schultz, MD., will be one of two cardiothoracic surgeons heading the cardiac team at the newly expanded open-heart program at Physicians Regional.

Graduating from Wayne State University in Detroit, Michigan, Stapleton then earned his medical degree from the Wayne State University School of Medicine. Then heading south to Atlanta, Georgia he spent seven years in a general and cardiothoracic surgical residency at Grady Memorial Hospital and the Emory University Hospital system. From there Dr. Stapleton traveled further south and began his surgical career in Ft. Myers at Southwest Regional Medical Center, where he was then subsequently instrumental in opening the cardiac surgical programs at Lee Memorial Hospital.

Most recently, Dr. Stapleton was director of the cardiothoracic surgical program at Fawcett Memorial in Charlotte County. No stranger to the Naples area Stapleton performed the first open-heart surgery at Naples Community Hospital, in addition to serving as the Chief of Cardiac Surgery for over twenty years.

Dr. Stapleton's specialties will include coronary artery bypass grafting, minimally invasive heart valve surgery, robotic and video-assisted thoracoscopic lung surgery, mediastinal tumors, aortic dissection, aortic aneurysms, and cardiac arrhythmia surgeries.



For those who are not familiar, coronary artery bypass surgery is a type of surgery to treat people who have severe coronary artery disease. This results in improved blood flow to the heart. Coronary artery disease is the narrowing of the coronary arteries, blood vessels that supply oxygen and nutrients to the heart muscle.

Coronary disease is caused by a build-up of plaque within the walls of the arteries. If the blood supply to your heart muscle decreases, you may have a heart attack. However, one way to treat the blocked or narrowed arteries is to bypass the blocked portion of the coronary artery with a piece of a healthy blood vessel from elsewhere in your body. In this procedure, Dr. Stapleton attaches one end of the graft above the blockage, and the other end below the blockage. Blood then bypasses the blockage by going through the new graft to reach the heart muscle.

Symptoms of coronary artery disease may include the following:

- Chest pain
- Fatigue
- Palpitations
- Abnormal heart rhythms
- Shortness of breath
- Swelling in the hands and feet
- Indigestion

As Dr. Stapleton tells it, "Even after all these years of doing complex heart and lung surgeries, the best part of this life for me is the personal interaction with my patients. The best reward is in helping each patient realize that after heart surgery, they can return to an active healthy lifestyle with true quality despite their heart problems."

With substantial growth in the area comes a need for expanded cardiac services and Physicians Regional Healthcare System is thrilled to bring this expanded cardiac service to the ever-growing Southwest Florida community.

Dr. Stapleton is now accepting new patients.



*Dr. Stapleton's office is located at Physicians Regional Pine Ridge,
6101 Pine Ridge Road, Naples, FL 34119.
For more information or to schedule an appointment, please call 239-348-4221 or visit www.PhysiciansRegionalMedicalGroup.com.*

HOLISTIC APPROACH TO COMMON SUMMERTIME SKIN CONCERNS

By Svetlana Kogan, M.D.

One of the challenges of living in a beach town is dealing with the UV light skin damage. As they age, many people find themselves "paying the price" for all those days spent in the sun without proper protection. Thousands of dollars are subsequently spent on cancerous lesion excisions, lasers, and skin resurfacing. All of this can be avoided if we remember the basic tenets of safe sunbathing. If you like going to the beach or playing tennis or golf or pickle ball - do it early in the morning and return back indoors at 11 am at the latest. Midday sun is very harmful in its carcinogenic UV content and if you want to return to the outdoors safely - do it after 5 pm.

Make sure you consult with your doctor about any of your prescription medications being potentially compromising to your skin in the sun. Believe it or not, but many prescription and over the counter drugs can lead to photo toxicity. What happens in photo toxicity is that sun's UV rays interact with a drug's chemistry to produce a skin reaction that looks and feels like sunburn. In that case, you can either ask the doctor to change you to a different medication, or simply avoid the dangerous midday sun, while applying SPF 70 or above when going outdoors in the morning or in the early evening.

Even if you are not taking any photosensitizing medication, there are some wonderful natural remedies that can help boost your resilience to sun's cancer-causing effects. One of them is vitamin C. This powerful nutrient helps skin bounce back from sun exposure by accelerating repair and neutralizing UV-activated free radicals. You can either take vitamin C in a pill form 500 mg twice a day, or choose to eat fruits or vegetables naturally high in vitamin C, such as strawberries, citrus fruits and bell peppers. Consult with your doctor about whether vitamin C is safe for you to take. It is not safe to take with some health conditions, such as certain kinds of kidney stones or high iron conditions such as hemochromatosis, and some others.



Another natural gift from Mother Nature is tomatoes. Tomatoes contain lycopene, an antioxidant which is proven to neutralize reactive oxygen species, commonly called free radicals - that cause skin cell damage following sun exposure. Cooking tomatoes actually helps to make this healing lycopene more bioavailable, so grilled tomatoes and tomato-based soups and sauces are your best bet. In fact, volunteers in one study who consumed 5 tablespoons of tomato paste daily, increased their skin sunburn resistance by 33%. Once again, tomatoes are not something everyone should be eating. If you are suffering from GERD (gastroesophageal reflux disease), gastritis, or rosacea - stay away from tomatoes.

Interestingly, while some foods possess skin-healing properties, others can be quite damaging. Consider lime, celery, and parsley for example. All of these wonderful veggies contain psoralens. When our hands' skin comes in touch with these veggies, the psoralens in them can induce phyto-photo-dermatitis - a sunlight-fueled reaction marked by hyperpigmentation. I recommend washing your hands thoroughly after prepping dishes which contain these trigger foods and not eating them in direct sunlight.

Photo sensitivity and photo allergy can also arise from using some skin creams, especially if they contain salicylates, cinnamates, benzophenone, and 6-methylcoumarin. When UV rays strike these chemicals on your skin, certain metabolites form in the skin itself. In some women, the immune system can respond by producing itchy redness, typically a few hours after sun exposure. So even if you develop a rash at night, try to avoid the ingredients above.


If you already happened to develop itchy redness on the sun-exposed skin, try using natural products which can help quell the inflammation. The most well-known remedy of course is Aloe Vera - it is widely available over the counter and in the drugstores in a lotion or gel form. Another good one is iced green tea. When taken internally, its polyphenols boost skin cell DNA's resistance to sun-induced mutations that set the stage for cancer. Additionally, iced green tea will also work beautifully as a topical soother. When applied as a cool compress, the polyphenols have an anti-inflammatory action that calms redness and stinging. Lastly, I find calendula ice cubes very helpful for this. Just brew a cup of calendula tea, cool and strain it. Pour it into the ice cube tray and freeze. Use a cube topically as needed to rescue skin from sun rash, sun allergy, and other photosensitive rashes.

And it's not only the sun rays themselves that can pose a threat to our skin in the summer. Skin infections caused by the drug-resistant strain of staphylococcus known as MRSA are 30 % more common in the summer, partly because the exposed skin is more prone to cuts. If you have stepped on a shell, and the wound is superficial, clean it with sterile water and hydrogen peroxide and then smear a thin layer of dark raw honey on the affected area. Traditionally dark unprocessed honey has anti-bacterial properties which can help ward off infections in uncomplicated cuts. Now that you know so much more about your skin's risks and remedies - have a safe and healthy summer!



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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Quigley Eye Specialists Is Waiving Fees for Virtual Eye Appointments for Those Impacted by COVID-19

Residents 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.



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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.

WHAT'S NEW AT PHYSICIANS REGIONAL? OPEN HEART PROGRAM TO DEBUT THIS MONTH

Physicians Regional Healthcare System will be unveiling their new open heart program this month at their Pine Ridge location. Physicians Regional's expanded center for cardiovascular care will include advanced surgical equipment and technologies allowing a full range of invasive and interventional cardiology procedures. Clinical care is being enhanced with a dedicated cardiovascular intensive care unit for open heart surgery patients and a new recovery area for cardiac and interventional patients.

This new program will allow Physicians Regional's cardiac team to perform minimally invasive cardiac procedures, as well as provide diagnostic care testing to more invasive cardiac surgery.

Expanded cardiac services to include:

- Balloon Valvuloplasty
- Coronary artery bypass surgery
- Thoracic Surgery
- Valve Surgery

Current cardiac services include:

- Cardiac Catheterization
- Internal Cardiac Defibrillator Placement
- Pacemaker Implantation
- Percutaneous Coronary Intervention (PCI)
- High-risk Electrophysiology Ablations



Leading the cardiac team is longtime Naples-based cardiothoracic surgeon **Scot Schultz, M.D.** Dr. Schultz is now part of the medical staff at Physicians Regional Healthcare System and serves as the Medical Director of Thoracic and Cardiovascular Surgery at Physicians Regional Pine Ridge. He is currently seeing patients.

Schultz says, "I am excited for the challenge of building a patient-centered cardiothoracic surgery program based on quality, value, and efficiency and look forward to working with the administrative and clinical teams at Physicians Regional Healthcare System."

Completing the duo of doctors for this new program is cardiothoracic surgeon Dennis Stapleton, M.D. No stranger to the Southwest Florida community, and starting open-heart programs, Dr. Stapleton was instrumental in opening the cardiac surgical programs at Lee Memorial Hospital, and later performing the first open-heart surgery at Naples Community Hospital. Dr. Stapleton is currently seeing patients.

 **PHYSICIANS REGIONAL
HEALTHCARE SYSTEM**

Physicians Regional Healthcare System is excited to bring this expanded service line to the Southwest Florida community. For more information please call 239-348-4221 or visit PhysiciansRegional.com.

Coping With Loss and Grief During a Crisis

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

Grief is a natural response to loss, and feelings of loss can be compounded during a crisis like the COVID-19 pandemic. Sometimes, grief-related pain and symptoms—which can be emotional, physical, cognitive, and spiritual—can feel overwhelming, especially for people who are already mourning the death of a loved one.

Bereavement experts at VITAS Healthcare remind us that grieving during non-crisis times is a highly individual experience. The nation's leading provider of end-of-life care knows there is no right or wrong way to grieve, no "normal" timetable for grieving. Healing happens gradually and cannot be hurried.

In times of crisis, however, key factors and reactions can intensify your grief and hinder your ability to heal and recover from it. These include:

- Heightened anxiety
- Heightened sense of loss
- Increased isolation and intensified grief

If you are in mourning, the intensity of your reactions will vary, depending on the nature of the loss and its meaning in your life, the nature of your relationship with the person who has died, other life stressors, and your personality, coping style, and life experiences.

How to Care for Yourself and Get the Support You Need

Calming your anxiety begins with learning how to process grief during a crisis. Consider these self-care tips:

- Minimize watching, reading or listening to news that causes you to feel anxious or distressed. Seek information only from trusted sources.

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- Avoid unhelpful coping strategies and substances, such as tobacco, alcohol, or other drugs.
- Be careful with “what if” thoughts. Manage your worst-case scenario thinking.
- Engage in personal self-care activities that bring joy (e.g., phone/virtual communication with friends and family, reading, listening to podcasts, watching comedy).
- Practice relaxation, meditation and self-expression via books, apps and online videos (e.g., yoga, mindful meditation, relaxation, writing, music, art, dance).
- Stay in the present. Take one day at a time.
- Utilize spiritual faith resources.
- Consider telehealth for mental health support (online consultations, teletherapy).
- Eat sufficient and healthy food. Exercise when you can.
- Monitor yourself for prolonged sadness, difficulty sleeping, hopelessness.
- Remind yourself how you coped with past life challenges and enact those coping strategies today.
- Call 911 for any health emergencies or if you have thoughts of harming yourself or others.

VITAS offers a variety of remote bereavement support groups, free of charge. Led by VITAS bereavement specialists, these phone and Zoom groups provide resources and guidance to those experiencing grief and loss. Learn more at [VITAS.com/grief](https://www.vitas.com/grief).

READY FOR CHANGE: YOUR HEALTH MATTERS

BY DR. LINELL KING

So, you have decided that it's time to improve your health.

Perhaps you realize that your current physical state or condition will not be sustainable for the long-term. Or, have you realized that if you keep doing things the way you are now, you will continue to see your health and wellness steadily decline?

You might be seeing your weight or fat percentage increasing, blood pressure and blood sugar spiralling out of control, or perhaps chronic pain, inflammation, and insomnia are leading you down a path toward depression and overwhelm. Maybe it's a hormonal imbalance, an overreactive/compromised immune system, or any number of lifestyle factors that you are ready to identify and modify.

Kudos to those of you deciding that now is the time to do something about it.

If you relate to this, it's likely that you have already "identified your why," whether that is yourself, your loved ones, or some other passion project you want to continue to show up for.

You have already stopped pointing to external causes, reasons, and excuses for your lackluster health. You are ready to take accountability for improving your quality of life, creating better overall wellness and optimal immune function; you are ready to experience less suffering and greater vitality. You have realized that nobody can do it for you.

That is no small feat! Being honest with yourself and also deciding to hold yourself accountable is more than half of the battle. Now that you are ready to put your ideas into action:

Make a plan.

Make sure it makes sense to you. Ensure that it is realistic and sustainable. We can help.



Seek support.

Our physician -guided program takes an exhaustive look at your lifestyle, health history, current conditions, specific goals and unique challenges.

Stay accountable, check in.

Our programs provide ongoing nutrition coaching and provider support. When questions arise or you want to know more, we are here for you. We maintain supportive communications with clients, addressing medical concerns, mindset, and ongoing accountability partnership.

Get to work.

It is not always easy, but we can make it simple. Creating great health should not be so complex that it is confusing and inaccessible. Better health is available to just about anyone motivated enough to pursue it.

Measure your results, enjoy your progress, keep going!

We will teach you how to create lasting and inspirational results, which you can enjoy for many years to come.

At Naples Vitality, we address weight loss, allergies, diabetes, autoimmune disease, chronic fatigue, inflammation, and more through thorough assessment, appropriate testing, and highly individualized functional medicine.

Linell King MD, renowned internist and author of "Mastering Vitality" received his medical degree from the University Of Wisconsin School Of Medicine, and



completed his residency at The Johns Hopkins University Sinai Hospital Program of Internal Medicine. He has been practicing for twenty years; currently at his "Naples Vitality" office in Naples, FL

Our practice size is limited to ensure the best possible care for our clientele; we qualify and accept patients committed to working collaboratively to create improved health and continued success.

Call **239-307-0036** to reserve a free 15 minute consultation call with Dr. King to discuss your personalized success strategy.

<https://calendly.com/linellkingmd/call>



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PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS



By Richard Hiler, DABCN

In the United States alone, neuropathy affects nearly 20 million people, and the mainstream medical community doesn't offer much advice on viable treatment options. The Latin word neuropathy means nerve disorder—this nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves, becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Neuropathy is commonly associated with diabetes, as its customary for nerve damage to have occurred in individuals with high glucose storage. Still, neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a buildup of toxins, and vascular disease.

Symptoms of Neuropathy

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling/Loss of balance
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

Neuropathy Causes and Treatment

One of the main causes of neuropathy is diabetes. In this case, high blood sugar damages various organs within the body and has a severe adverse effect on nerves. This nerve damage happens when the blood supply is limited. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their feet, legs, and arms in some cases that are affected, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, there is a risk of developing ulcers on the feet, ankles, and legs. A wound may not sound overly alarming to most people, but peripheral neuropathy ulcers can be

life-threatening. When they are small, they often go undetected due to the lack of feeling. If a patient delays treatment, non-healing ulcers can lead to amputation, strokes, heart attacks, and severe infections that can spread systemically throughout the entire body.

Proactive, Groundbreaking Peripheral Neuropathy Treatment

At **Feel Amazing Institute** we offer cutting edge technology to reduce and alleviate neuropathic pain. We use Low Level Laser Light, Pulsed Electrical Frequencies, Ozone, Sound Waves, Regenerative Medicine (Stem Cells, Growth Factors, and PRP), Peptides, and Nutritional Supplementation.

We treat stubborn neuropathy's resulting from diabetes, chemotherapy, spinal stenosis, and unknown causes. The treatment offers dramatic results that are long lasting.

This therapy helps restore blood flow, improve circulation, and reduce fluid buildup (edema) in the neuropathy-affected areas. As a result, the body's ability to regenerate is accelerated. The therapy also provides relief from nerve pain.

Treatment Benefits

- Improved blood circulation
- Accelerated wound healing process
- Restores blood flow
- Decreases fluid buildup
- Accelerates your body's ability to heal nerve damage
- Alleviates nerve pain
- Non-Invasive No Downtime

Feel Amazing Institute

We proudly serve the Naples area with comprehensive Chiropractic, Physical Medicine, and Regenerative Medicine services since 1998. Our office strives for excellence, and we are consistently furthering our education and techniques to improve the care you receive in our office. Whether you suffer from chronic pain, are recovering from an injury, or are seeking overall improved health and performance, we have the skills and experience to help you work toward your goals.

If you are looking for a chiropractor to treat bulging discs and/or herniations, neck or back pain, spinal misalignment and correction, sciatica, neuropathy (numbness and/or burning and pain in feet and hands), you have found the right place for your health care needs.

We have comprehensive programs if you sustained injuries in a Auto Accident or at Work, or if you have Peripheral Neuropathy, Balance Disorders, Scoliosis, or need VAX-D Spinal Decompression Treatments. To learn more about the many health benefits of chiropractic regenerative medicine, please explore our website to learn more about us and call our office to schedule a consultation.

When you work with us, you can be sure that we are equipped to diagnose and treat a wide range of conditions that include:

- Severe neck & back pain
- Shoulder, elbow, or wrist pain
- Hip, knee pain treatment, ankle, or foot pain
- Arm or leg pain, or numbness
- Peripheral Neuropathy pain or numbness
- Restless Leg Syndrome
- Headaches, dizziness, vertigo, or balance problems
- Disc bulge or herniation, sciatica, or stenosis
- Auto Accident, Whiplash Injuries

One of the best things about visiting our office is that we have three highly skilled chiropractors, two nurse practitioners, and a medical doctor on staff. Dr. Hiler is a chiropractic neurologist. Dr. Hiler specializes in peripheral nerve conditions, vertigo, and balance disorders, as well as focusing on orthopedic conditions.

If you are in need of a highly experienced chiropractor, or regenerative medicine in Naples, FL, look no further than Feel Amazing Institute. For more information or to schedule your initial consultation, call us today!



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TIPS FOR STAYING HEALTHY & ACTIVE WHILE SOCIAL DISTANCING

By Greg Pascucci

This uncertain time has created new challenges for embracing the dimensions of wellness associated with healthy aging. Thankfully, technology (and a little creativity) can help bridge the gap until the country returns to a new normal.

Here are a few tips for successful aging amid coronavirus:

Spiritually

Research shows spirituality plays a significant role in our lives as we age. With the country under quarantine, many have found time to pause and reflect on their spirituality and look at opportunities for growth. Many of the temples, mosques and places of worship throughout Collier County have moved their services online, enabling parishioners to continue practicing their faith.

At The Carlisle Naples, an active retirement community, there continues to be a wealth of opportunities for spiritual fulfillment. The Zest Department, charged with appealing to residents' mind, body and soul, is using technology to live-stream religious and worship services.

Physically

The National Institutes of Health recommends physical fitness, regardless of age. There are plenty of fun ways to stay active while taking precautions and practicing social distancing. Consider heading outdoors to continue or begin an exercise regimen (be sure to maintain the recommended distance of six feet when approaching others who are working out).

Carlisle resident Dory Hayden finds The Carlisle's meandering walking paths ideal for exercising and admiring the beauty of Mother Nature.

"I walk around the community about once a day which is about half mile," she said. "The Carlisle also provides a list of virtual exercise videos that can be done from the convenience of our residence."



Intellectually

Many colleges and universities have opened their course catalog to the general public, often free of charge. From Harvard and Stanford to Oxford, a variety of college-level courses can be accessed online. And, without packing a bag, you can virtually explore museums and destinations across the globe. YouTube and Pinterest also provide additional opportunities to stimulate the brain and learn new hobbies such as a foreign language.

Fran O'Brien, for example, has rediscovered a love of baking during the past few months of quarantining at The Carlisle Naples.

"I used to bake a lot before moving to The Carlisle; however, I became so involved with activities and serving on committees that I no longer had time to bake," she said. "Now, baking is my way to thank the staff for all they are doing for me and my neighbors. I also bake for the servers in the dining room who are such great kids. They all want to get on my brownie list!"

Socially

Staying socially engaged is a key component of healthy aging. For older adults living alone during the pandemic, this can be a challenging time. Video-chatting apps such as FaceTime and Skype are great ways to stay connected while social distancing. Also, consider sending emails and letters to grandchildren and great-grands to help bridge the gap in communication.

"At The Carlisle, though residents are social distancing, they are not alone. There is an entire team onsite dedicated to their health, safety and wellbeing," said Executive Director Bill Diamond. "Each day, the Zest team makes one-on-one visits, bringing smiles and activities to stay busy. They also provides guidance on using FaceTime and video chat to stay in touch with loved ones. Our SRG Sentiments program offers yet another way to connect. Residents' families submit messages, emails and photos which are printed and delivered to residents."

Hayden is quite fond of the daily visits, including the complimentary room service delivery of gourmet meals, expertly prepared by the in-house culinary team.

"The Carlisle staff goes shopping for residents and helps us order from Instacart and Amazon. We even receive positive quotes on our packages to help lift our spirits," she explained. "During the coronavirus, we've had to make lemonade out of lemons, and The Carlisle has been the sweetener."

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community's gourmet-style restaurant. For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



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Stop Overlooking Signs of Incontinence

By Rolando Rivera, MD, FACS

Urinary incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life of patients. Incontinence is classified as stress, urge, mixed and overflow.

In this article we will address some particular issues about urge incontinence.

Urinary urge incontinence (UUI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily. Accidental urination can be triggered by

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

There are two bladder abnormalities that are associated to UUI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequelae of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder over-activity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease

Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

Anticholinergics have been shown to be very effective in the treatment of both neurogenic and idiopathic cause of UUI. As a class, side effects include confusion, dry mouth, constipation, dizziness, visual changes and urinary retention to name a few. Beyond medications there are simple yet effective treatments.

Advanced treatment modalities for refractory patients to conservative therapy and anticholinergics are available in the urologic armamentarium. Urological evaluation of these patients will most likely include a cystoscopy, urine cultures and urine cytology to rule out bladder pathology and bladder malignancies. As well, a detailed, computerized assessment study of bladder function called urodynamics may help the clinician in establishing the best treatment option.

Neuromodulation, either via sacral nerve pathways (Interstim) or peripheral nerve pathways (Urgent PC), have been shown to be very effective in the treatment of UUI in patients with refractory disease. These modalities are safe, FDA approved, minimally invasive and provide, through neural pathways, improvement in bladder function. Urgent PC is an outpatient, office-based, nonsurgical therapy that affects the sacral nerve plexus through retrograde pathways (posterior tibial nerve). Interstim utilizes the sacral nerve S3 to provide parasympathetic inhibition, thereby decreasing bladder over-activity. It is based on pacemaker technology, and effective in about 70% of refractory patients.

Injection of botulinum toxin (Botox) into the bladder muscle (intravesical injection) is an experimental treatment for refractory urge incontinence. This treatment has been shown to successfully reduce the instability that leads to urgency in both idiopathic and neurogenic patients.

Surgical urinary diversion is an invasive therapy used mostly for severe patients refractory to all other therapies.

Urinary incontinence is a common but overlooked problem. Urologic evaluation is warranted in refractory patients, or in patients in whom underlying bladder pathology or anatomic abnormalities, such as prolapsed, need to be addressed as well. Intervention beyond medications will significantly improve the quality of life of these patients.



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COVID-19 Antibody Testing

Express Mobile Phlebotomy Comes to You

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.

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 might be able to be made into a viable treatment for those suffering from the virus.

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.

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 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 Antibody 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 CDC's (Center for Disease Control and Prevention) Antibody Testing Guidelines:

Serologic methods have been developed and will have important public health and clinical uses to monitor and respond to the COVID-19 pandemic.

- Serologic methods have been developed and will have important public health and clinical uses to monitor and respond to the COVID-19 pandemic.



- Currently, there is no identified advantage of assays whether they test for IgG, IgM and IgG, or total antibody.

- Antibodies most commonly become detectable 1-3 weeks after symptom onset, at which time evidence suggests that infectiousness likely is greatly decreased and that some degree of immunity from future infection has developed. However, additional data are needed before modifying public health recommendations based on serologic test results, including decisions on discontinuing physical distancing and using personal protective equipment.

- Serologic methods have been developed and will have important public health and clinical uses to monitor and respond to the COVID-19 pandemic.

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- Safer – in your own environment (for people with special needs)

WHY WE STARTED EXPRESS MOBILE PHLEBOTOMY

We often see elderly patients come in for their blood work either with a family member or by ambulance. We thought that one day she should start a mobile phlebotomy team that could go to the homes of elderly, very sick, or disabled patients, so they wouldn't have to go the hospital or laboratory to have their blood drawn or samples collected.

OUR CORE VALUES:

Faith · Unity · Ethics · Communication · Excellence

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- Mobile Doctors
- Homebound Patients
- Nursing Homes and Skilled Care Facilities
- Private Businesses
- Private Clinics
- Research Labs

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Our services include a certified phlebotomist who will drive to the patient's location, the use of our own equipment, blood draw, and specimen delivery to the laboratory. We also draw blood for send out specimens or kits, which entails of drawing blood for specific testing and mailing out the specimen with a prepaid label. Express Mobile Phlebotomy offers same day services or with appointment.

To find out more visit:

ExpressMobilePhlebotomy.com or to schedule an appointment, please call **239-322-6544** or email info@expressmobilephlebotomy.com.



MOBILE PHLEBOTOMY

CARING FOR A DISABLED SPOUSE CAN INCREASE MORTALITY RISK 63%

Journal of the American Medical Association



We have recently reported on the relationship between unmet needs for support with activities of daily living (ADL) and increased mortality risk for the patient. Did you know that caring for a disabled spouse is also independently associated with increased mortality risk for the family caregiver?

Doctors Schulz and Beach published a landmark study in the Journal of the American Medical Association.¹ They tracked 819 people, age 66+, who were living with their spouses. Compared to spouses without a caregiving role, spousal caregivers who experienced strain due to the caregiving role had a 4-year mortality increased by 63%. The increase in mortality risk was even higher when spousal caregivers had their own health problems. Among strained spousal caregivers with prevalent disease, the 4-year mortality risk increased more than fourfold.

Senior family caregivers without proper resources lose normal opportunities for selfcare.² They have interrupted sleep patterns. They are less likely to rest when ill. They skip doctors' appointments and have other reductions in self-reported health care behaviors. This is the suspected mechanism by which caregiver fatigue causes increased mortality among caregivers.

Statistically significant increased mortality risk only occurred among senior caregivers who reported strain from the caregiving role. Spousal

caregivers who reported no strain did not see the same increases. Similarly, seniors with a disabled spouse, but who did not provide caregiving, did not have an increase in mortality risk. The conclusion is that family caregiving can be done safely, but caregiver fatigue is a deadly condition affecting millions of seniors. Families, friends and healthcare providers can be of great service to their patients by looking for caregiver fatigue and by educating senior patients.

Of course, caregiver fatigue is deadly for more than the caregivers. Among people with dementia, when caregivers report needing help with two or more activities of daily living for the person with dementia, the mortality risk of the person with dementia goes up 37%.³ Those people are also 77% more likely to be placed in a facility. Caregiver fatigue proves deadly for both spousal caregivers and the care recipients, not to mention the effects on quality of life. A recommendation for long-term home care can initiate the support needed to correct increased mortality risk and improve quality of life.

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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.



CALL US TODAY!
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Forgetful Lately?

How You Can Feed a Healthy Mind

By Caroline Cederquist, M.D.

Remember the days when you didn't have to think twice about where the keys were, or the actor's name in your favorite movie? You never forgot why you walked into a room, or what you needed at the store. Gray matter declines as we age, and this is the tissue in the brain that is rich in nerve cells. Unfortunately this drops with every passing moment, especially as we get older.

Some new research highlights the best ways to preserve your brain and potentially ward off Alzheimer's or other dementias.

Our Best Bet? -- Exercise

Women who walked at least 1 ½ hours per week scored better on memory tests two years later. They did better than those who walked 40 min per week or less.

Too late to start walking? Not at all! A group of researchers took participants aged 60-80 and assigned them to an exercise regimen - mostly brisk walking - three days per week for 45 minutes per day. The other option was stretching and toning exercises three times a week. After six months, they found increases in the volume of gray matter in the different regions of the brain, especially the hippocampus. This area is key to relational memory, like where you met someone, or where you sourced you information from.

That is the type of memory that goes as we get older.

Better yet, the researchers found that those who were in better shape before the study had larger gray matter to start with, and it continued to increase with their prolonged exercise routine. Even those patients who are at risk for Alzheimer's showed modest improvement when they joined an exercise program for 6 months.

Exercise can decrease your long term risk of disease - diabetes, stroke, hypertension, and coronary heart attack. And in the short term, it can also change the brain's structure and function. There is not a downside to exercise!



Caffeine Candidate

Many, many studies have reported less dementia in coffee drinkers. In one study, 1,400 people were observed for 21 years, and those who drank 3-5 cups of coffee per day in middle age had a lower risk of Alzheimer's, or other dementia's, than those who drank more or less than that.

Other European studies found that coffee drinkers showed less of a decline in scores for memory tests, as well as other cognitive tests, as they aged. In mice studies, caffeine cuts off the production of beta-amyloid, which is a protein that aggregates in the brain and leads toward the development of Alzheimer's. Caffeine does this by suppressing the enzymes involved in making beta-amyloid. When the mice received the human equivalent of about 5 cups of coffee, or 500mg, they did better on memory tests, and their hippocampal areas had less protein build-up than the mice who did not receive any caffeine.

People who drink regular coffee also have a lower risk of Parkinson's and either regular or decaf coffee may help prevent diabetes. Keep in mind, Starbucks coffee has twice as much caffeine as a normal cup of Folgers, so you likely need less if you are going out for your brew.

Trim the Waistline

The spare tire around your waist is trouble for a healthy mind. Risks of dementia triples for those in middle age who let their stomachs swell a bit. It's isn't just obesity, it's specifically abdominal weight gain, which collects and deposits around vital organs like the liver. This causes higher insulin levels throughout the body, which eventually can lead to type 2 diabetes and/or dementia, which is so closely linked that researchers are beginning to consider calling it "type 3" diabetes.

If you can avoid getting diabetes, you will be helping your memory and your mind. It is well established that type 2 diabetes increases the risk of cognitive decline.

BP Decree

High blood pressure, especially in middle age, does damage to the brain that shows up later in life. Why? The simple explanation is that it causes "small strokes" as part of cerebrovascular disease inside the brain, which kills brain cells by cutting off their supply of oxygen. This makes nerve cell communication in the brain very difficult.

Another theory is that high blood pressure may weaken the barrier that separates the brain from the rest of the body. It becomes more permeable to proteins that could be toxic to the brain tissue.

Ways to Stay Mentally Healthy

- Exercise 30-60 minutes daily
- Lose (or keep off) excess weight
- Keep blood pressure under control
- Consider drinking more coffee if it doesn't make you jittery
- Stay socially and mentally engaged
- Get enough Vitamin D
- Eat more leafy green vegetables and fish

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Happy Feet—Happy Life— How Foot Procedures Can Help

Michael J. Petrocelli, D.P.M., F.A.C.F.A.S., C.W.S.P.
Board Certified Ankle and Foot Surgeon and Board Certified Wound Care Specialist

If you have pain in your feet from issues such as bunions, plantar fasciitis, hammertoes or multiple other conditions, you may have tried different at-home remedies like self-massage, soaking, taping or bracing, but these often leave individuals still in pain and dealing with stiffness, immobility and the list goes on and on.

The force we place on our feet each day with every step is two to three times your body weight. To put it in perspective, if a person weighs 150 lbs., they can potentially be putting 450 lbs. of pressure on their feet! In this intricate body part, many things can cause foot pain.

Painful feet make daily living and activities challenging. The good news is, there are viable options to correct, regenerate, and improve your condition, and many of those are noninvasive.

Muscle Spasms | Sciatic Pain | Joint Pain Leg Pain | Foot & Ankle Pain

Deep tissue laser therapy is a noninvasive, advanced technology used to accelerate your body's own natural healing process. In a process called photo-bio-stimulation the laser sends photons into damaged cells, which increases blood flow, stimulates the healing process, and reduces inflammation by penetrating throughout the layers of tissue, ligaments, and muscles.

Using this non-invasive laser therapy will reduce the amount of tissue or joint pain in just one session, and after the 6th session it usually feels better, but 90% of healing usually comes after 10 sessions. The regenerative effects are long-lasting.

Heel Pain | Plantar Fasciitis | Heel Spur Achilles Tendonitis | Achilles tendinosis

Heel pain is one foot condition that strikes with surprise. You may be totally fine one day and then all of a sudden, your heel hurts with every step you try and take. Because several conditions can lead to heel pain, it's important to be seen by an experienced podiatrist.

You will need an examination of your foot and ankle using high-definition X-rays or an ultrasound. In some cases, Dr. Petrocelli or Collier Podiatry sends patients out for an MRI to confirm a tear or fracture.

• **Plantar fasciitis and heel spur:** If you notice pain and inflammation in your heel, you might have plantar fasciitis. If the condition worsens, it might develop into an abnormal heel bone growth called a heel spur.

• **Achilles tendonitis and Achilles tendinosis:** Achilles tendonitis is a condition where you feel pain in your Achilles tendon, which is located at the back of your leg near your heel. It can turn into Achilles tendinosis, where the tendon breaks down and tears.

If you think you may have one of these conditions, contact Dr. Petrocelli to identify the source of your pain and receive the best treatment.

After examining your foot and determining the precise cause of your pain, Dr. Petrocelli might recommend the following approaches, depending on your condition:

- Laser therapy
- Custom orthotics to help your feet absorb shock as you walk
- Surgical shoe or boots are used so that the fracture will heal
- Taping of the foot
- Physical therapy or gentle stretches
- Ice application for 24 to 48 hours and then heat application

If the condition does not improve, our doctor may recommend surgery, cortisone injections for plantar fasciitis or heel spur, and corticosteroid shots for Achilles tendonitis or Achilles tendinosis.

Bunions

Bunions are a type of foot deformity, caused by the joint of your big toe protruding. It is often caused by wearing pointed or ill-fitting shoes that squeeze your toes into unnatural positions.

Bunions can be treated by wearing proper shoes, or wearing specialty splints or orthotics, but sometimes surgery is needed.

Here are signs that you need to consider surgery:

- It Is Often Times Hereditary
- Pain That Limits Your Everyday Activities, Even with Proper Shoes
- Inability to Walk More than a Few Blocks Without Pain
- Toe Deformity
- Pain Persisting Even with Anti-Inflammatory Drugs
- Bunions Not Healing Even After a Change in Shoes or Medication
- If It Is Affecting Your Quality Of Life, We Recommend Surgery

Hammer Toe

When the muscles in your toes get out of balance, they can start contracting into a claw like position. 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. Hammertoe can be genetic and many times occurs in people with either a high arch or a flat foot. 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.

Treatment

- Padding the toe
- Wearing more comfortable shoes
- Outpatient surgery (This involves redirecting the lower tendons of the toe to the top of the toe to help straighten it into the correct position)

The causes of foot pain are vastly numerous and depend on your specific circumstances. Consulting with a podiatric specialist is the best decision for a proper diagnosis and a successful treatment outcome.

Collier Podiatry

Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers. If you are experiencing any foot pain or foot conditions, please contact Collier Podiatry at (9239) 774-0019, or visit their website at www.collierpodiatry.com



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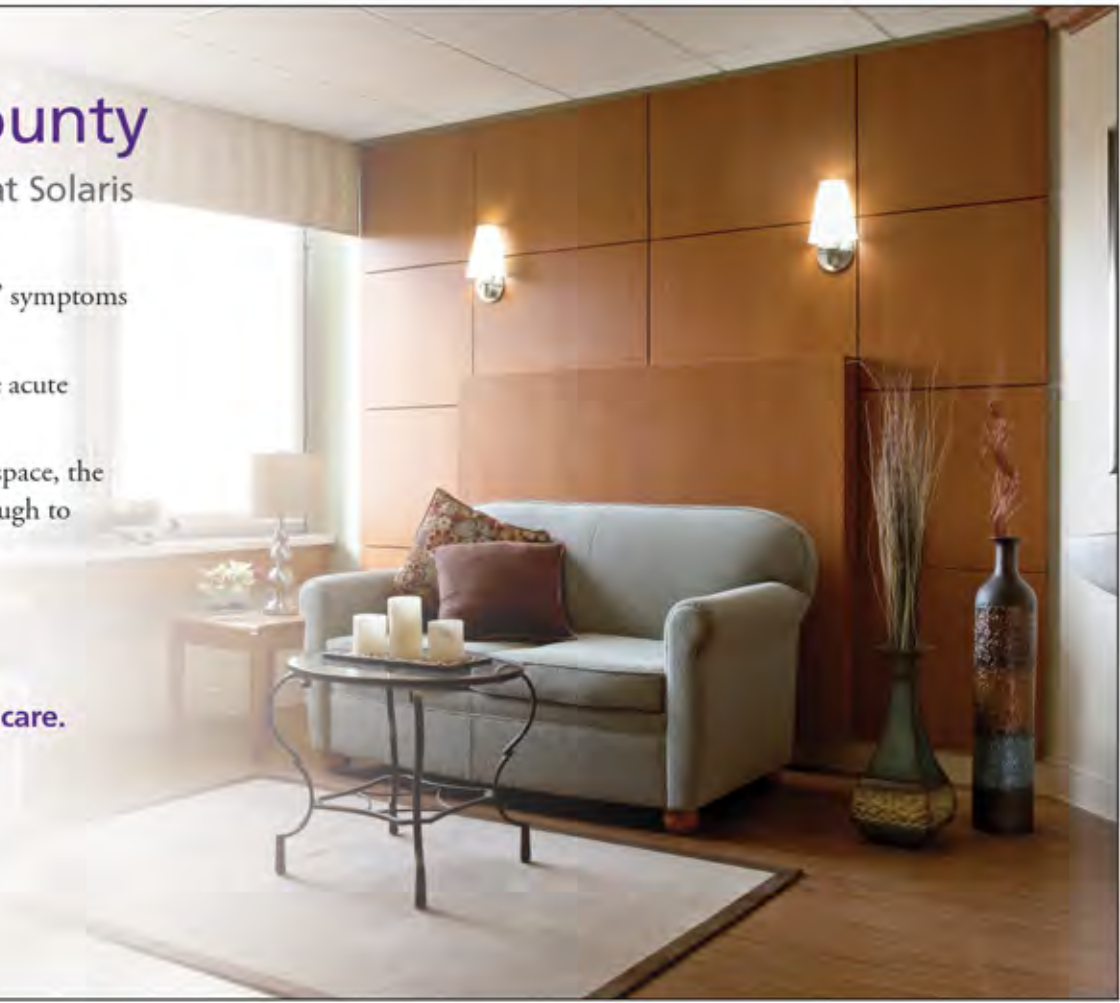
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By Peter Convard - General Manager

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If you're like the rest of us, you've been staying safe at home and maybe cooking, baking and eating more than you've been moving. No judgement here, it's been a difficult time for many. We would love to welcome you back and introduce you to a new immune boosting and detoxifying treatment. Also, our Cryo-Slimming treatment is perfect for jump-starting your healthy journey.



What is Cryo?

Cryo T-Shock

Cryo T-Shock is a state-of-the-art fat removal system that freezes fat deposits. This noninvasive treatment will freeze targeted fat cells for a defined, therapeutic length of time. This destroys the fat cells. Your body then proceeds to flush them away, leaving you with permanent slimming results, as long as you maintain a healthy lifestyle. You can lose up to three inches of fat in just one treatment, and the toning and cellulite reduction can last for years.

CryoSlimming

CryoSlimming safely and effectively uses thermal shock to naturally eliminate adipose, or fat cells, without any damage to the skin. The Cryo T-Shock breaks down fat cells by starting the treatment with heat, then a prolonged period of cold, then heat again. This process lowers the temperature of the targeted fat cells between 12 degrees Celsius and 17 degrees Celsius, triggering a phenomenon called apoptosis. The body then flushes the fat cells out through the bloodstream, then through the lymphatic system in just a few days to a week following treatment. This is a safe, painless and non-surgical alternative to liposuction.



CryoSlimming can be used on your:

- Stomach and Hips · Underarms · Glutes · Chin · Back

CryoSlimming lasts for 28 minutes. The first four minutes of treatment requires heat on the designated area. Then Cryo T-Shock drops the temperature for 24 minutes, well below freezing to permanently get rid of fat cells.

CryoToning

CryoToning helps reduce the appearance of cellulite, fine lines and wrinkles by stimulating collagen and elastin production while tightening muscles. Collagen and elastane production occurs when micro-circulation increases significantly from the thermal shock.

Cellulite is caused by uneven deposits of fat which are separated by collagen fibers. The Cryo T-Shock safely triggers the fluids that bind the fat cells together to crystallize. This crystallization destroys fat cells and fibers holding the deposits together softening the skin and creating a dimple-free appearance.

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- The body then flushes the fat cells through the bloodstream and then through the lymphatic system
- It is a safe, painless and non-invasive alternative to other treatments that are much more painful and invasive.

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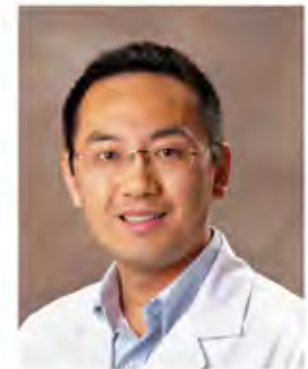
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FREEDOM TO WEAR SHORTS AGAIN

VENOUS DISEASE: It's More Than Just Varicose Veins!

By Joseph Magnant, MD, FACS, RPVI and Jill Tanner, APRN

As we begin celebrating July 4th, Independence Day, an important word comes to mind. That word is **FREEDOM**. In America, we have the freedom and independence to do many things. We have all seen someone walking down the street and noticed large bulging varicose veins, but this should no longer be ignored. Luckily, we have the freedom to have these treated and no longer have to hide our legs! We have the freedom to wear shorts and skirts again! Varicose veins or prominent spider veins are two of the most obvious signs of venous disease or venous insufficiency, a true medical condition.

Venous insufficiency is a medical condition where the valves in the superficial venous system in the legs fail and, over time, lead to impaired blood return to the heart. Blood pools in the leg veins, especially when in the standing or sitting position, leading to abnormally high pressure in the veins or venous hypertension, which leads to the many signs and symptoms of venous insufficiency.

Venous insufficiency is a very common and often underdiagnosed condition affecting millions of Americans. It is estimated to be present in as much as 40% of the population and becomes more prevalent after age 50. Heredity is the major risk factor, as are a history of blood clots or DVT, obesity, standing or sedentary occupation, female gender and prior pregnancies. Vein Disease is more common in women, although men are also affected.

Most people are aware of the most common sign of venous insufficiency which is varicose veins, but many people without varicose veins also have venous insufficiency. Leg swelling as well as achy, heavy or tired legs at the end of the day are also common symptoms. In severe cases, the skin around the ankles can become discolored, thickened or even ulcerated over time.

STAGES OF VEIN DISEASE

<p>STAGE 1 Spider Veins</p> <p>These dilated skin capillaries create a spider-like appearance in the legs. They typically cause more cosmetic problems than health problems, but in some cases cause pain. Treating spider veins not only improve appearance but also prevent the progression of venous disease.</p>	<p>STAGE 2 Varicose Veins</p> <p>These veins have a ropey-like appearance and bulge, often protruding from the skin. These veins, if left untreated, can lead to increased symptoms and worsened appearance which begin to interfere with daily life and activity.</p>	<p>STAGE 3 Leg Edema</p> <p>As venous disease progresses, untreated varicose veins begin to evolve into other health problems, such as edema. This chronic leg swelling manifests over the course of the day or after standing for long periods. Others experience restless leg syndrome, itchy skin, and severe aching or cramping.</p>	<p>STAGE 4 Skin Changes</p> <p>Over time, venous disease causes skin discoloration. The skin becomes thinner and brown discoloration appears as a stain on the skin. This occurs because of blood leaking from the blood vessels and into the skin tissue.</p>	<p>STAGE 6 Leg Ulcers</p> <p>These are an indication that the venous disease has reached an advanced stage. They are extremely painful, itchy, and require constant care and dressing, significantly impacting quality of life.</p>
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As the pressure in the venous system builds throughout the day when patients are on their feet, symptoms progress and are worse in the evening and at bedtime. This is when the lesser known symptoms of venous insufficiency such as restless legs, leg cramps and excessive urination become problematic and can rob a patient of a good night's sleep. All of these symptoms can be caused by venous disease and many patients' symptoms improve with treatment for venous insufficiency. A trial of compression hose can predict which symptoms will most likely improve or respond to venous treatment. Modern vein evaluation and intervention is much different than it was years ago. Prior to 2000, procedures such as vein stripping were the only available vein treatments and very invasive, required general anesthesia, and had unacceptably high complication rates. For this reason, most patients with venous insufficiency were forced to suffer as there were no acceptable treatment options available other than compression hose and leg elevation.

At Vein Specialists in Fort Myers and Bonita Springs/Naples, we offer comprehensive, modern vein evaluation and care. We offer a gold standard scientific diagnostic ultrasound study to evaluate patients for venous insufficiency. We are then able to formulate the best treatment plan for each individual patient based on the ultrasound results. In many cases, the best treatment option for patients with venous insufficiency is something called endovenous ablation or vein closure. This can be accomplished by heat-sealing or glue-sealing the vein closed. These methods permanently seal the poorly functioning veins with either heat or medical adhesive. The result is a decrease in the venous pressure in the legs, significantly improving vein related signs and symptoms. This procedure is minimally invasive and performed under local anesthesia in both Vein Specialists office locations with minimal discomfort. Other minimally invasive treatment options such as removal of varicose veins through small incisions called microphlebectomy or injection sclerotherapy for spider veins are also offered.

Start celebrating July 4th and your freedoms! Stop hiding behind long pants and schedule your visit with our office today! Start by visiting our website at Weknowveins.com or call 239-694-8346 for more information.



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Can IV Nutrients Help Boost Your Immune System?

Along 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:

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Benefits:

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In ATC's commitment to providing the best treatment for our patients, we are always searching for the latest proven trends within the cosmetic, beauty and wellness field.

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

Mindy DiPietro
CEO

Kathleen M. Marc, MD
Medical Director



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

How **EMSELLA™** Can Help You

By Joseph Gauta, MD, FACOG

After 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.

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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.

TREATMENT

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AFTER

Stimulation leads to regained control over pelvic floor muscles and bladder.



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Combating Depression:

3 Innovative Ways of Managing Depression

Depression is a common but serious mood disorder that affects nearly 15 million people in the United States. Depression often either goes untreated or is managed with different kinds of oral medications such as, selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), tricyclic antidepressants (TCAs), and monoamine oxidase inhibitors (MAOIs). Most of these medications take several weeks before a therapeutic level is reached. However, a large percentage of these patients do not respond well to them. Sometimes they just don't work and other times the side effects are so unpleasant that people stop taking them altogether.

The good news is that there are three innovative ways of managing depression that are highly effective and patients can experience results in hours instead of weeks.

TREATMENT #1

Ketamine Infusion Therapy

Ketamine is a safe, fast-acting anesthetic with a wonderful variety of applications to treat mental health and chronic pain. It was first synthesized in 1963 as a rapid anesthetic that supported the cardiopulmonary system and had a reduced recovery period, limiting the possibility and severity of adverse side-effects. It was so safe that it became known as a "buddy drug" during the Vietnam War since non-medical personnel could administer it on the battlefield.

In 1970, ketamine's antidepressant properties were discovered, leading to a cascade of positive studies published on its treatment of unipolar depression. Further studies have shown its efficacy for the treatment of PTSD, OCD, Bipolar Depression, Severe Anxiety, Fibromyalgia, Complex Regional Pain Syndrome, and other pain syndromes.

Approximately 70% of patients experience a significant reduction in symptoms – many during their first infusion. Now, Ketamine is widely used by psychiatrists and anesthesia providers to heal mood disorders, eliminate suicidal ideations, and alleviate chronic pain.

TREATMENT #2

Spravato™ Esketamine Nasal Spray

SPRAVATO™ is the trade name for the prescription medicine Esketamine. Unlike regular Ketamine that is usually administered Intravenously (IV), SPRAVATO™ is administered intra-nasally. SPRAVATO™ was FDA approved in March of 2019 for Treatment-Resistant Depression. It is used in conjunction with an antidepressant taken by mouth and may only be administered in a certified healthcare setting. Because it is FDA approved, many health insurance carriers will cover a portion of the cost.

SPRAVATO™ targets the N-methyl-D-aspartate (NMDA) receptor and is believed to work differently than currently available oral antidepressants. Because of the risks for sedation, dissociation, and abuse and misuse, SPRAVATO™ is only available through a restricted program called the SPRAVATO™ Risk Evaluation and Mitigation Strategy (REMS) program. Therefore, SPRAVATO™ can only be administered in a healthcare setting that is certified in the SPRAVATO™ REMS Program and to patients enrolled in the program.

TREATMENT #3

Transcranial Magnetic Stimulation (TMS)

TMS is a non-invasive procedure for treatment-resistant depression that delivers magnetic pulses through an electromagnet coil to the left dorsolateral prefrontal cortex, the region of the brain associated with mood control.

In the late 18th century, Luigi Galvani and Alessandro Volta first discovered that nerves carry electrical energy within the nervous system. TMS functions by electrically stimulating dormant brain cells, enabling them to function well again.

TMS was developed in 1985 as the first noninvasive treatment capable of targeting precise regions of the brain without general anesthesia or pain.

Since then, numerous studies have been performed to demonstrate that TMS is safe and effective in the treatment of major depression. TMS was approved by the FDA in 2008 and first covered by insurance in 2013.



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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WRIST FRACTURES DEMYSTIFIED!

By Carmella Fernandez MD, MBA

Fractures 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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WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

There 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/. 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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SPEAKING TO CHILDREN ABOUT DEMENTIA

By Christina M. Freise Pollitt, MS, CCC-SLP, CBIS, CDP - Speech-Language Pathologist

Coping with your loved one's dementia diagnosis is certainly difficult for the adults in the family, but it poses unique challenges for our younger family members. Often, many adults initially attempt to shield or protect their children from interacting with a person with dementia, but this typically is not the best approach. With approximately 5.7 million people currently living with dementia in the United States, (a statistic set to triple by 2050 as per the Alzheimer's Association), this is a highly pertinent issue for all families to consider.

Many children do worry that dementia is a disease that is "contagious" as they have been inclined to associate the term 'sick' with 'contagious.' Thus, it is imperative to have an honest conversation, tailored to the children's age level, about changes seen in their loved one (often a grandparent or great grandparent). For example, you may say, "When you are sick, you get a cold or a cough, but sometimes when grandparents are sick, it changes how their brains work. Grandma's brain is changing. She can remember how much she loves us, but she has trouble remembering names for things now." Also, many children are inclined to think that if one is sick, then one will "get better" or link medication to improvement in health status. While upsetting, it is important to address that there is no medicine or remedy that is a cure for dementia.

If your loved one is residing in a facility, and the facility permits children during visiting hours, please bring them. You may not only provide joy to your loved one, but to other residents as well. Please just ensure that you do not leave your child unsupervised with your loved one or another resident, as behavior patterns in dementia can rapidly fluctuate. While another resident may appear to be calm and friendly, these traits may be superficial and transient.

It is also advised to openly state how you feel about this diagnosis. Please be open and tell your child that you are frustrated, confused, saddened, for example, as it will encourage in the open sharing of feelings.

It may be helpful to work on a family tree activity, or a family scrapbooking task to promote awareness of the family as a whole. If your child enjoys arts and crafts, he or she may find pleasure in drawing pictures or cards for your loved one. Furthermore, there are some commercially available picture books written on the topic that you may find beneficial in sharing with your child:



**Grandma's Box of Memories:
Helping Grandma to Remember by Jean Demetris**

When My Grammy Forgets, I Remember by Toby Harberkorn

Grandpa Seashells by Jo Johnson

Always My Grandpa by Linda Scacco

If your child is exhibiting severe difficulties in coping with the dementia diagnosis, please consider speaking with your child's pediatrician. He or she may refer you to a child psychologist or social worker for an evaluation to determine if therapy is warranted.



Christina Freise Pollitt is a speech-language pathologist, and owner of Speech By the Beach Consulting LLC, a family owned and operated private practice in Naples, Florida. She provides comprehensive speech-language pathology services to both pediatrics and adults. She is certified as a Brain Injury Specialist by the Brain Injury Association of America, and as a Certified Dementia Specialist by the National Council of Certified Dementia Practitioners. This triple certification distinguishes her from other speech-language pathologists, and enables her to offer patients more comprehensive assessment and treatment options.

Mrs. Freise Pollitt holds a Masters of Science from Columbia University, New York, the only Ivy League training program in the United States in Speech-Language Pathology. Following graduation, she fulfilled her Clinical Fellowship at The Brady Institute for Traumatic Brain Injury to receive her Certificate of Clinical Competence from the American Speech-Language-Hearing Association. Her diverse experiences include Level I acute care Trauma Center, LTACH, home care, and university clinical faculty member with supervisory and teaching roles in a pediatric clinic. As a clinical professor, Mrs. Freise Pollitt has trained hundreds of aspiring speech-language pathologists. Furthermore, she is the author of *Cognitive Implications of Dementia: A Caregiver's Guide to Improve Communication and Swallow Function*.

Mrs. Freise Pollitt is the former vice president of Closet2Closet, an Illinois-based non-profit organization providing current trend apparel to teenagers living in foster care and/or disruptive situations. Locally, she is the former President of the Collier County Medical Society Alliance, and a former Director of the Florida Medical Association Alliance. She is an advisor to the Stroke Recovery Foundation and to the Alzheimer's Support Network of Naples.

In regards to pediatrics, Mrs. Freise Pollitt offers a myriad of services at Speech By The Beach Consulting LLC. She offers comprehensive evaluation and treatment of articulation/phonology, receptive and expressive language, voice, feeding/swallowing, reading skills, cognitive communication, and social language. Mrs. Freise Pollitt is specialized in evidenced-based methods including Food Chaining, the Orton Gillingham Reading Approach, Baby Signs, and the Beckman Oral Motor Approach. Speech By The Beach Consulting also offers telepractice as an option in these current times.

Speech By The Beach Consulting LLC is accepting new clients. Please call 239-631-1988 to schedule your appointment.



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Why Patients and Providers Should Be Considering **Mobile Outpatient Therapy** for Those with Chronic Conditions

On January 1, 2020, Home Health experienced the most extensive changes seen in over 20 years. Medicare completely revamped its reimbursement, resulting in a shift that will greatly impact the quality of service provided for chronic patients like Parkinson's, CVA, and CHF. Many physicians and patients alike are not yet aware of these changes and how they affect patient care. Though it is expected that home health reimbursements will not greatly change, the modifications mark a complete change in the way that home health services are provided.

THE FACTS ON THE NEW LIMITATIONS FOR HOME HEALTH CARE

For home health, the Medicare changes meant a shift in reimbursement from a pay per visit system to flat-rate reimbursement based on diagnosis, co-morbidities, and referral source. This shift provides major incentives for shorter episodes of care and decreased services. Home health agencies have been quick to develop computer systems that crunched numbers to determine the maximum number of visits a patient will receive. These systems remove clinical judgment from the hands of the service providers and referring physicians. This is shocking to many physicians who believe that patients will receive all services at the specific frequency or duration they order. This is simply no longer true. The new home health model highly favors acute care patients at a heavy cost to patients with chronic issues or seniors who may take more time to recover from complex medical issues.

MANY PATIENTS ARE BEING LEFT WITHOUT OPTIONS

Traditionally, home health provided a logical solution for patients who were unable to drive or when getting to outpatient provided a major barrier. Many home health agencies are no longer able to comply with these therapy cases, and patients are being told that an inability to get to an outpatient therapy clinic is not a valid reason for home health services to be extended. Mobile outpatient services are able to fill in the gap for that population. An added benefit of mobile outpatient therapy is that it reduces infection



risks and with issues such as COVID-19 or the upcoming flu season, it's imperative for the elderly to have that option.

LIMITED CARE AND SHORTER DURATIONS NEGATIVELY AFFECTS PATIENT OUTCOMES

With shorter duration and decreased clinical judgment, discharge planning becomes a very early discussion and often shapes the treatments provided. Home health agencies are being forced to shift from setting treatment goals to setting transfer goals. Many patients are receiving a decreased frequency of visits or are given only one therapy when in the past they would have received physical therapy, occupational therapy, and/or speech therapy. These patients are often left to perform exercises on their own, without supervision or support. Patients and providers alike need to recognize new models of therapy in order to ensure quality outcomes and overcome the new barriers of the home health industry.

THE ALTERNATIVE:

From the ashes of the home health model, a new client-centered therapy practice has emerged to better care for the chronic patients and frequent home health utilizers of the Medicare system. Mobile outpatient rehabilitation services have begun to appear across the country, embracing the concept of concierge services within the Medicare model. With these mobile outpatient services, therapists are not restricted by the regulations of home health. This means the patients do not need to be homebound

and that there does not need to be a qualifying hospital stay in order to receive services. Even more importantly is therapist and physician are able to regain clinical judgment, providing a more patient-centered treatment approach. The goal of therapy returns to improving or maintaining the patient's function rather than transition them to another service or setting. This is a significant benefit for the chronic system users who do not benefit from the new home health model.

Service providers and patients alike need to adjust their understanding of the rehabilitation model and Medicare guidelines in order to ensure that patients are receiving the quality services needed for long term success.

MOBILE REHAB—CONCIERGE OUTPATIENT THERAPY

Concierge Outpatient Therapy allows patients to receive a higher level of personalized care within the comfort of their own homes and communities. Chronic patients need high quality therapy with the ability to work outside of home health and outpatient restrictions.

Mobile Rehab is NOT HOME HEALTH. We are a Medicare Part B Approved Provider. We are set up like a traditional Outpatient Therapy facility, but our therapists travel to the patient's homes and communities. This removes the burden of travel, decreases risk for infection, and increases patient compliance. Therapists are able to assess real conditions, design programs that can be utilized by the patient for more extended periods of time and provide more personalized care. Therapists are not limited to the intense restrictions of home health.

We believe that our clients are long term members of the Mobile Rehab Family and we care about their long term success

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Another Reason to Quit Smoking

Peripheral Arterial Disorder (PAD)

Most people are familiar with the negative effects that smoking has on the lungs and the increasing risks of throat and oral cancer, but they are often unaware or less concerned about the damage that smoking does to your vascular and arterial systems.

Smoking cigarettes causes toxic chemicals to enter your lungs and travel throughout your body. All smoking affects your heart negatively and causes damage. But the good news is, no matter how long or how much you've smoked, quitting will benefit you immensely. It's never too late to stop smoking.

Arterial and Vascular Issues Caused by Smoking

- Causes inflammation in the arteries
- Increases heart rate
- Causes sticky plaque buildup in arteries (both coronary & peripheral)
- Raises LDL (bad cholesterol)
- Lowers HDL (good cholesterol)
- Blood vessel walls become stiff and damaged
- Creates abnormal heart rhythms
- Increases blood pressure
- Creates undue stress on your heart
- Lowers oxygen levels in blood
- Increased risk of stroke
- Increased risk of aneurysms
- Decreases oxygen
- Increases risk of blood clots
- Releases toxins, chemicals, and poisons into and throughout the body

Smoking Directly Contributes to PAD

The chemicals in the smoke are what causes atherosclerosis (arterial plaque). These chemicals negatively affect cholesterol levels and fibrinogen levels, which is a blood-clotting agent. These disturbances can lead to stroke, aortic aneurysms, peripheral vascular disease, heart attack, and abdominal aortic aneurysms, to name a few.

Talk to your doctor now about smoking cessation programs, treatment options, and medications to help you quit for good!

By quitting smoking, you can reduce your risk of coronary heart disease, stroke, and cardiovascular disease significantly.

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.

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.

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.

Vascular Center of Naples Treatment

The most effective treatment for peripheral arterial disease and other vascular diseases is an endovascular treatment. Dr. Becker and Dr. Pfitzinger insert a catheter, a long, thin tube, through a small incision in your groin. They guide the catheter through your blood vessel to the blocked area and place a stent into the artery to keep it open and encourage blood flow. They may also use a balloon angioplasty to push plaque against the vessel wall and keep blood flowing.

This type of minimally invasive surgery ensures you have a faster recovery time, and it's a good alternative for anyone who isn't able to have open surgery. If you're not a candidate for endovascular treatment, they may recommend a bypass, which is a procedure that reroutes blood flow to healthier vessels. This procedure requires general anesthesia but offers long-term benefits for improved circulation.

Vascular Center of Naples offers a
FREE
Vascular, Carotid, AAA and PAD
(peripheral arterial disease) Profile Screening.



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.



Duke M. Pfitzinger, Jr., DO
Vascular Surgeon

Dr. Pfitzinger balanced his collegiate football career while obtaining his undergraduate degree from Southern Illinois University. He received his medical degree from Chicago College of Osteopathic Medicine. He then returned to Kansas to finish his general surgery residency at the University of Kansas. During his surgical training, he realized his passion for vascular surgery.

Dr. Pfitzinger then moved his wife and three kids south to North Carolina, where he fulfilled his interest in vascular surgery, completing his vascular fellowship at University of North Carolina at Chapel Hill. He has multiple publications and presented at national conferences. He has an interest in complex aortic reconstruction, carotid, and peripheral arterial disease treatments along with other aspects of vascular care. When he is not working, he spends time trying to keep up with his two boys and daughter and all things related to the water.



Vascular Center
of Naples

1875 Veterans Park Drive, Suite 2203
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www.vascularcenternaples.com

The Lowdown on Sunscreen

By Anne Marie Tremaine, MD

Sunscreen can seem complicated and controversial, but it does not need to be. Given the fact that there are so many sunscreen products available and there is some misinformation regarding sunscreen safety, I want to breakdown your options for sunscreen, specifically discussing ingredients and address the bad press that sunscreen gets.

First, let us tackle the different types of sunscreen. There are two main types: chemical sunscreen and physical sunscreen.

Many chemical sunscreens are on the market, including, but not limited to: avobenzone, octinoxate, octisalate, and oxybenzone. These ingredients are absorbed into the skin and then absorb the UV rays and convert them to heat.

The only two options for physical sunscreens are zinc oxide and titanium dioxide. These ingredients sit on top of the skin and directly block the UV rays.

Some products contain both chemical and physical ingredients. So, how do you know what your bottle contains? On the back of the bottle, you will find the type of sunscreen listed under "active ingredients".



Sunscreen has recently been in the news because the FDA has determined that they want more information and research on certain chemical ingredients. Many news outlets have incorrectly interpreted this new FDA investigation as a definitive statement against sunscreen, however, the FDA ruling does not mean that these ingredients are not safe. The FDA still fully supports the use of sunscreen, but it should be noted that two sunscreen ingredients have already been deemed unsafe by the FDA (PABA and trolamine salicylate) and these are no longer available in the U.S. The FDA has no concern with physical sunscreen (zinc oxide and titanium dioxide) and considers these safe.

There is no sensible reason not to protect your skin. Scientific studies continually and unequivocally demonstrate that wearing SPF reduces the risk of skin cancer. It is important to be well informed on the products we use daily and important that the FDA continues to ensure product safety. I personally use both chemical and physical sunscreens, although, I mostly rely on products with a combination or just physical block. I highly recommend you find a product that you like and feel comfortable using whether it is chemical sunscreen, physical sunscreen, sun protective clothing, or staying inside.

Anne Marie Tremaine, MD

Board Certified Dermatologist
Harvard Cosmetic and Laser Medicine Fellowship

Dr. Tremaine is a board-certified dermatologist with fellowship training at Harvard Medical School in laser and cosmetic surgery. She has contributed as a dermatology expert for online

and print magazines including Family Fun, msn.com, menshealth.com, and ccn.com. In addition, she frequently lectures to professional societies on her diverse research. For more information about skin care visit the Skin Wellness Physicians website at: www.skinwellnessflorida.com



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Did You Know That Certain Foods Can Improve Vision?

Dr. Katia Tabo, Board-Certified Ophthalmologist and Retinal Specialist

According to a recent article published by the American Academy of Ophthalmology, titled, *36 Fabulous Foods to Boost Eye Health*, these are a few foods from the list you might want to enjoy for better vision:

Orange-colored vegetables and fruits with vitamin A

Perhaps the best-known eye-healthy nutrient is vitamin A. Your retina needs plenty of vitamin A to help turn light rays into the images we see. Also, without enough vitamin A, your eyes can't stay moist enough to prevent dry eye.¹

Carrots are a well-known source of vitamin A. Sweet potatoes provide even more vitamin A sweet potato has more than 200% of the daily dose of vitamin A doctors recommend. Fruits, including cantaloupe and apricots, can be a good source of vitamin A.¹

Fruits and veggies rich in Vitamin C

Vitamin C is critical to eye health. As an antioxidant, vitamin C helps protect the body from damage caused by some things we eat, unhealthy habits and environmental factors. Fried foods, tobacco smoke and the sun's rays can produce free radicals--molecules that can damage and kill cells. Vitamin C helps repair and grow new tissue cells.¹

Good sources of vitamin C include citrus fruits, such as oranges, tangerines, grapefruit and lemons. Lots of other foods offer vitamin C, including peaches, red bell peppers, tomatoes and strawberries. Antioxidants can prevent or at least delay age-related macular degeneration (AMD) and cataracts, according to the Age-Related Eye Diseases Study (AREDS).¹

Vitamin E

Another important antioxidant is vitamin E, which helps keep cells healthy. Vitamin E can be found in avocados, almonds and sunflower seeds.¹

Cold-water fish with omega-3 fatty acids

Diets rich in omega-3 fatty acids from cold-water fish may help reduce the risk of developing eye disease later in life, research suggests. These fish include salmon, tuna, sardines, halibut and trout. Omega-3's are good for tear function, so eating fish may help people with dry eye.¹



Leafy green vegetables rich in lutein and zeaxanthin

Lutein and zeaxanthin are antioxidants found in the pigments of leafy green vegetables and other brightly colored foods. They are key to protecting the macula, the area of the eye that gives us our central, most detailed vision. Kale and spinach have plenty of these nutrients. Other foods with useful amounts of lutein and zeaxanthin include romaine lettuce, collards, turnip greens, broccoli and peas. And while not leafy and green, eggs also are a good source of these nutrients.¹

Beans and zinc

The mineral zinc helps keep the retina healthy and may protect your eyes from the damaging effects of light. However, zinc can lower the amount of copper in your body, which we need to help form red blood cells. Fortunately, you can increase both at once with all kinds of beans (legumes), including black-eyed peas, kidney beans and lima beans. Other foods high in zinc include oysters, lean red meat, poultry and fortified cereals.¹

Similarly, Vitamins & Supplements can Help Too

There have been numerous reports and studies on the effectiveness of certain nutrients that may prevent or delay eye disorders and disease. Dr. Tabo, Ophthalmologist and Retina Specialist recommends eye vitamins to some of her patients depending on their current medications and specific condition. On the contrary, if you don't need to supplement, it's best to get your vitamins and nutrients from food.

According to the American Academy of Ophthalmology, there are 13 known vitamins, 3 of which have been proven to help your eyes. Foods rich in vitamins A, C and E are good for your eyes and general health.

Vitamin A is good for the cornea. Vitamins C and E can help prevent eye diseases when you get older such as cataracts and age-related macular degeneration.

Starting a vitamin-rich diet now will give you healthy habits to follow all your life.²

AREDS2 Study

- Major clinical trial sponsored by the NEI (National Eye Institute)
- Started in 2006, ended in 2012
- 4,200 participants with moderate to advanced Age-related Macular Degeneration
- Examined benefits of adding lutein & zeaxanthin and omega-3 fatty acids to original AREDS formula
- Removed beta-carotene (due to concerns regarding the increased risk of lung cancer in current or former smokers)
- Added lutein and zeaxanthin²

Vitamins are NOT ALWAYS the Answer

When you consider taking ANY supplements, you should check with your physician first. Dr. Tabo sees many patients in her practice that present already taking eye vitamins, when they don't need to. In some cases, this could pose further damage than good.

Personalized Retina Care of Naples

Whether you are concerned about your eye health, would like to establish a baseline exam or are experiencing any changes such as blurry vision, impaired vision, pain or any other eye irregularities, it is 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 diseases and general eye disorders. She offers a second opinion to help clarify your eye condition. Dr. Tabo is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases.

References:

1. C Viemont, 36 fabulous Foods..., American Academy of Ophthalmology, <https://www.aaao.org/eye-health/tips-prevention/fabulous-foods-your-eyes>
2. AAO, "Healthy Eyes," Vitamins, American Academy of Ophthalmology aao.org, 2019 <https://www.nei.nih.gov/areds2>

There are ways to prevent the progression of low sight, regain your independence and correct your vision. To find out more, or to schedule your appointment, please call (239) 325-3970 today.



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Be Mindful of the Connection Between Diabetes and Alzheimer's

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

Dementia and Alzheimer's Disease have been at the forefront of many health discussions. It is a fear that many of our aging population believe there is no answer. While much research is still needed, there is a term, "Type 3 Diabetes" that may provide some insight into one area of Alzheimer's Disease.

Over 34.2 million people in the U.S. have diabetes which is the 7th leading cause of death. More than 5 million Americans have Alzheimer's which is the 6th leading cause of death.

We are learning that many with diabetes have brain changes with characteristics of both Alzheimer's Disease and vascular dementia.

High glucose levels can damage blood vessels contributing to mild cognitive impairment (MCI). MCI may precede or accompany Alzheimer's Disease.

Why the term type 3 diabetes? It's linked to the glucose-insulin imbalance. Our brain using sugar and responding to insulin is one piece in helping to keep our brain cells healthy. Insulin is part of the process associated with learning and long-term memory. Insulin resistance could damage brain cells enough to cause memory loss.



The early signs or symptoms of Alzheimer's:

- Forgetting recently learned information.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks such as driving to a familiar location.
- Forgetting where you are or how you got there.
- Changes in judgment or decision-making such as less attention to grooming or keeping clean.

How can we begin to tackle two diseases when we have limited information and more research is still needed?

Begin with changes and improvements that are in your control. Healthy glucose levels are the key to keeping healthy blood vessels.

- Long-term high glucose levels and impaired insulin levels go hand in hand. Lower your glucose with consuming whole fresh food. If you feel you need to count carbs and calories for everything you eat, you may be eating some of the wrong food.

- Exercise can help move glucose from your bloodstream to your cells where it belongs. A walk after your meal can certainly help!

- Reduce your sugar intake from various food sources (bakery goods, desserts, sugary and energy drinks, high starch foods such as potatoes and rice).

- Limit or eliminate fried foods.

- Limit dining and snacking late in the evening. With diabetes your system may not efficiently metabolize your food and have difficulty returning to healthy glucose levels before bedtime.

It's estimated by 2050, that Alzheimer's cases can increase to 13.8 million people. If you or someone you know is experiencing signs or symptoms, reach out to a physician to begin the planning process for a life change.

Help for a caregiver as well as the patient is necessary. The Alzheimer's Association can be a great place to find help and support for both. You can find more information at www.Alz.org.

Visit ReverseMyDiabetes.net to register for upcoming webinars, diabetes information, or book a free consultation. Call (888) 848-1763
Email Denise@ReverseMyDiabetes.net.

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Alzheimer's Disease Awareness Month Draws Attention to Hearing Loss!

By Hoglund Family Hearing and Audiology Services

Untreated Hearing Loss **DRAMATICALLY** Increases Alzheimer's Disease.

Hearing loss can have much larger consequences than just the frustration of misunderstanding friends and loved ones. A number of studies have come to light over the last few years showing a link between untreated hearing loss and dementia. Specifically, a pair of studies out of Johns Hopkins found that hearing loss is associated with accelerated cognitive decline in older adults and that seniors with untreated hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. A third Johns Hopkins study revealed a link between hearing loss and accelerated brain tissue loss. The researchers found that for older adults with hearing loss, brain tissue loss happens faster than it does for those with normal hearing. Some experts believe that interventions, like hearing aids, could potentially delay or prevent dementia. Brandeis University Professor of Neuroscience, Dr. Arthur Wingfield, has been studying cognitive aging and the relationship between memory and hearing acuity. He says unaddressed hearing loss not only affects the listener's ability to "hear" the sound accurately, but it also affects higher-level cognitive function. Specifically, it interferes with the listener's ability to accurately process the auditory information and make sense of it. In one study, Wingfield and his co-investigators found that older adults with mild-to-moderate hearing loss performed poorer on cognitive tests than those of the same age who had good hearing.



We find that the ongoing misinformation and flawed data getting into 'your computer' begins to take its toll and lead to tragic consequences! *We 'hear' with our brain, not with our ears.* When we have a hearing loss, the connections in the brain that respond to sound become reorganized. Fortunately, for many people, hearing aids can provide the sound stimulation needed for the brain to restore the normal organization of connections to its 'sound center' so it can more readily react to the sounds that it had been missing and cognitively process them."

"The sharpness of an individual's hearing has cascading consequences for various aspects of cognitive function," said Wingfield. "We're only just beginning to understand how far-reaching these consequences are. Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly," Wingfield continued. "You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory." As people move through middle age and their later years, Wingfield suggested, it is reasonable for them to get their hearing tested annually. *If there is a hearing loss, it is best to take it seriously and treat it!*

The increased risk of Dementia makes it critical to correct your untreated hearing loss! People with severe untreated hearing loss, the study reports, were five times more likely to develop dementia than those with normal hearing. Even mild untreated hearing loss doubled the dementia risk.



John and Patricia Hoglund
LHAS, BC-HIS, ACA

How hearing loss affects cognitive function

"They say your brain is like a computer," says John Hoglund BC-HIS, ACA of Hoglund Family Hearing and Audiology Center. "Data gets into your computer through your five senses. The sense of smell, taste, and touch all give us information about the world around us, but most of the data getting into your computer all day, every day comes from our eyes with what we see and read... and our EARS with what we hear. There is a phrase that most people have heard from the computer field that says, 'garbage in ... garbage out!'"

"That risk appeared to increase once hearing loss began to interfere with the ability to communicate — for example, in a noisy restaurant. It is therefore recommended that regularly scheduled Hearing Tests should be a part of Senior's routine medical testing," says Frank Lin, M.D., assistant professor in the Division of Otolaryngology at Johns Hopkins University School of Medicine. He continues, "hearing loss should be addressed as early as possible before these negative consequences begin to develop."

FREE HEARING TESTS OFFERED FOR EVERYONE!

Due to the critical importance of insuring that people do not suffer the negative effects of untreated hearing loss, Hoglund Family Hearing and Audiology Center is offering **FREE HEARING TESTS** throughout Alzheimer's Awareness Month!

ALL CDC SANITATION GUIDELINES WILL BE FOLLOWED FOR YOUR SAFETY!

The entire month of July, our Clinical Staff will perform these evaluations and furnish a dated copy for your medical records, as well as supplying a full report to your Primary Care Physician and your Neurologist! "I feel that everyone over the age of fifty should have both a **Baseline Hearing Test and Baseline Memory Test** in their personal medical records," John Hoglund stated. "There is just too much evidence to ignore this tie between the two conditions!"

All it will COST is a little of your TIME... but the KNOWLEDGE you receive may be PRICELESS! Please call the Clinic listed below that would be the most convenient to you for more information!

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Bonita Springs, FL 31434
239-494-8651

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste.120 (Next to LabCorp)

Esteros, FL 34135
239-494-8652

AUDIOLOGY CENTERS OF HOGLUND FAMILY HEARING
13710 Metropolis Ave. Suite 101
(One block west of Gulf Coast Hospital)

Fort Myers, FL 33912
239-208-6827

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An Interventional Pain Physicians Outlook on CBD

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.

Over 116 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain just to name a few. Whether it's from trauma or degenerative diseases chronic pain affects the neck, back, hands, feet or hips, and can cause difficulties to 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, impaired mobility, and limitations on range of motion.

Chronic pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

In the past, a common treatment for chronic pain was to mask it with narcotic prescription pain medications. Narcotics like Opioids are highly addictive, and this trend led to devastating consequences. Our state is currently leading the country in abusing the drug and overdose episodes. The CDC reports that nearly half of all opioid-related deaths are due to the narcotic being prescribed for pain related circumstances such as lower back pain, nerve, and joint disorders, arthritis and spinal injury.

CBD for Chronic Pain

CBD oil is a viable alternative for many patients wanting the healing properties of cannabis and its potent antiviral and anti-inflammatory effects without the strict regulations of medical marijuana.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to cannabis (medical marijuana). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with medical marijuana, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory and much more.

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

Cannabis can be quite effective for many conditions that are difficult to treat using traditional pharmaceutical medications; some of these include fibromyalgia, irritable bowel syndrome, migraine headaches, seizures, and neuropathic pain, to name a few. Medical cannabis should certainly be a consideration for those suffering from chronic pain.

History of CBD

Over 4000 years ago, Asian Emperors utilized cannabis for its healing properties, noting exceptional improvements in edema issues. In ancient Greece and Egypt, cannabis is reported in many manuscripts, describing its use for medical conditions such as eye disease, joint inflammation and as an anesthetic. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. Cannabis has even been reported to reduce the menstrual complications of Queen Victoria. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate medications.

How CBD Can Help You with Chronic Pain

Dr. Chaturani Ranasinghe is a double board-certified Anesthesiologist and Interventional Pain Medicine physician. She has incorporated numerous alternative treatment strategies to help patients overcome chronic pain without addictive drugs or unnecessary surgery. Along with these FDA approved treatment options, she believes in synergistic approaches to help patients achieve optimal health and to alleviate painful conditions. This is why she suggests CBD for some of her patients.

Not all CBD is created equal. Patients should be careful about where they get their CBD products from and they should always do so under the guidelines and care of a trustworthy physician. Dr. Ranasinghe suggests both topical and oral methods of CBD depending on the patient's needs, and some patients may need both. She suggests products that are pure and from organic farms that are regulated and reputable. These include:



Topical:

Elixicure
Resanant
Botanicals
Charlotte's Web

Oral:

Revitaoil
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Integrative Pain Management of Naples

Although surgery is critical in certain situations, finding conservative, alternative methods to treat the underlying condition is always the first step for Integrative Pain Management of Naples. They treat all types of pain throughout the body, such as neck and back pain, joint pain, pain from shingles, migraines, fibromyalgia, and much more.

Dr. Ranasinghe explained, "We focus on patient-centered care, where the patient is an active participant in their treatment. The integrative approach utilizes innovative evidence-based treatments, as well as alternative medicine and encompasses prevention as well as therapy to promote optimal health and healing. All factors that influence health, wellness, and disease are taken into consideration, including mind and spirit."

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EMSculpt Procedure

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There is a Groundbreaking Procedure that Regenerates Lost Function Naturally

By Dr. Viviana Cuberos

Issues with sexual dysfunction can begin in the early 30s, but typically affects men in their 40s, 50s, and 60s. Although it's a common condition, it can be a crushing disorder that wreaks havoc on a man's psyche, which in turn, can cause severe anxiety and further intensify erectile dysfunction and low libido.

It's essential to see a medical professional if you are experiencing difficulty in getting and maintaining an erection, and no, the little blue pill is not the answer.

In addition to ED, Peyronie's disease is a condition that also causes dysfunction. It causes curvature of the penis due to a buildup of scar tissue in the that causes a bend in the erected penis. This disorder typically causes a great deal of pain during intercourse. This condition affects nearly 12% of the male population.

The standard treatments for erectile dysfunction are prescription medications that cause an erection for a limited amount of time. **However, there is a better way than the standard of care that actually treats erectile dysfunction at its core.**

Not All Stem Cells are Created Equal

Umbilical Cord Stem Cells (Wharton's Jelly)

Our own stem cells are not always enough due to limitations, which are usually due to aging, or severe injuries; stem cells from other sources increase platelets in the blood, which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as **umbilical cord stem cells**. Umbilical cord stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

These stem cells can be used to treat and replenish areas of the entire body from head to toe including ED. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely readily accepts them.



P-Shot (Priapus Shot)

The P-Shot is spun down blood of platelet-rich plasma (PRP) that is taken from the patient or (donor umbilical cord stem cells) and injected back into their bodies. The P-Shot is comprised of the patient's stem cells that stimulate new tissue growth, collagen formation and is 100% natural, so the body accepts it 100% of the time with no adverse reactions. Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue.

The P-Shot also helps men with Peyronie's disease by stimulating circulation and lessening the scar tissue associated with the disorder. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

How to Get Started?

Orchidia Medical has been helping men regain control of their ED and identifies the exact cause of your sexual health to create a customized treatment plan. Almost everyone will experience a decline in sexual functioning. But with the advent of Regenerative medicine, Erectile Dysfunction is no longer an inevitable part of aging.

There are Viable Alternative Treatment Options that WORK.

If you or someone you know could benefit from the P-Shot procedure, please contact Orchidia Medical Group today at 239-333-8809, or visit their website at orchidiamedicalgroup.com.

Orchidia Medical Group's mission is to utilize the latest in medical science and apply this with the simple understanding that you want to look, feel, and live better. Let them help you realize your potential wellbeing and become the individual that you have long desired. Your wellbeing is worth it!

Dr. Viviana Cuberos earned her Medical and Surgical degree from Universidad de Antioquia in Medellin, Colombia in 2006. She completed her Family Medicine Residency in 2012 at Franklin Square Hospital in Baltimore, Maryland.

Dr. Cuberos started her interest in Wellness and Anti-aging Medicine early during her residency and has years of experience in the field. She has also been serving the community of Southwest Florida since 2012 delivering primary care medicine. Dr. Cuberos Orozco has training in Weight Management, Wellness Medicine, Anti-aging, Bio-identical hormones, and aesthetic procedures.

Dr. Carolina Young Ortiz

Dr. Carolina Young Ortiz earned her medical and surgical degree from Universidad Libre, in Cali Colombia in 2005. She went on to complete her family medicine residency in 2010 at Franklin Square Hospital in Baltimore, Maryland.

Dr. Young Ortiz started her interest in Aesthetics while still in medical school. Her post-graduate experience began with running a successful weight management and aesthetics clinic in Houston, Texas. While here in southwest Florida, she has added to her expertise while also delivering primary care medicine to our Veterans in Cape Coral.

Dr. Young Ortiz has training and experience in Wellness medicine, Anti-aging, Weight loss, Bio-Identical hormones and aesthetic procedures.

She is a member of the American Academy of Family Medicine, American Academy of Aesthetic Medicine, International Association of Physicians in Aesthetic Medicine, American Academy of Anti-aging Medicine, and American Academy of Procedural Medicine.

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ANXIETY FROM STORMS AND FIREWORKS CAN SEVERELY AFFECT PETS:

What You Can Do To Help Them

If you've ever seen yours or another pet with debilitating fear and anxiety, it's heartbreaking. It's not easy to watch your pet shaking uncontrollably, drooling, panting, and seemingly fearful for their lives. With summer in full swing, it's the time of year that many pet owners with anxious dogs dread. Afternoon storms happen regularly here in Florida, and pets that exhibit anxiety with booming clashes of thunder and lightning can be a nerve-racking situation for the pet and the owner alike. The same hold true for fireworks, which scare most pets due to their loud, machine like pops and constant firing.

As a pet owner, it's stressful to see them in such disarray and hysterics. It's also dangerous for the pet; just as anxiety is unhealthy for people, pets can suffer physical impairments, aggression, depression, heart attacks, and strokes from apprehension. There are several options to make them calmer and you less worried about their overall health and wellness.

How can you make your pets life a little more stress-free in this season of storms?

Natural forms of calming supplements can ease your pet's anxiety. If a storm is approaching or fireworks are expected (hello fourth of July), giving your pet the recommended dosage of these all natural anti-anxiety meds can help your pet to feel more at ease during a storm. Some of these include ingredients like melatonin, L-tryptophan, thiamine and some even have CBD oil to help ease anxiety. It's helpful to give them a calming supplement (treat form or tablet) before an event or episode is in full swing.

Veterinarians also offer stronger anti-anxiety medications by prescription, depending on the severity of your pet's disorder. It's important to speak to your veterinarian about these medications before the season gets into full swing.

Anti-Anxiety Medications Commonly Prescribed for Pets

- Alprazolam (Xanax)
- Amitriptyline
- Buspirone
- Clomipramine (Clomicalm)
- Dexmedetomidine (Sileo)
- Diazepam (Valium)
- Fluoxetine (Reconcile or Prozac)
- Lorazepam (Ativan)
- Paroxetine (Paxil)
- Sertraline (Zoloft)

The ThunderShirt® works for some animals. It's in a sense, similar to swaddling a baby, as the ThunderShirt® wraps snugly around your pet making them feel more at ease. Gently holding your pet and reassuring them that it's okay is helpful as well.

If you're not going to be home, putting on soft music, or the TV can add a buffer for the noise of the thunder and heavy winds. Also, closing the blinds or curtains can help a pet feel more shielded from the storm.

It's critical too never scold your pet for being scared and to NEVER leave your pet outside in storm!

Pets get nervous too, and they can sense their human parent's anxiety. Just as anxiety is unhealthy for people, pets can suffer physical impairments, aggression, depression, heart attacks, and strokes from apprehension.

Oasis Animal Hospital also offers stronger anti-anxiety medications by prescription, depending on the severity of your pet's disorder. It's important to speak to your veterinarian about these medications before hurricane and storm season sneaks up on us.

Contact Animal Oasis Veterinary Hospital to schedule vaccinations, pick up paperwork, and extra medications for your pets today!

Animal Oasis Veterinary Hospital in Naples offers the most up to date and progressive veterinary services for your pets. Ranging from Laser Surgery, Ultrasound, Dental Xrays, Radiology, Full Pharmacy, and In House Diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

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Is Recency Bias Swaying Your Investing Decisions?

How memories of market crashes could be clouding your judgment now.

Provided by Nina Azwoir

When making investing decisions, it may seem like we have to predict the future. Unless you have a secret time machine, it is an impossible task. When we are faced with difficult decisions, especially during times of uncertainty and volatility, our minds take shortcuts. For example, when we are trying to predict the future, our minds naturally reach for what happened most recently—that is called recency bias.

As humans, we have an easier time remembering what happened most recently. This shortcut serves us well in other aspects of our lives, but it can hurt us when making investing decisions. Recency bias can prompt us to place undue importance on recent events. When we see our portfolio drop 10%, recency bias convinces us that it will just keep on dropping.

What Recency Bias Looks Like in Investing Decisions

Basing investment decisions on recent performance can get any investor in trouble, but research suggests that recency bias prompts many people to use this strategy. In a study that looked at the trading decisions of individual investors at a large national discount broker and a large retail broker, researchers found that investors' buying decisions seemed to be swayed by the past returns of investments. The investments bought by investors outperformed the market by 40 percentage points over the two years prior to their purchase. In the long run, this strategy did not quite work out for the investors in the study. Researchers found that the stocks investors sold subsequently outperformed those they bought in the ensuing months.

During the 2008 financial crisis, many investors seemed to fall into the trap of recency bias. Using survey data and trading records of investors during the 2008 crisis, researchers found that recent stock market performance fueled investor trading behavior, prompting them to trade more during that volatile time. The study also found that increased trading activity during the 2008 crisis did hurt investors' overall performance, above and beyond the existing market volatility. These findings have also replicated in normal market conditions, where researchers found that high trading levels resulted in poor portfolio performance.



How to Stop Recency Bias From Impacting Your Decisions

Although we have not seen the same flight away from the market that occurred during the 2008 crisis, as market volatility continues, it may become harder to resist the pitfall of recency bias. There are various techniques investors can use to avoid their biases when making decisions. Interventions to combat recency bias can be organized in two different approaches: one focused on managing relevant information and the other on slowing down the decision-making process.

Filtering Out the Noise to Focus on What Important

Before making any important decisions, surrounding yourself with the right information and resources is essential, but that can be hard to do during volatility. When the market is dropping, our minds have a hard time looking past what is happening right now.

Implementing a few key techniques during times

like these can help you incorporate the right information at the right time.

1. **See the full picture:** During a market crash, it can be difficult to remember that market declines are fairly regular occurrences. Researchers recently tracked market crashes over nearly 150 years and found that they occurred about every nine years.

The chart on page 45 shows the real monthly U.S. stock market returns going back to January 1886



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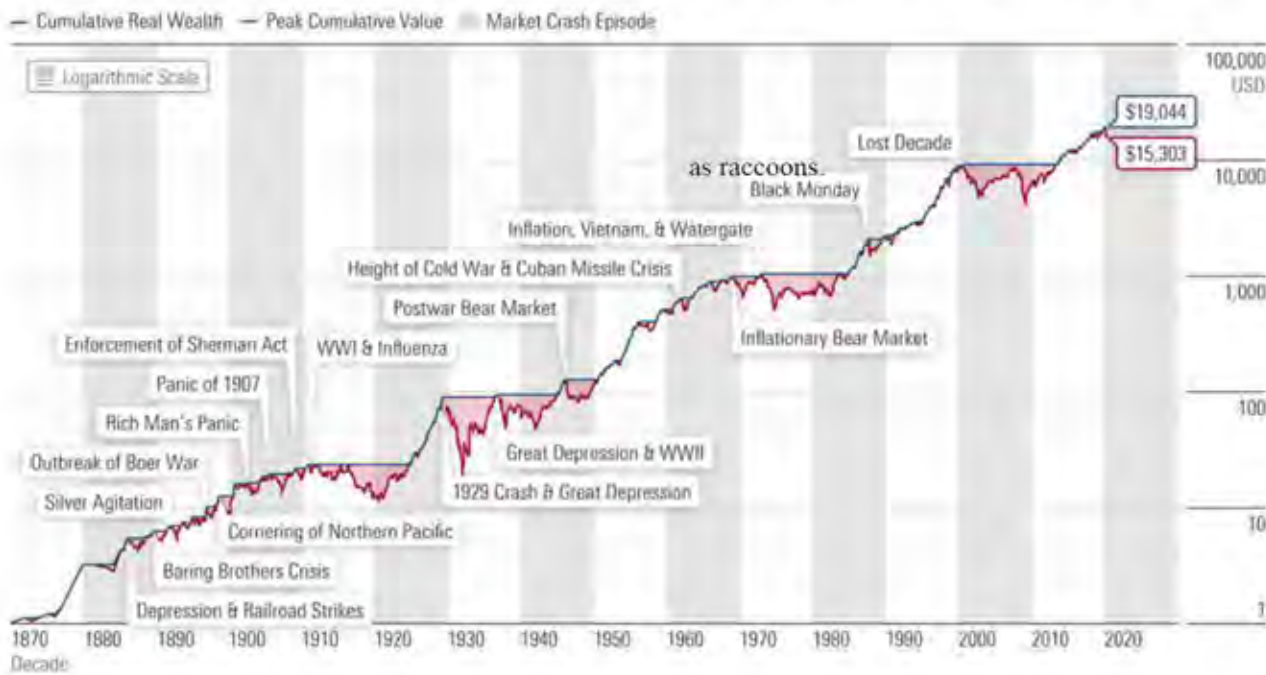
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Nina Azwoir, Financial Advisor
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Market Crash Timeline: Growth of \$1 and the U.S. Stock Market's Real Peak Values



Data as of Mar 31, 2020
Sources: Kaplan et al. (2009); Ibbotson (2020); Morningstar Direct; Goetzmann, Ibbotson, and Peng (2000); Pierce (1982); www.econ.yale.edu/~shiller/data.htm.

and annual returns over the period of 1871-85. Each horizontal line indicates a market crash and connects the episode's peak cumulative value to when the cumulative value recovers. Paying attention to charts like this during volatility can help us remember that, while the market's road can be bumpy for investors, it is a ride worth taking. Although we can not predict the future, the U.S. market has eventually rebounded in the past.

2. Set an information schedule: Receiving constant market updates can sway even the most skilled investor. During times of market volatility, try setting a schedule for how often you check your portfolio and

the news. Once you make sure your portfolio is aligned with your goals, try checking it only once a quarter (and stick to this schedule even when markets have gone awry). When it comes to catching up with recent events, try checking the news once at the end of the day, or even just once a week.

When All Else Fails, Just Slow Down

Recency bias is a tricky one to spot. That is because our minds work so quickly, and we often do not notice just how much we are being swayed by recent events. During times like these, it can help to slow down the decision-making process to give our conscious mind more time to evaluate.

3. Add friction to the decision: Before making a hasty decision, calculate the tax consequences (assuming you are still facing a gain) or transaction fees of the proposed trade. In an online experiment, researchers found that many investors hate paying taxes even more than they dislike the prospect of losing value in a further market downturn.

4. Explain the opposite: If you are set on selling an investment, try to explain why a person might be willing to buy your securities. What might a person's reaction be when your investment pops up on their screen at such a discounted price? If you were in their shoes, what might you do? Forcing yourself to answer questions like these before making investing decisions can help you see past your biases.

Preparing for Our Biases

When it comes to making investing decisions during volatility, we have to remember that we are only human. As humans, we all have biases that can lead us astray when making investing decisions. Incorporating a more thoughtful decision-making process when it comes to your finances may help you avoid falling prey to your biases when it matters most.

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The Three Major Triggers of Illness and the Three Organ Systems They Affect

By Toni Eatros, MS, Dipl Ac, AP

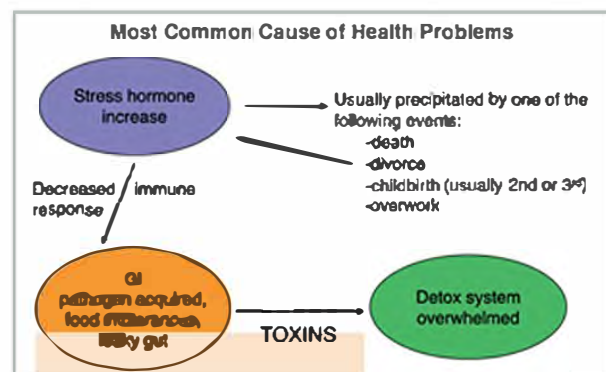
Welcome to part two of my functional medicine series. In the June 2020 article, I explained and defined functional medicine. Today, I will be talking about the three major triggers that cause our hormonal systems to get out of balance and start the cascade of symptoms leading to chronic disease. If this sequence of events goes unchecked, it will end up affecting your entire body, which functional medicine divides into three systems.

Every week, people come into my office asking the following questions.

Why would my adrenals get burned out?

Why is my thyroid not functioning well?

Why don't I have a sex drive anymore?



There are three major triggers, or initiators, that cause the hormone systems to get out of balance.

- 1 Emotional Stress
- 2 Dietary Stress
- 3 Pain and Hidden Inflammation

Any one of the above stressors will trigger a problem with the adrenal system, the thyroid, the gut and the detoxification system. Unfortunately, many of us have issues with all three triggers. Even if your body was functioning perfectly at the end of 2019, there is a good chance your hormonal system is starting to fail from the stress of our world... COVID-19, protests, political division, economical challenges and impeachment. We have taken hit after hit this year, and your perception of these challenges can be enough to start the cascade of chronic illness.

Emotional stress comes down to how we perceive an event. It is not that an event occurred, rather, it is how you perceive this event that is the most important thing in generating a stress response.

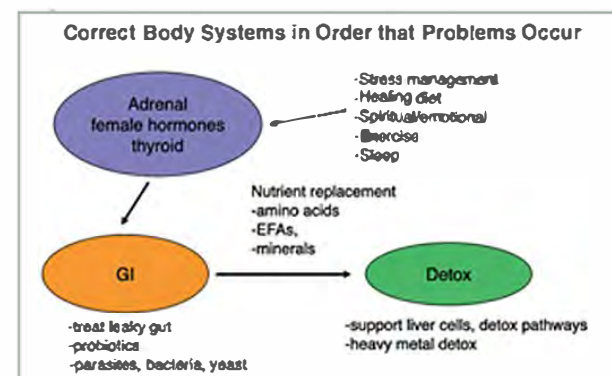
Diet can also be one initiator of illness. Eating too many carbs and sugar, having wildly fluctuating blood sugar, skipping meals, not eating at all, or eating dairy, wheat, GMO corn and soy can all be initiators in the breakdown of the system.

Pain and Inflammation is the final initiator of disease and is where Functional Medicine shines. Pain is obvious. If you have chronic pain, your body goes into fight or flight mode. When we live in fight or flight mode for too long, the hormonal system eventually collapses. Hidden inflammation is where the bulk of Functional Medicine work is done. Hidden inflammation is a code word for toxins, chemicals, heavy metals, pathogens, parasites, fungal infections, yeast infections, or bacterial infections. Many people have a gut pathogen or some kind of chemical or heavy metal toxicity that is causing hidden inflammation. This inflammation initiates the breakdown of the hormonal system. The only way to discover hidden inflammation is through lab testing. If we can find the sources of hidden inflammation, we hit a home run every single time and symptoms disappear.

In most people, this is how the stress response is initiated and ends up affecting the three body systems. First, there is some sort of emotional or spiritual crisis. Someone loses a job, gets a divorce, experiences a death in the family, or becomes disconnected from spirit. The body goes into fight or flight mode for an extended period of time which then triggers a collapse of the neuroendocrine system. The adrenals, the thyroid, the brain and the sex hormones start to fall apart. Eventually, the system becomes catabolic, where it starts to eat itself to make basic building blocks to keep the stress system running, and toxins start to build up.

Next, the digestive system starts to crash as well. Foods that have always been eaten, start to cause problems and leaky gut begins. Pathogens are acquired because the immune response starts to falter and the body cannot adequately fight off the invaders.

Eventually toxins start to build up and overload the system. We have our normal toxic burden plus the toxins coming from the overwhelmed gut and the detox systems. All of this leads to the breakdown of tissues and organ systems.



My clinical model is a two way street. I use it to explain why you have the symptoms you have and use it to fix the systems in the order that the breakdown occurred. We will address lifestyle factors because the lifestyle factors triggered this cascade in the first place. We must discuss diet, meditation, stress management, sleep, exercise, and nutrient deficiencies. We test the three body systems, identify hidden inflammation and begin working with the neuroendocrine system. Next, we move onto the digestive system. We address leaky gut, probiotics, enzymes, pathogens and whatever else is present on the lab tests. Eventually we start to detox, towards the end of the program. We support liver cells and detox pathways so we can get the toxins out.

I often see that many practitioners rushing to start treatment with detoxification. The problem with this, is that the system is not ready to deal with ridding the body of toxins, leading to severe side effects and discouragement with the program. There are a multitude of reasons as to why we follow this sequence. One of the main reasons is to avoid or minimize side effects. Another reason is because this clinical model works incredibly well for the majority of people. If you have gotten ill from detoxifying too soon, I encourage you to call and try this functional medicine approach.

Are you feeling fat, tired, anxious and depressed? If so, this clinical model is perfect for you. Schedule a free 15 minute telephone consultation to discuss your individual circumstances online at www.AcupunctureSolutionsOnline.com, or call 239-260-4566 during office hours. If we decide that we are a good fit for each other, you will schedule an hour long functional medicine new patient consultation. We will decide which testing is most appropriate for you and base your natural treatment plan around those results. Telemedicine visits are available. Be sure to check out part three of my functional medicine series in the August 2020 issue.

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Do You Have A Thyroid Disorder?

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

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

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.



Josephine V. Jasper, MD F.A.C.E.
Endocrinology, Thyroid, Diabetes and Metabolism

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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Lost Medical Insurance Coverage Options!

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

Most of the major insurance companies that sell a Major Medical Plan, Employers Group Plans, Medicare and Medicaid have 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. If you are not on Medicare, you have a couple of options.

- Affordable Care Act/ Market Place/Obama Care (all the same thing)
- Cobra
- Short Term
- Tri-Term
- Indemnity
- Medi-Share

It is important to understand how the 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 is 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.
- **Maximum Benefit Amount** – What is the most the plan will pay overtime not just the plan year.

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 meet with them in the future and you should not have strangers in your home unless it is medically necessary. You also want a local company that works with most of the insurance companies in your area. Our office specializes in Medicare, we offer free workshops that you can attend and virtual sessions.

Coronavirus also known as COVID-19 how are insurance companies handling it? Most of the major insurance companies that sell a Major Medical Plan, Employers Group Plans, Medicare, and Medicaid have your back. Most are waiving 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 is 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 for state specific information. DO YOUR PART! Social Distancing, stay home as much as possible, enjoy our outdoors, bike, walk, boat etc. Always wash your hands, do not touch your face unless you have carefully cleaned your hands first.

Hurricane Season is here! Do you know the best time to get Flood Insurance is when you are NOT required to have it? The cost of Flood Insurance is not that much, especially when you consider the benefit. Flood Insurance is closed to purchase when a storm is named and a threat to your area. In many cases it is less than \$40 a month. Do you know that 30% of all flood insurance claims are filed in low-to-moderate-risk areas? That is, the percentage of claims now, think how high that number would be if FEMA knew those that did not have flood policies. (* www.fema.gov)



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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*We also do a complimentary homeowner, health insurance and employer group review's

Summer Cleaning

Summer has finally arrived! Summer months in Florida mean humidity, rain to shine (and back, again) within minutes, and all of the fun that comes with being outside. The best things about summer are getting a tan while grilling, enjoying company, and breaking out those dusty pool noodles. Kicking back and relaxing is nice, but before you do... think about something else, cleaning. Cleaning is definitely not at the top of most people's list of summer activities, but it can make the rest of your summer more carefree.



Let's start with the inside. Humidity can mean many things to Floridians. The list includes, but is not limited to, swarms of mosquitos, unbearable sweat, and that overall heavy feeling in the air. Keeping the bathroom fan turned on during, and even 15-20 minutes after a shower, will reduce the humidity that mold thrives on. When removing mold and mildew, non-scrubbing products can reduce the amount of time spent stuck inside. On a cooler note, refrigerators become more active than usual in summer months while grabbing some refreshing beverages. Lemonade goes with summer like sugar goes with "sticky". Avoiding messes due to spilt liquids can be accomplished by purchasing refrigerator shelf liners is quick and easy. Removing and replacing the liners makes cleaning up a snap.

Garbage can be a uniquely smelly fixture in the home. Sludge, grime, and old food all add up to a recipe for disaster; mix in the summer heat and it can make a bad situation much worse. Many times

the reason our garbage smells so bad is not what's inside the bag, but outside and beneath it. Placing a garbage liner inside the can will reduce the risk of leakage and spills. A collection of mold and bacteria can build up inside. Take the time to address this kitchen mainstay, your nose will be happy you did.

We all love to sit on our lanais at night and enjoy the company of friends and family. Outdoor lighting is utilized more often in the summer, but after a period of non-use they can collect pollen, dust, bugs, and more. Dusting is a given, yet taking down the fixture and washing it inside and out is the proper solution. A little bleach or vinegar with water ensures that the lights stay brighter and the company stays longer.

Grilling out in summer has to be one of the great American pastimes. A few beverages, friends, and the smell of a New York Strip being cooked to perfection

makes for an ideal summer day. Before you grab the peppercorn sauce, make sure the grill has been cleaned after a long winter. No dangerous chemicals are needed to clean the grill; just take some rolled-up tin foil and dip it in white vinegar. Then scrub the grate for a few minutes and presto... you are ready to start cooking.

If you want to leave the summer cleaning to someone else, contact MaidPro at (239) 431-9080. The folks there are experts in every aspect of cleaning; whether indoors or outside. They have the supplies and know-how to prep your home for a relaxing summer. You can also visit them at www.maidpro.com/naples.

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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com or call (239) 775-5323.



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