

S O U T H W E S T F L O R I D A ' S

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

June 2020

Collier Edition - Monthly

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**FREE**



 **PHYSICIANS REGIONAL  
MEDICAL GROUP**

DR. SCOT SCHULTZ  
IS BACK,  
NOW AT PHYSICIANS REGIONAL

**DON'T DELAY,  
EMERGENCY  
CARE TODAY**

**FROM THE  
FRONTLINE  
TO THE NEW  
FRONTIER  
IN MEDICINE**

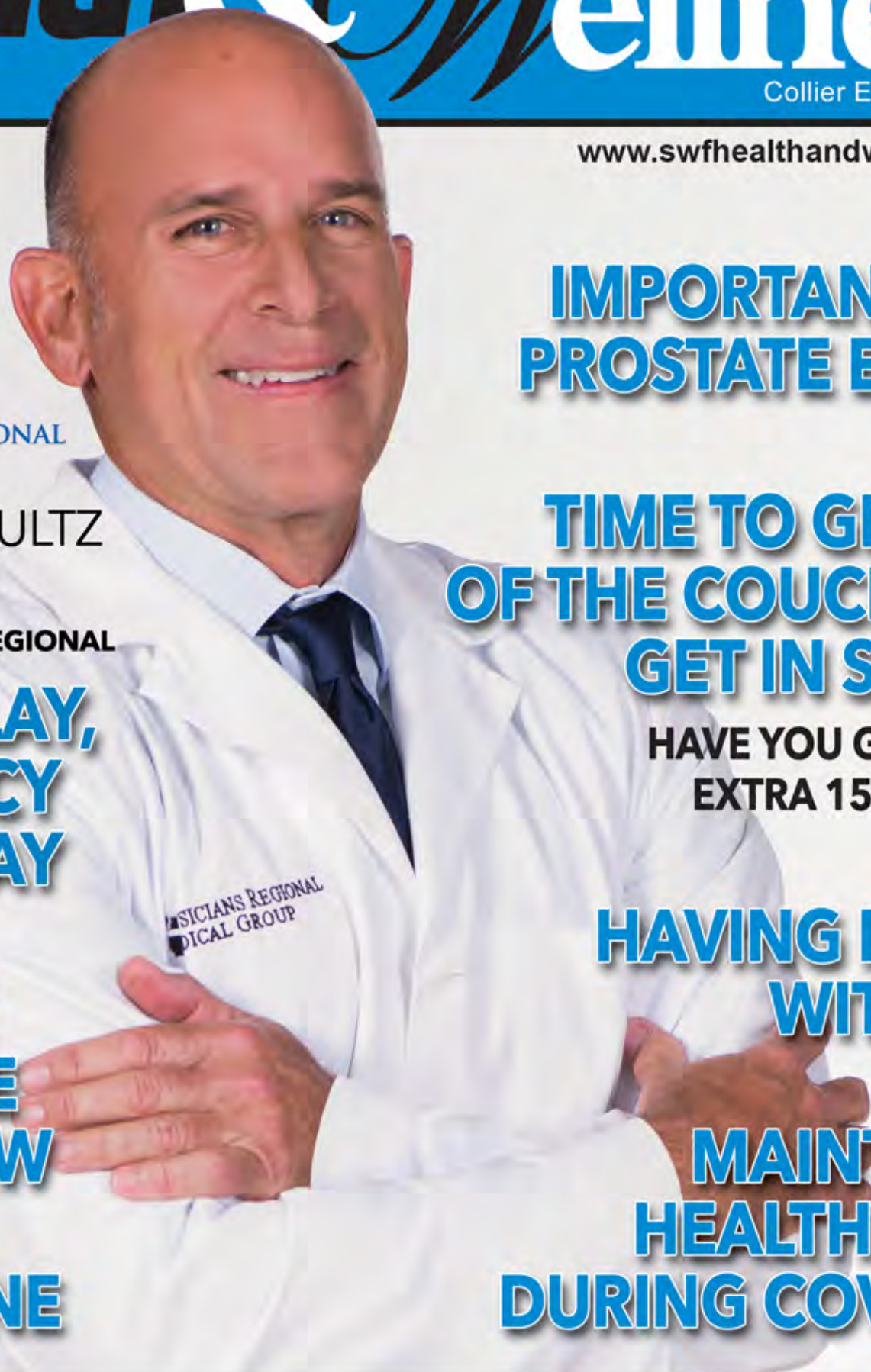
**IMPORTANCE OF  
PROSTATE EXAMS**

**TIME TO GET OFF  
OF THE COUCH AND  
GET IN SHAPE!**

**HAVE YOU GAINED AN  
EXTRA 15 POUNDS?**

**HAVING ISSUES  
WITH ED?**

**MAINTAIN A  
HEALTHY DIET  
DURING COVID-19**



# Lets get REEL,

## Vein Disease

### affects

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## Vein Specialists



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In Neil's mind, racing and fighting cancer have a lot in common. Both can be very hard. Both require dedication and the willingness to push yourself to your limits. But with the right team of oncologists with over 35 years of experience, targeted treatments and clinical expertise, great outcomes can happen.

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-Neil Breitenbach, Patient & Cancer Fighter

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### CONTACT US

OWNER / ACCOUNT EXECUTIVE

**Cristan Gensing**  
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR

**Sonny Gensing**  
sonny@gwhizmarketing.com

EDITOR

**Lisa Minic**



Publishing • Advertising • Web Design • Graphic Design

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G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

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## ASSOCIATES IN NEPHROLOGY

### 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
- Cardiovascular outcomes in kidney recipients post-transplantation
- Living kidney donations with long-term outcomes

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Caroline J. Cederquist, M.D.  
Board Certified Geriatric Physician  
Board Certified Family Physician

Take the free Metabolic Dysfunction Quiz  
at [www.DrCederquist.com](http://www.DrCederquist.com)

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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 photocoagulation power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077265/>



# DIABETES AND KIDNEY DISEASE

By Neetu Malhotra, MD

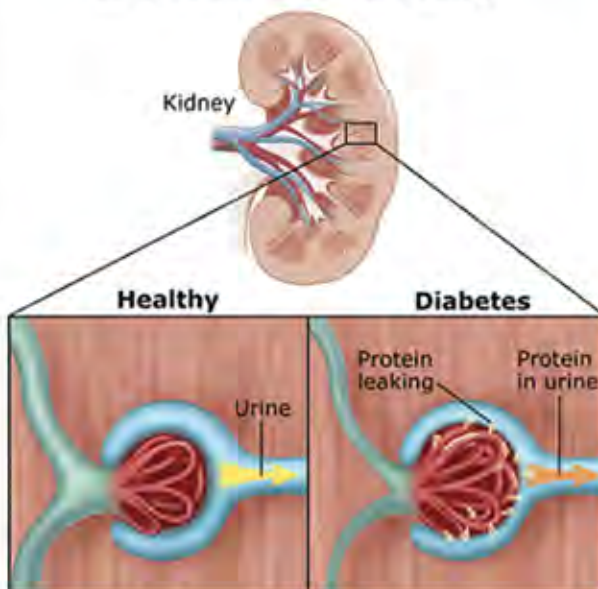
**D**iabetic kidney disease is a type of kidney disease caused by diabetes. Diabetes is the leading cause of kidney disease. In fact, about 1 out of 4 adults with diabetes has been diagnosed with kidney disease. Kidney damage from diabetes can get worse over time. Kidney failure means that your kidneys have lost the ability to function - less than 15 percent of normal kidney function.

The main job of the kidneys is to filter wastes and extra water from your blood to make urine. Your kidneys also help control blood pressure and produce various hormones to keep you to stay healthy and well. Hence, when they become damaged (i.e from elevated blood glucose, elevated BP, etc), they cannot filter blood like they normally should, which leads to accumulation of waste products in your bloodstream. Kidney damage can also lead to cause other health problems. Elevated blood glucose (also called blood sugar) can damage blood vessels in your kidneys. When these vessels are damaged, they do not work as well. Having diabetes for a longer time increases your chances to have kidney damage.

Diabetic kidney disease tends to run higher in African Americans, American Indians, and Hispanics/Latinos than in Caucasians. However, diet and lifestyle choices also are beginning to play a more significant role in developing diabetes as well.



## Diabetes Affects the Kidney



Hence, it is imperative to maintain a healthy weight, eat foods low in salt and exercise regularly. Smoking has also been linked to higher risks of developing diabetes and kidney disease as well.

The best way to slow or prevent diabetes-related kidney disease is to try to reach your blood glucose and blood pressure goals. Your health care professional will often test your hemoglobin A1c. The A1c is a blood test that shows your average blood glucose level over the past 3 months. The goal A1c for most people is below 7 percent. Reaching your goal numbers will help you protect your kidneys and overall health.

**Associates in Nephrology** have been providing services in Southwest Florida since 1984. Our physicians are currently Medical Directors for the Acute Dialysis Center at Cape Coral Hospital, Lee Memorial Health System, and Health Park Hospital. We are the Medical Directors for Davita dialysis centers located in Lee and Collier Counties.

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Gautham Mogilishetty, MD

*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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Most major insurances accepted.

# DR. SCOT SCHULTZ IS BACK, NOW AT PHYSICIANS REGIONAL



**A** native Floridian, Cardio Thoracic Surgeon Scot Schultz, M.D. is no stranger to the Southwest Florida area, in fact it's the place he's previously called home. "I'm a native Floridian, born and raised in Southeast Florida. Upon completing my fellowship training in Thoracic and Cardiovascular surgery at Wake Forest University/Baptist Medical Center in 1998, I joined a large group in Southwest Florida where I became the first heart surgeon to live in Naples."

Born into a medical family, Dr. Schultz's father is a general surgeon, while his mother was a registered

nurse, "It was very natural for me to pursue a career in medicine as I admire my father in his professional and personal lives, and he remains my role model today."

With so many ties to Southwest Florida, when the opportunity to return to Naples to help develop the cardiac surgery program at Physicians Regional Medical Center was presented to Schultz and his wife Beth, the decision was easy. "I was confident the organization had a solid foundation of excellent medical professionals and administrative support to complete the task of building another quality

program." He adds, "As Collier County continues its growth and our population ages, it is imperative that we develop a cardiac surgery program to serve this ever growing population so that access to the full spectrum of cardiac services can be delivered to all at the highest level."

Dr. Schultz's areas of interest in adult cardiac surgery include the treatment of congenital and acquired conditions of the heart. With over 20 years' experience and several thousand surgical procedures, he's developed an expertise in coronary artery surgery on a beating heart ("OFF-PUMP"), valve repair and replacement, including transcatheter aortic valve replacement (TAVR). As well as extensive experience in thoracic surgery, including the detection and treatment of lung cancer and other common pulmonary conditions.

"With my training, I have the unique opportunity to care for patients with heart disease, the number one overall cause of death in this country and lung cancer, the number one cancer killer in this country," says Schultz. "I chose my specialty of Thoracic and Cardiovascular surgery because it requires both comprehensive medical knowledge and technical expertise at the highest level. I have always practiced medicine by focusing on each patient, understanding that everyone is unique. I believe unequivocally that quality is the foundation for a successful program."

**For more information or to schedule an appointment, please call 239-348-4221.**

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*Dr. Schultz'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](http://www.PhysiciansRegionalMedicalGroup.com).*



# AVOIDING GUARDIANSHIP: MAKE THE DECISIONS NOW TO AVOID THE PAIN LATER

By Jennifer M. Tenney, Esq.

## THE POTENTIAL PAIN OF GUARDIANSHIP

Guardianship is a legal process. When a person becomes incapacitated and can no longer make sound decisions about their care and/or their finances, if they have not put the proper paperwork in place prior to becoming incapacitated, now the court must get involved and determine, through a series of examinations, legal filings, and hearings, that the person is incapacitated. The court must determine to what extent the person is incapacitated, and appoint someone (a guardian), whether they be a family member or a professional, to make decisions for the incapacitated person (legally called a "ward") which that person can no longer make for themselves.

When Guardianship is necessary, I try my very best to make it a smooth and efficient process, but even in the very best case scenario, it involves thousands of dollars in legal fees and examination by doctors unknown to the incapacitated person. Even in the best case scenario, it results in continued court oversight, including at least yearly accountings and periodic filings and approvals needed from the Judge for expenses of the Guardianship estate to be paid. In the very best case scenario, the Guardian is a loving family member, who refuses compensation, and is acting only in the best interest of the incapacitated person. Unfortunately, that best case scenario can be rare – there is often fighting amongst family members for control that can ruin relationships and tear apart families. Opposing family members may file opposing Petitions requesting to be appointed as Guardian, not in the best interest of the ward, but in order to gain control of the finances. If it's not a family member, the Guardian may be a professional – who may be excellent and make good decisions in the best interest of the ward, or unfortunately, may be not as excellent and may make poor decisions that result in poor care of the ward. And a professional Guardian, even if excellent, will be a stranger – an expensive stranger. The Guardianship process and expense can be avoided through a couple of simple and inexpensive documents signed while you still have capacity and the ability to make your own decisions and plans.

## DURABLE POWER OF ATTORNEY

The first and most important document for avoiding a Guardianship is a Durable Power of Attorney. In a Durable Power of Attorney you appoint an "agent" or "attorney-in-fact" who can stand in your shoes financially and can sign contracts on your behalf, sell

and manage property, handle investments, pay bills, sue and be sued ... basically, they can do anything you can do financially. A Power of Attorney is considered a less restrictive means of taking care of your finances when you become incapacitated, so a Guardianship is not necessary. Your appointed agent can pay your bills and take care of your finances without the court's involvement.

The important thing to understand, however, is that Florida law does not allow a "Springing" or "Non-Durable" Power of Attorney. A "Springing" or "Non-Durable" Power of Attorney would only go into effect when you are incapacitated. As Florida only allows for a Durable Power of Attorney, the Power of Attorney goes into place and is valid as soon as it is signed. So while it is an important document for avoiding Guardianship, it is also a scary one since your appointed agent may choose to use it, if they know about it and have access to it, before you are actually ready to give up financial control. To mitigate this, I suggest three things: first, to make sure you appoint someone you trust to act in your best interest; second, to not give the appointed agent a copy of the Power of Attorney document (instead I recommend telling the agent that one exists and make sure that it can be found should they become incapacitated); and thirdly, it is usually a better solution to have a Revocable Trust in addition to a Power of Attorney.

## REVOCABLE TRUST

A "Revocable Trust" is a document that spells out a plan for how your assets should be managed and used during life, during potential incapacity, and after death. "Revocable" means that it can be changed at any time. You can be Trustee of your own Revocable Trust until you are incapacitated or until you choose to resign. So by having a Trust and having most of your assets in your Trust, you can keep control of your assets for as long as you are able to serve as Trustee. You can appoint a Successor Trustee who, like your agent under your Power of Attorney, should be a trusted person, but unlike in a Power of Attorney, a Successor Trustee will not have power until you are incapacitated. Furthermore, in a Revocable Trust, you can specify how you would like to be taken care of during any incapacity. For example, you can specify that it is your wish to remain home, if possible, and be taken care of by in-home caregivers, even if that is more expensive than assisted living. If

you have a Trust, then the Power of Attorney is only effective against assets outside of the Trust, so it still helps you avoid Guardianship, but you get to maintain current control.

## HEALTH CARE SURROGATE

To avoid Guardianship, you should also have a Designated Health Care Surrogate. Unlike the Power of Attorney, this is "Non-Durable," which means that you are designating the person who will make your health care decisions only if you are unconscious or incapacitated. Unlike the Power of Attorney, I recommend giving copies of these to your designated Health Care Surrogate(s) so that they can quickly get information from doctors or hospitals in the event of an accident, and can quickly give consent to necessary treatment.

With a Durable Power of Attorney and a Health Care Surrogate you can avoid a Guardianship. Making these decisions and signing these documents now can avoid a huge amount of expense, court involvement and family discord in the future. In addition, a Revocable Trust can give you even more control over how you want to be cared for and prevent an (often well-meaning) agent from taking control over your finances before you are ready to give up control. Make the decisions now to avoid the pain later.

## About the Author

Jennifer Tenney has been an attorney at the law firm of Woodward Pires & Lombardo, P.A. since August 2005. She focuses her practice in Elder Law, Estate Planning, Probate, and Real Estate. Jennifer is a Marco Island native. She graduated from Lely High School as salutatorian before going on to graduate summa cum laude from Rollins College, and with honors from Duke University School of Law. She is a graduate of Leadership Marco and is a Past President, Treasurer and Secretary, and current Director of the Marco Island Noontime Rotary Club.

Contact Jennifer at [jtenney@wpl-legal.com](mailto:jtenney@wpl-legal.com) or 239-394-5161. For more information about the law firm, see [www.wpl-legal.com](http://www.wpl-legal.com).



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# From the Frontline to the New Frontier in Medicine

## How Southwest Florida's Largest Primary-Care Group Rallied to Care for Its Patients During the COVID-19 Pandemic

**T**alk about the front lines of the COVID-19 Pandemic, and your primary care provider's office might not be the first place that comes to mind. But that is, in fact, where health officials urged concerned Floridians to turn for proper screening, assessment and guidance on the novel coronavirus.

"And this makes sense," says Millennium Physician Group Chief Medical Officer Dr. Alejandro Perez-Trepichio. "Who better to assess patients than their primary-care provider, considering their knowledge and understanding of each patient's individual factors, like medical history, chronic conditions and current medications? I know my patients' risk factors, and I can tell, in many cases, by looking at them in a holistic way how they are faring."

The acute-care hospitals saw and treated many severe COVID-19 cases, but it is the role of the primary-care provider to intervene and guide their patients, especially when uncertainty abounds like during a pandemic. That is why Millennium's 100-plus locations across the state remained open. "Our first duty is to our patients," adds Dr. Perez-Trepichio.

Health official also recognized the value and importance of lowering the barriers for the medical community to employ telehealth as a tool to help slow the spread of COVID-19. Millennium again responded. "We had been developing our own fully-integrated telehealth approach since last year and had been piloting it with a handful of our physicians," says Millennium's Chief Medical Information Officer Dr. David McAtee. "But with the swift arrival of COVID-19, it became imperative that we adopt this technology enterprise-wide, and our 500-plus healthcare providers were up to the challenge."



In the last weeks of March and during much of the governor-issued "safer-at-home order," more than half of Millennium's patient visits were being conducted through its telehealth platform "MPG Connect." Heading into June, about a third of visits are consistently being done through the platform, with the total number visits conducted through "MPG Connect" topping 50,000.

"What's exceptional about our telehealth service is that it connects our 450,000 patients with their healthcare provider, which is a departure from many third-party telehealth services whose providers don't know the patients nor have their medical records on hand," adds Dr. McAtee. "This allows us to provide meaningful healthcare that truly honors the continuity of the patient's care."

Millennium's Naples-based Dr. John Diaz is taking telehealth one step further by integrating it with a home-monitoring device about the size of a cell phone. "For one patient showing symptoms of COVID-19, I was able to listen to her lungs and monitor her health safely while she stayed home," says Dr. Diaz. That patient is recovered and grateful for his innovative care.

Types of visits performed through telehealth:

- New-patient visits
- Follow-up visits
- COVID-19 screenings
- Wellness check-ups

"Each and every one of our 3,000 team member mobilized at every level of the organization in response to the threat of COVID-19," says Dr. Perez-Trepichio. "I think in the end, our relationship with our patients will be even stronger through this team approach."

### About Millennium Physician Group

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



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## 21st Century Oncology Offers Local Services for Veterans.

### Veterans Initiative Provides Convenient Access To Healthcare, Resources & Education



Integrated cancer care leader, 21st Century Oncology, offers services to veterans to assure they get the cancer care they need and deserve. The company works in conjunction with the Department of Veterans Affairs (VA) to provide veterans with equal access to healthcare at the time they need it most.

While the Department of Veterans Affairs (VA) can provide care in a VA facility, there are some instances in which the VA is unable to provide services in certain specialties close to home. Non-VA care is medical care provided outside of the VA to eligible veterans when VA facilities are not locally available or accessible or when the required specialty, technology, or physicians are unavailable to patients.

At the local level, we provide educational efforts to local veterans through our "lunch & learn" programs at American Legion and VFW posts. We also host an annual "Homeless Veterans Collection Drive" and support local events such as Memorial Day picnics, Veterans Day parades, Salute to Troops Ball, Vietnam Traveling Memorial Wall and many others. We are proud to support and give back to these American Heroes who serve and have served our country.

Veterans, VA caregivers, or family members may contact a member of our VA clinical care team for assistance in navigating the VA system to obtain Non-VA care.

**BE** 21<sup>st</sup> Century Oncology

For more information visit [21co.com/veterans](http://21co.com/veterans) or contact us at 855.728.4282 or [veterans@21co.com](mailto:veterans@21co.com).



As our community wrestles with an imposing enemy in COVID-19, at 21st Century Oncology we have not relented in our own battle against cancer. Supported by a capable and motivated team of health care providers, we continue to see new cancer patients daily, and we have not had to interrupt patient care due to the coronavirus. Following CDC guidelines, we are taking all necessary precautions to protect our vulnerable patient pool and our employees from COVID exposure. This includes simple measures such as social distancing and hand washing, but also more advanced precautions such as taking the temperatures of all patients and employees and sanitizing our medical offices multiple times per day. If you need a telemedicine appointment or would like more information, please contact your local office.

**BE safe, and we look forward to continuing to care for your oncology needs!**

**BE** 21<sup>st</sup> Century Oncology

Pictured left to right: Chaundre Cross, MD; Sonal Sura, MD; Michael Hanus, MD; Timothy Kerwin, MD

733 4th Ave North  
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# NERVOUS STOMACH CRAMPS

## A HOLISTIC PERSPECTIVE

By Svetlana Kogan, M.D.

**W**ith the psychological burden of Covid-19 pandemic upon us, one of the common questions I hear from my patients is: "Doc, I am so upset by what is going on and I get these stomach cramps. What can I do without taking medications?"

The truth is that our gut has a mind of its own. It is truly our second brain. There are several reasons for that. On the molecular level, there are more receptors for serotonin - a happiness neurotransmitter - in the gut, than in the brain. On a quantum level, there are memories being recorded as electromagnetic imprints in our gut. If you doubt this fact, just talk to any organ recipient and they will tell you that they often have memories of things that never happened to them but did happen to the deceased organ donors. Now, because our organs store memories, which consist of thoughts and experiences coupled with emotions, we effectively have a second mind within our physical body, populated with this information.

You will often hear people say: "I know this with my gut". And it is true. Any stimulus you are exposed to, like the news on TV for example, is then instantly matched through a huge database of associative memories - the gut then releases the neuro-hormones coupled with that memory. For example, if you lost someone in 9/11 - the overwhelming emotion of grief has been registered with your gut. The fear for your loved ones while listening to the anxiety-provoking statistics on TV today - will trigger the very peptide cascade which made you 'feel it in your gut' back in 2001. This vicious cycle will continue until you take action. What can you do?

First of all, avoidance of the negative information from TV and internet is important. Remember: they exist to sell you bad news. Instead, increase your exposure to 'feel good' experiences like Nature walks and day trips. Thankfully, Collier County abounds with parks, beaches and nature trails to make this an easy fit.



Take probiotics preventively. Our gut does not just have a mind of its own - it also has its own immune system. We are home to trillions of bacteria, fungi, viruses, and even parasites - collectively known as a Microbiome. Each person's Microbiome is determined not only by their genetic blueprint, but also by the food they are eating, the stress they are exposed to, and the environmental pollution that surrounds them. Most of the "citizens" of this Microbiome reside in our large and small intestine, but some live on the skin and even other parts of the body. When this intricate system is ideally balanced, every player has a purpose.

The job of the Microbiome is to maintain healthy digestion, immunity, neurologic function, and skin health, respiratory, and even reproductive and urinary functions. Unfortunately, the end of the 20th century has been marked by antibiotics being overprescribed to the majority of patients in the western world. As a result, most of us have emerged with our good bacteria being exterminated as a collateral damage in pursuit of the virulent bacteria.

While it is very important to address psychosocial factors like anxiety and stress we have discussed above, a recommendation for a good probiotic is often useful. Truth be known, probiotics are not just repopulating the gut. They also interact with the immune cells, digested food molecules, and other existing Microbiome bacteria - and this

intricate cooperation is what truly boosts our homeostasis. Among some exciting scientific breakthroughs in this field is the hope that soon engineered probiotics will enable people to retain more nutrients from the foods they are eating.

Here is a tip for picking out the most appropriate probiotic formula for your nervous gut: If you are trying to improve digestive function, combat excess gas, or alleviate abdominal cramping, go for the formula that has *S.bouardii*, *B.lactis*, and *L.plantarum*, and *L.acidophilus* probiotic strains built into it. And even if your probiotic product does not officially require refrigeration - it is prudent to keep it in the dark and cool place, to avoid spoilage. Because probiotic manufacturing is not regulated by FDA, you should always discuss using your Microbiome needs with your physician. If, despite your best efforts, you have still come down with nervous stomach cramps - drink some warm peppermint tea - it has an antispasmodic effect on the gut. Eating dark chocolate may offer a mild relief. A good rule of thumb is that quick fixes do not work to fix the root of the problem with your nervous gut. Try implementing meaningful lifestyle changes as discussed above, coupled with meditative visualizations, deep breathing, and restorative yoga. All of these holistic modalities can be very helpful in drug-free restoration of gut homeostasis.



**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.

720 Fifth Ave S, Unit 209  
Naples, FL 34102  
Phone: (239) 676-6883  
[www.customlongevity.com](http://www.customlongevity.com)

# Importance of PROSTATE EXAMS

**P**rostate cancer is a fairly serious blip on the male health radar as the third most common cancer in men over 70. Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated.

No man looks forward to dropping his pants for the annual check-up; but if you're smart, you'll bite the bullet and go anyway. Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

## What is the prostate – and why does it need to be examined?

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

## What should I expect during a prostate screening exam?

A prostate screening exam can be done fairly quickly and easily. It might be a little awkward and uncomfortable, but it should be pain-free and over in just a few minutes.



The doctor will likely discuss the procedure with you before getting started. He will answer any questions you might have and he'll make sure you understand what's going to happen. As uncomfortable as you might be, the very best thing to do is to relax and remember it will only take a few minutes. Remember, the doctor is a professional and he very likely does prostate exams on a daily basis. Relaxing and discussing the process openly with your doctor can take a lot of the discomfort out of the procedure.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.

So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.



**Spencer Land, MD** is a board certified urologist who received his fellowship, post-graduate training at the University of Illinois, Chicago before joining the faculty of the prestigious Loyola University. He joins AUI-Naples after enjoying years of training urology residents and nearly two decades of clinical practice in Chicago. Upon graduating with honors from the University of Texas, Austin, he received his medical degree from the University of Arkansas and did his residency training at the University of Mississippi, where he excelled and served as Chief Resident.

He has performed extensive research and published numerous articles on prostate cancer, prostate specific antigen (PSA), and male factor infertility. He is an experienced robotic surgeon and treats a wide variety of urological problems, including, prostate cancer, prostate enlargement (BPH), bladder control problems and cancer in both men and women, kidney stones, Peyronie's disease, kidney and bladder infections, no scalpel vasectomies and reversals as well as many others. He uses the latest in both minimally invasive surgical techniques as well as effective nonsurgical treatments. Dr. Land is a Board Certified Diplomate of the American Board of Urology. He is an active member of the American Urological Association, Collier County Medical Society, and American Society of Reproductive Medicine.

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

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

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

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

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

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



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

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



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

## About Quigley Eye Specialists

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

# DON'T DELAY, EMERGENCY CARE TODAY

Physicians Regional Healthcare System is urging the local community to seek emergency care when needed, without delay. If you experience a medical emergency, such as stroke symptoms or chest pain that may be a heart attack, a timely response will support the best possible outcome.

**I**n these trying times, even with a limited number of confirmed COVID-19 cases in the community, PRHS has implemented precautions to protect patients and staff, including screening everyone who enters the buildings for symptoms and risk factors. As well as placing any individuals with suspected or confirmed COVID-19 in separate areas. Cleaning and disinfection are emphasized in caregiving areas and throughout both the Pine Ridge and Collier Boulevard facilities.

“It is important during these times to put your health first and make sure you are safe. Our facilities are open and ready in the event you have an emergency and need our services,” states Physicians Regional emergency room physician, Hunter Brown, D.O.

**Physicians Regional Healthcare System is supporting the latest campaign by the American Heart Association (AHA): Be Certain in Uncertain Times.** The AHA is working to remind all of us that heart attacks, strokes, and cardiac arrests don't stop for COVID-19.

Heart attack, stroke, and cardiac arrest symptoms are always urgent! Don't hesitate to call 911, emergency workers know what to do to protect and care for you.

In the event you experience any of the following symptoms do NOT hesitate to call 911 and seek emergency care.

## Heart Attack Signs and Symptoms

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Other possible signs include breaking out in a cold sweat, nausea, or lightheadedness
- Chest pain is the most common heart attack symptom for women. Some women are more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.

## Remember to Act F.A.S.T. During a Stroke

**Face drooping** - Does one side of the face droop or is it numb?

**Arm weakness** - Is one arm weak or numb?

**Speech difficulty** - Is speech slurred, are they able to speak, or are they hard to understand?

**Time to call 911** - If the person shows any of these symptoms, even if the symptoms go away, call 911 and them to the hospital immediately.

## Cardiac Arrest

- Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly
- Within seconds a person becomes unresponsive and is not breathing, only gasping
- Survival depends on getting immediate CPR

For more information please visit  
[www.PhysiciansRegional.com](http://www.PhysiciansRegional.com)



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*Physicians Regional- Collier Boulevard  
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239-354-6000*





## The Importance of Vascularization in Diabetic Wound Healing

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

**D**iabetes is a complicated condition to gain control of, but one of the most painful parts of this disease is the development of diabetic wounds. Often these wounds become “non-healing” due to the adverse effects of the systemic disorder.

Millions of people with diabetes will suffer from diabetic foot ulcers more than once in their lifetimes. Diabetes is a progressive disease that is many times, not taken seriously enough by people predisposed to the disorder.

High blood sugar damages various organs within the body, but also has a severely adverse effect on nerves. This nerve damage happens when the blood supply is limited. 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 are ineffective. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening. These small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

At Collier Podiatry, they make it a priority to provide advanced diabetic wound services. Collier Podiatry, is the practice of Dr. Petrocelli, a board-certified podiatrist who has been practicing since 1994. With over 20 years of experience, Dr. Petrocelli provides next-level care for diabetic patients with wounds and ulcers. He is board certified in wound healing and can treat any wound below the knee.



### Diabetic Wounds & Vascularization

If you have ulcers and lacerations that never fully heal, you might have a chronic wound. These are most often caused by diabetes mellitus, which causes blood vessels in the feet and hands to grow smaller. The restriction of blood flow damages nerve areas and reduces sensation.

Chronic wounds can also be caused by venous stasis, a condition of the veins in the lower legs, which also deprives your feet of adequate blood flow. With both conditions, when you bump or cut your foot or when you develop an ulcer, the lack of blood flow makes it difficult for the wound to heal.

In the endothelial layer of the dermis, vascularization must take place in order to heal the wound. The neovascularization or also known as angiogenesis is when new microvessels, fibroblast, and collagen begin to proliferate and form along with an increase in oxygen uptake and micronutrients to help grow new tissue, and to build a strong vascular blood flow to supply the proper nutrients to the dermal layers.

Along with Collier Podiatry’s advanced wound healing protocols, Dr. Petrocelli often works directly with vascular surgeons to find ways to restore blood flow to the affected area so that the wound can finally heal.

Collier Podiatry maps out your treatment plan by taking a meticulous culture of your chronic wound, which assists them in deciphering and implementing the best strategy for your diabetic wound care and prescribing the correct medications for your particular case. Collier Podiatry does all of this with the goal of fridding you of your painful chronic wounds once and for all.

### Wound Care Treatment:

- Antibiotics
- Grafts
- Hyperbaric oxygen treatments
- Saline debridement
- Surgery
- Therapeutic footwear
- Wound care
- Vascular Treatment

People with diabetes are encouraged to do self-checks on their feet daily. As soon as you notice any redness or wounds, it is imperative to see your podiatrist.

The caring supportive staff at Collier Podiatry is available to answer your questions and make your appointment. Please visit their website at [www.collierpodiatry.com](http://www.collierpodiatry.com), or call them direct at (239) 775-0019.



**COLLIER PODIATRY, P.A.**  
Michael J. Petrocelli  
D.P.M., F.A.C.F.A.S., C.W.S.P.

**239-775-0019**  
[www.collierpodiatry.com](http://www.collierpodiatry.com)

*NCH Countryside Commons  
1715 Heritage Trail, Suite 204  
Naples, FL 34112*

*Phone: (239) 775-0019*

*Fax: (239) 775-0219*



# Pain, Dryness & Irritation:

## How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

**W**ho doesn't want to feel better and more confident about their sexual health? Many women try to hide their condition from their partner, or suffer in silence because they believe it's "normal" for them. That couldn't be further from the truth. Whether your pain is caused by endometriosis, pelvic conditions, vulvovaginal atrophy, hormonal dysfunction, or from medications, there are answers.

### Female Sexual Dissatisfaction Has Many Causes

Natural processes like aging, childbirth and menopause can have deleterious effects on a woman's sexual well-being and sensations. Since we all tend to avoid anything that doesn't feel good, a woman's sexual desires and success in achieving them are inversely related to the atrophy and scarring in the vaginal canal that these life-events can create, like tearing of the vagina during childbirth, dryness of the vaginal tissues after menopause, and the laxity of the vagina causing decreased sexual sensation. Sexual satisfaction can be negatively impacted by hormonal changes after menopause, but many women cannot take vaginal estrogens or do not find this treatment to be effective or convenient enough. This is where laser energy comes in: CO2 laser energy has been proven to regrow normal collagen (a necessary protein found in all of our organs) in the vaginal and vulvar tissues leading to improved "accommodation" and "stretchiness" of the vagina which in turn leads to greater sexual satisfaction and lubrication and a decrease in discomfort during and after sex.

### CO2RE Intima

Although, hormone therapy can be used to treat vaginal vulvar atrophy and dyspareunia (painful intercourse), sometimes it isn't enough. The CO2RE Intima procedure has helped countless women enjoy life like they used to. It is noninvasive, nonsurgical and is performed in your physician's office.



**You don't have to live with pain and dryness any longer. There is a better way to age well, enjoy intimacy again and regain your life.**

### CO2RE Intima Benefits:

- CO2RE Intima is an in-office, non-surgical laser procedure to restore vaginal health, by improving hydration and promoting healthy vaginal pH
- Each CO2RE Intima treatment relieves symptoms of vulvovaginal atrophy, rejuvenates vaginal tissue and treats exterior tissue to improve vaginal cosmetic appearance.
- 100% showed significant improvement in vaginal health (elasticity, fluid volume, pH level, epithelial integrity and moisture)
- 91% reported an improvement in dryness



[www.FloridaBladderInstitute.com](http://www.FloridaBladderInstitute.com)

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### CO2RE Intima might be for you if:

- You want to relieve the signs of childbearing and aging in the vaginal area.
- You desire enhancement in sexual functioning and a better sexual experience.
- You seek vaginal cosmetic improvement and you want to feel more confident about your feminine health.

**10 Minute, Hormone Free,  
In-Office Procedure**

Ask us today if CO2RE Intima is right for you

**To discuss CO2RE Intima or any other options that are best for you, please call 239-449-7979**



Nicole Houser, PA



Joseph Gauta, MD



Amber Thompson, PA-C

### Joseph Gauta MD

*Dr. Gauta is the founder of The Florida Bladder Institute located in Naples, FL. He is the first physician in SW Florida to be dual board certified in Female Pelvic Medicine & Reconstructive Surgery as well as OB/Gyn. The Florida Bladder Institute continually delivers the highest quality of care with compassion, discretion and dignity to their patients. A full array of the latest diagnostic, therapeutic, rehabilitative and surgical techniques are offered. The Florida Bladder Institute is an independent healthcare practice, not employed by a hospital or insurance companies.*

# Round-The-Clock Hospice Care Keeps Patients And Families At Home—And Out Of The Hospital

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



Family members who provide hospice care to a loved one at home can experience emotions and encounters that range from immensely satisfying to intensely scary.

When a hospice patient takes a turn for the worse at home—struggles to breathe, experiences sudden pain, loses consciousness, becomes agitated, or battles chronic nausea, vomiting or diarrhea—VITAS Healthcare offers an additional level of care that brings a nurse or aide directly to the bedside, when medically necessary, for temporary shifts of care up to 24 hours a day until symptoms resolve.

It's called Intensive Comfort Care® (ICC), one of the four levels of hospice care mandated by the Medicare hospice benefit. ICC makes it possible for appropriate patients to receive around-the-clock hospice care at home, where ICC teams manage symptoms, relieve pain and keep hospice patients out of hospitals and emergency rooms.

## ICC supports hospice's focus on quality of life

ICC is rooted in VITAS' commitment to honor hospice patients' wishes to remain at home, surrounded by familiar places and their

families. This level of care also extends to patients who have complex conditions or challenging diagnoses.

Sometimes, ICC patients have been diagnosed with more than one disease (e.g., heart disease and diabetes; chronic lung disease and end-stage kidney disease). These high-acuity patients often require special levels of care that other hospice programs are not equipped or able to provide.

Hospice care begins after curative treatments stop or are no longer effective. But some modalities can support quality of life for hospice patients with complex needs, even if they do not treat the underlying terminal disease. For example, intravenous hydration or antibiotics can help manage the pain of an underlying disease, while respiratory/ventilation support can ease breathing discomfort or anxiety in patients with advanced lung disease.

For complex patients, ICC and complex modalities keep care focused on the hospice philosophy: compassionate care that supports quality of life at the end of life. The good news is that ICC can be provided wherever the patient calls home: private residence, nursing home or assisted living facility.

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

# MAINTAIN A HEALTHY DIET DURING COVID-19

By Greg Pascucci

Proper nutrition can play a key role in boosting the immune system and keeping us healthy. At The Carlisle Naples, residents continue to enjoy a wealth of nutritious – yet delicious – meal options thanks to the talented culinary team, under the guidance of Executive Chef Marlon Perez.

The active retirement community remains vigilant in reducing the risk of spreading the coronavirus while ensuring the health and well-being of our residents and staff. As part of this community-wide effort, Chef Perez and his team have made adjustments to the dining program to adhere to social distancing guidelines and safety precautions. Working with the community's Health and Wellness (Zest) Department, they have reimagined The Carlisle's dining experience to offer residents freshly made, mouth-watering menu choices brought to their door with a smile.

"Delicious dining has long been one of the highlights of residents' day," explained Chef Perez, whose background includes serving as the Banquet Chef at the prestigious Mar-a-Lago in Palm Beach. "They rely on us to continue providing the mouthwatering gourmet options they enjoyed in our onsite restaurant."

Each day, he collaborates with the Zest team, charged with appealing to residents' mind, body and soul, to plan themed menu options, which are then delivered to via room service.

"Whether it's special surf n' turf dinner to celebrate Father's Day or freshly-baked pretzels for National Pretzel Day, we strive to create fun, memorable dining experiences for residents even as they self-isolate. "We're also mindful of dietary restrictions, using the freshest cuts of meats and incorporating seasonal fruits and vegetables. For example, a recent menu offered choices such as roasted beef tenderloin with au jus sauce, fresh mahi-mahi with a macadamia nut and herb crust and traditional black oak ham with pineapple and brown sugar glaze.



As June is National Fruit and Vegetable Month, Chef Marlon offers these tips for incorporating them into a healthy diet:

- Soups provide a great way to incorporate vegetables. Almost any vegetable lends itself to soup, from creamy squash or tomato bisque to vegetable beef or chicken vegetable soup. Add fresh or frozen vegetables to canned soups to increase the servings of vegetables and add flavor.
- Salads don't have to be lettuce based. Consider using leafy alternatives such as radicchio, arugula, kale or spinach. Also, kick up greens by adding fresh fruits like pineapple, mangoes, Asian pears, papaya or pomegranates.
- Don't overlook beans. They count as a vegetable and a protein. They can be added to everything from salads to eggs. While most people are familiar with common legumes such as chickpeas and kidney beans, other beans such as navy, soy and garbanzo are just as nutritious.
- Fruits can be incorporated into desserts. From strawberry shortcake to ice cream and pies, there are unlimited options for increasing your fruit intake with desserts.

- Be bold with your palate. It's not uncommon to grow tired of eating the same vegetables such as broccoli and carrots. Try giving your taste buds a boost this summer with seasonal produce such as okra, eggplant and callaloo (also known as tree spinach).

"Encouraging people to make better food choices starts by making these choices available," added Chef Perez. "At The Carlisle, residents can savor the flavors of fresh, healthy food choices year-round. Plus, our culinary team represents seven different countries. Often, the community's dining options reflect regional dishes, gourmet fare and specialty fruits and vegetables from other nations. It's dining that's not at all what you'd expect to find at a typical retirement community."

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](http://www.TheCarlisleNaples.com).



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# UNMET HOME CARE NEEDS CORRELATE WITH INCREASED MORTALITY

## The Risk of Turning Away Home Care Aides During COVID-19

**D**uring the COVID-19 outbreak in the U.S., McKenney Home Care is one of the many agencies experiencing resistance to care from clients. Families and the elderly generally exhibit concern about hospital and community transmission of the novel SARS-CoV-2 virus. Surprisingly, many of them are turning away their home care aides. They are making the calculation that allowing an aide in the home is riskier than enduring unmet needs for assistance. However, it is likely that people are unaware of the risks of forgoing home care.

Non-medical home care supports clients in activities of daily living (ADLs) such as nutrition, medication adherence, safe mobility, safe bathing, etc. To some, this may sound like a luxury service, but make no mistake. These healthcare services are of vital importance. Unmet home care needs correlate with mortality increased by 37% to 96%.<sup>1,2</sup>

For instance, Gaugler et al. found that among patients with dementia and who had a family caregiver, unmet needs for assistance with two or more ADLs correlated with a 37% higher mortality rate and a 77% higher institutionalization rate. Additionally, researchers from Purdue found that among a general Medicare population, a single unmet ADL need correlated with a 96% increase in mortality risk.<sup>2</sup> This increased mortality likely stems from a combination of lack of supervision, increased fall risk, decreased medication adherence, reduced nutrition, etc. For instance, Manias et al. find that a lack of social support increases the risk of medication discrepancies 171%, making a lack of social support the number one modifiable risk factor in medication discrepancies.<sup>3</sup>

Furthermore, companionship services prove important in the preservation of cognitive and emotional wellbeing. Social disengagement and hobby disengagement triggers cognitive decline among the elderly.<sup>4,5</sup> Similarly, staying socially active and engaged with hobbies seems to convey a protective effect against loneliness, depression, declining quality of life, and cognitive decline.<sup>6,7</sup>

In addition to considering the risks of refusing home care, it may also be worthwhile to denote the safety of non-medical home care. Aides from licensed home care agencies have specific training in standard precautions. At McKenney Home Care, this training is reinforced at least annually under normal circumstances, and that training is currently heightened. Unlike other healthcare professionals, non-medical home care aides tend to support patients with chronic disabilities, rather than sick patients. Patients tend to be homebound, and McKenney aides tend to one or two clients per week. Compared to other healthcare and other sources of social support, these factors mitigate the risk of healthcare-associated infections.

What's more, private-duty aide services include shopping and errands, further reducing the need for seniors to have community contact. It is possible that there is no safer person to help a senior than a private-duty home care aide. It also possible, if not likely, that turning away established aide services has the opposite of the intended effect – increasing the risk of morbidity and mortality rather than decreasing it.

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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](http://mckenneyhomecare.com).



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# IDENTIFY YOUR "WHY"

BY DR. LINELL KING



**T**he seemingly daunting challenge of changing and improving your health can be made very simple. It starts with identifying your "why."

## Why should you be your healthiest, most vital self?

Some vibrant and internally motivated individuals feel naturally driven to improve, always seeking out ways to grow, determined to show up each day as a better version of themselves than the day before. Others find motivation more readily outside of themselves, desiring to improve for the sake of others or the greater good of the world.

We all have *something*, that special person, pet, or part of life that brings us passion, purpose, and joy.

Perhaps your passion is creating, problem-solving; providing a product or service that others need or appreciate, and this brings joy in a deep and meaningful way. It might be your children, grandchildren, or simply holding the hand of the person you love, your person.

Most likely, you also are that special someone, always showing up for another who truly relies on you and loves the way that you enrich their lives. They need you to be present and they need you at your best.

## What makes your heart sing? Who helps you see that you deserve a life of love, longevity and joy?

Whatever it is that drives you, heals you, fills your heart with joy, embrace it. Seek out more of THAT.

**You can learn to maximize your health and wellness.** You can improve your quality of life and reduce preventable disease and suffering. Whether you do it for you, or someone you love, find your "why" and commit to it.

Creating better health may not always be easy, but it can be simple and your "why" is definitely worth it. Identify your "why" and we will show you "how."

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.

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# Alleviant Offers Virtual Visits Via Telemedicine

## Mental Health Awareness



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

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

### Virtual Visit Tips

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

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

### Mental Health Awareness

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

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

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

### Alleviant Health Centers of Naples

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

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



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

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



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# Eating Less Protein Can Mean Eating More Calories

## Curb Hunger with Lean Protein

By Caroline Cederquist, M.D.

If you are cutting out protein from your daily dish, your hunger may be harder to fight. Researchers at the University of Australia found that people who ate less protein each day, consumed 12% more calories each day, specifically in the form of fat and carbohydrates.

With obesity and overeating being one of the greatest health battles we are fighting today, we need all the help we can get to curb hunger, lose weight, and stay healthy and fit.

**As it turns out, protein can pack a real punch.**

To test whether protein can curb hunger or not, researchers disguised the amount of protein that subjects were taking in, and participants (who were a normal weight) had a fixed menu of 28 foods, with one group getting 10% protein, another group getting 15% protein, and the last group getting 25% protein.

**They were allowed to eat as much as they wanted, and snacking anytime was permitted.**

They discovered that by lowering the amount of protein the subjects ate, the amount of total calories the participants decided to eat increased, and the increase came particularly from high fat, high carbohydrate snacks. After 4 days, there was a greater increase on the hunger score for participants who only had 10% protein, compared the 25% protein group.

The two lower-protein groups ate an average of 12% more calories each day. For someone who eats approximately 1,500 calories each day, if they eat less protein, then when given the choice they will inadvertently consume an average of 200 additional calories each day.

If this intake continues, especially without an increase in exercise, researchers predicted that the individuals in the study would gain an additional 2 pounds each month, just as a result of not getting enough daily protein.



It happens in animals too. When the percentage of protein intake in primates, pigs, rodents, birds, fish, and insects is lowered, they all eat more, and therefore increase their total caloric intake. They eat fewer calories when they are meeting daily protein requirements.

Researchers discussed that lower protein intakes can result in overconsumption, which of course leads to weight gain. They recommend that people prioritize their intakes of protein to a target level to help prevent overeating and curb hunger.

At Cederquist Medical Wellness Center, we recommend a very specific protein goal based upon an individual. The amount of protein a 6'2 man requires is very different from the amount of protein a 5'5 woman needs, although both need to ensure their daily intake of protein is adequate, or they will find themselves eating more, and potentially gaining weight.

The good news for many people is that consuming more lean protein does not mean you must eat more meat. Lean protein can be sourced from low-fat dairy products like cheese, yogurt, and whey

protein. Also fish, soy products, and nuts provide quality protein that can help you curb hunger and lose weight at the same time. Other great sources of lean protein include chicken, turkey, lean pork, and lowfat deli meats.

For personalized protein recommendations, call our office to set up an appointment to discuss what your daily protein goals should be for optimum health, and to give you the best chance to succeed in weight loss.

**Caroline J. Cederquist, M.D.**  
Board Certified Bariatric Physician  
Board Certified Family Physician



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# Time to Get Off of The Couch and Get In Shape!

By Peter Convard - General Manager

## Core-Fit by Design is Open!

### THE SPA AT CORE-FIT BY DESIGN IS THE BEST PLACE TO BE FOR HEALTH AND WELLNESS.

You can rest assured that our facility is clean and safe. We have added steps to our sanitation routine, far beyond what is required by the state of Florida because we're committed to not only protecting you, but our staff as well.

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.



**Katherine (Kat) Milette** is the Med Spa Director at CoreFit by Design and she is also an Esthetician, with over 16 years of experience in the beauty and wellness industry. Kat is passionate about helping people become the best versions of themselves.

Her journey began in the Berkshires of Massachusetts, where she received the highest level of industry training, by first becoming certified in the holistic art of the Carita facial. She then went on to practice both clinical and holistic facial treatments and body envelopments. In 2016 she obtained her degree in Health Science, giving her the balance of science and nature. Come see Katherine for a Cryo-Facial, CryoSlimming or CryoToning treatment, via Cryo T-Shock®.

## 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 crystalize. This crystallization destroys fat cells and fibers holding the deposits together softening the skin and creating a dimple-free appearance.

### CryoToning can be used on your:

· Face · Legs · Arms · Stomach



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### CoreFit By Design

CoreFit By Design is the most complete wellness center in Southwest Florida. We won't just help you get in phenomenal shape; we'll provide you with the necessary tools to live a healthy lifestyle while attaining the physique you've always desired! If you're interested in cryotherapy, Cryo T-Shock, CryoSlimming, CryoToning or a training class, give us call!



### Quarantine 15 Have you gained an extra 15 lbs.?

Our personal trainers are some of the best in the industry and are ready to work with you towards reaching your fitness goals!

Since you may have been spending more time at home, it is easier to gain unwanted weight due to the following:

**Not Being as Active** - Out of your usual fitness routine or just not engaging in as much physical activity

**Snacking More** - Sitting around watching extra amounts of TV usually goes hand in hand with eating more snacks

**Less Motivated** - With everything going on and all of the grim news on TV you may not feel like doing anything

**CoreFit By Design is here to help!**  
Call us Today and schedule your Cryo-Slimming Treatment Package.

Only \$78 per session for seven sessions.  
Hurry—offer ends soon!  
Learn more about Cryo-Slimming  
CoreFit By Design Is UNIQUE

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

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**Cryo-Slimming is for:**

**Stomach | Underarms  
Glutes | Chin | Back**



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- Cryo-Slimming safely and effectively uses thermal shock to naturally destroy adipose cells or fat cells without damage to your skin.
- The treatment is used with a combination of heat and cold, the process triggers a phenomenon called apoptosis (a natural controlled cell death).
- 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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# A "NEW NORMAL" WITH COVID-19: Doing Your Part

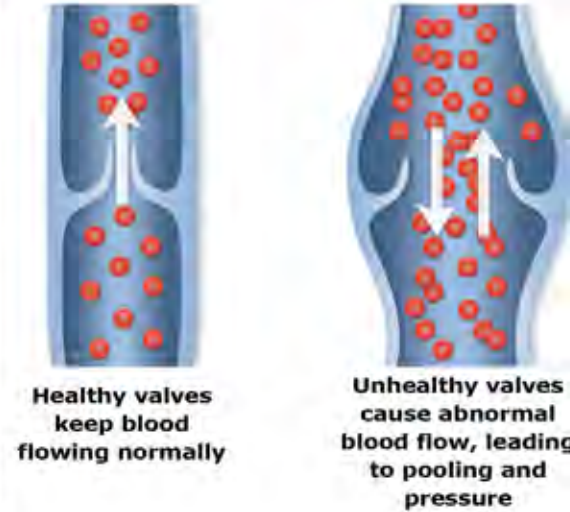
By Joseph Magnant, MD, FACS, RPVI and Jill Layman, MSN, FNP-BC

**W**ith authorities proclaiming our present state to be the "new normal," we must assess what that means. Many people have had to transition to self-isolation as they work from home and have limited contact with the public. While this isolation is essential for decreasing the spread of COVID-19, it can result in a more sedentary lifestyle that limits the opportunity for healthy activities and may lead to increased weight gain. For people with venous disease, sitting or standing for prolonged periods of time may lead to weight gain and result in significant pain and discomfort due to venous disease.

Veins are blood vessels that are specially designed to pump blood toward the heart against the force of gravity. Inside the veins, there are a series of one way or check valves that open and close with the rhythm of muscle contractions. Healthy valves close tightly, keeping blood moving upward toward the heart. With vein disease, or venous insufficiency, the valves do not properly close. This allows blood to flow back down the legs and pool in the veins. The pooled blood can lead to bothersome symptoms, such as swollen, achy legs and leg cramping, most commonly worse by the end of the day. More severe venous disease cases may manifest or present as varicose veins and skin changes that may process to bleeding veins and leg ulcers.

Venous insufficiency is a very common and underdiagnosed condition affecting millions of Americans. Heredity is a major risk factor and the disease becomes more prevalent in both men and women after age 50. Other risk factors include a history of blood clots or DVT, obesity, standing or sedentary occupation, and female gender and prior pregnancies.

Times of stress and change can disrupt healthy behaviors. It's possible to take charge and make healthy habits at home by continuing to eat nutritious foods and engaging in physical activity. Furthermore, certain habits will help lessen the symptoms associated with venous disease.



Healthy valves keep blood flowing normally

Unhealthy valves cause abnormal blood flow, leading to pooling and pressure

- **Regular exercise**
  - Walking or biking for 30 minutes per day, 5-7 days per week will help reduce aching, pain, or tiredness in your legs
- **Elevate your legs**
  - Elevating your legs above your heart for ten minutes once or twice daily may diminish aching and swelling
- **Maintain a proper weight**
  - Even moderate weight loss may reduce aching in the legs due to varicose veins
- **Wear compression hose**
  - Its best to wear compression hose that are labeled as "graduated," as this benefits vein function the most
- **Move your legs frequently**
  - Flexing your ankles ten times will pump the blood out of your veins like walking does. Repeat this every ten minutes when standing or sitting. Also, try to walk at least two minutes every half hour.

Navigating this "new normal" may seem daunting at times, but it's important to be proactive in your personal health by keeping your lifestyle active even when at home.

## 50 Million Americans have Treatable Vein Disease!

Genetics

Long Periods of Standing

Long Periods of Sitting

Pregnancy

Age

Obesity

**Signs**

- Spider Veins
- Varicose Veins
- Leg Swelling
- Leg Skin Discoloration
- Leg Vein Bleeding
- Leg Ulcers

**Symptoms**

- Heavy Legs
- Swollen Achy Legs
- Itchy Leg Skin
- Restless Legs
- Charlie Horses
- Neuropathy

**FACTS**

**1 out of 3 men and 1 out of 2 women will have vein problems!**

### May Thurner Syndrome / Pelvic Congestion Syndrome

Pelvic Pain • Painful Intercourse • Buttock Pain • Posterior Thigh Pain • Labial/Gluteal Varicosities

Left common iliac vein pinched by right common iliac artery.



Vein pinched by artery



Stent placed



**Patient Case Study:** For example, take C.D., a 58 year old female who presented through a podiatrist for a evaluation of venous insufficiency. She had been told by several physicians that she had "fat and swollen legs", and since she did not have any visible bulging varicose veins, venous insufficiency was never considered as a potential cause. Clinically, her legs were swollen, red, tender and extremely tight to the point that she could not perform activities of daily living. She decided to search further for a curable cause and her podiatrist astutely referred her for a venous evaluation. Her ultrasound subsequently confirmed severe superficial venous insufficiency. Endovenous closures were performed on both legs, 2 weeks apart and she returned for her post-op follow-up, smiling from ear to ear, with ankle bones that she could actually see for the first time in many months. The swelling had resolved, and she remarked that she was wearing tennis shoes, rather than slippers, for the first time in nine months.



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Whether you are recently retired or heading off to college, if you are concerned about your lower extremity symptoms of fatigue and achiness, or if you have obvious signs of venous disease such as varicose veins, swelling or skin discoloration, please consider a venous evaluation. Remember, you do not have to have visible signs to have venous disease. For more information please visit our website at [WeKnowVeins.com](http://WeKnowVeins.com) or contact our office at 239-694-VEIN (8346).



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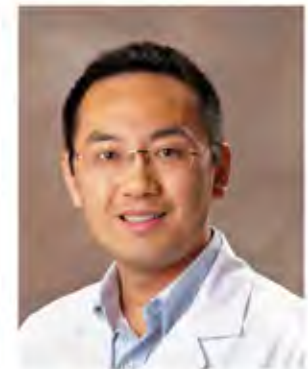
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# Misir Pharmacy NOW OFFERS MEDICAL EQUIPMENT AND DME PRODUCTS!

**Y**our local, trusted pharmacy, Misir Pharmacy, is now one of the only Medicare and Medicaid approved, participating suppliers for DME and Home Medical Equipment in Southwest Florida. Many individuals require various types of medical equipment for their home, safety, health, and convenience; however, most are unaware of the benefits they are entitled to and might be needlessly paying out-of-pocket fees that are unnecessary. Misir Pharmacy can help you maximize your equipment and provide essential products for your specific needs.

## Misir Pharmacy Now Provides:

- **Urology catheters** (Ultra Compact Catheters, Closed System Catheters, Coude Catheters)
- **Diabetic supplies** (lancets, glucose meter test strips, glucose meters, shoes)
- **Wound care** (gauze, bandages, tapes, band-aids)
- **Ostomy** (pouches, irrigation sleeves, colon and rectal tubes)
- **Ambulatory equipment** (wheelchairs, transfer equipment, crutches)
- **Therapy aids** (reaching aids, non-slip matting, sock and stocking aids)
- **And much more**

Misir Pharmacy wants their customers to know about the specifications and guidelines from CMS (US Centers for Medicare and Medicaid Services), and they always provide the latest up to date specifications for their clients. Misir Pharmacy can walk you through the process and help you navigate the protocols to get approval to purchase your well-needed equipment with ease.

They take the time to get to know each customer and treat them like family. No one is just another number at Misir Pharmacy. They want their clients to understand what equipment is best for their needs, and as usual, they go a step above to help their clientele get approval from their physician.



*According to CMS, the following are considered durable medical equipment:*

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- Blood sugar test strips
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- Commode chairs
- Continuous passive motion machines
- Crutches
- Enteral nutrition supplies & equipment
- Glucose control solutions
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# TELEHEALTH IS HELPING PROTECT CANCER PATIENTS DURING THE COVID-19 CRISIS

In March, 2020, Florida Cancer Specialists & Research Institute (FCS) launched telehealth services across all FCS sites statewide, allowing patients continued and convenient access to care, while mitigating the impact and spread of COVID-19. Since the implementation of telehealth, thousands of patients have taken advantage of the service and have participated in more than 16,000 virtual visits (about 22% of all patient visits) with FCS physicians and other clinicians in the past three months.

## Cancer Patients Are at Increased Risk

Cancer patients are among the most vulnerable populations in terms of contracting viral infections due to a compromised immune system, which can occur as a result of chemotherapy or other underlying health conditions, such as heart disease, diabetes or hypertension, that are often found in older adults. Wearing masks, increased handwashing, social distancing and other extra precautions help to reduce exposure to the virus. Beyond these measures, Florida Cancer Specialists has instituted visitor restrictions and other safety protocols at all of its clinics across the state and is providing telehealth visits to continue vital cancer care for those patients who are not required to come into the clinic for treatment.

## Telehealth Helps Reduce Risk of Exposure

Using video chat, FCS providers consult with patients remotely to share their laboratory results, treatment plans and more. To date, more than 600 providers, including physicians, advanced practice providers, nurses, social workers and nutritionists, have embraced the adoption telehealth not only to fulfill immediate healthcare needs in response to the outbreak, but also to support the delivery of high-quality patient-centered care. Telehealth visits are now covered by most insurance plans; patients may pay the same or possibly less than an in-office visit.



Prior to the COVID-19 crisis, telehealth did not play a significant role in oncology; however, due to the relaxation and updating of previous guidelines from the Centers for Medicare & Medicaid Services (CMS), we have now been able to introduce video meetings with our patients that maintain the high level of care and experiences our patients deserve and expect.

## Technology Makes Telehealth Simple for Patients and Physicians

Connecting providers and patients is easy, thanks to advanced technologies, which allow FCS to successfully integrate multiple electronic platforms to ensure our patients have the critical access needed for their continuation of care and communication. Further, and most importantly, personal health information is protected and secure in virtual visits, just as it is with an office visit. While telehealth is not suitable for every patient served by FCS, physicians can identify appropriate patients who are a good fit.

This virtual care solution plays a vital role in response to the pandemic crisis, maintaining patient access to care directly from home for cancer patients who are among the most immunocompromised populations. FCS was among the first cancer care groups in Florida to launch telehealth resources to cancer patients during the pandemic.

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Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in nearly 100 locations throughout Florida. FCS is also on the leading edge of clinical trial research that provides FCS patients with access to the newest, most innovative and promising new treatments.

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



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# Can IV Nutrients Help Boost Your Immune System?

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

## IV Therapy Advantages

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

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

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



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

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

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

### Benefits:

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## We're all Looking for Ways Age Well: Why That Must Also Include Eye Health

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

**R**ecently, the American Academy of Ophthalmology presented an article entitled, "Fighting the Signs of Aging? Don't Forget the Eyes," by Reena Mukamal. I wanted to share it due to its critical points on many eye symptoms that individuals often ignore. Ignoring these symptoms can intensify treatable disorders and exacerbate disease. It can even lead to low vision or vision loss.

### Common eye concerns for adults 40 and older

It's a fact of life for adults. Just like wrinkles, slowing metabolism and graying hair, your eyes are eventually affected by age. It's important to understand how your eyes change with age and what you can do to keep them in the best health possible.

Here is a summary of common eye conditions and diseases experienced at different stages of adulthood. Some of these changes are normal, age-related developments. Others may be signs of a vision-threatening disease or condition. But all of these are reasons why the American Academy of Ophthalmology recommends that everyone start seeing an ophthalmologist at age 40 to ensure early diagnosis and treatment that may save your sight.

### Presbyopia

Beginning in the late 30s and early 40s, the lens in your eye loses flexibility, making it difficult to read up close. This condition is called presbyopia (which literally means "aging eye") and is commonly treated with over-the-counter reading glasses, though other treatments are also available.

### Dry eye

Dry eye develops with age and is a common problem for women during pregnancy and menopause. These hormonal changes cause changes in the eye's tear production. Certain medications can also cause dry eye. If you have dry eye, you may be prone to an eyelid irritation called blepharitis, a common cause of irritation or swelling of the eyelids. In addition to seeing an ophthalmologist, there are many simple things you can do at home to keep your eyes moist.

### Diabetic retinopathy

People in their 50s, 60s and 70s with diabetes are most at risk for this disease. Diabetic retinopathy occurs when the small blood vessels inside the

retina swell, leak fluid or close off completely due to elevated blood sugar levels. But you can take steps to prevent diabetic retinopathy with tight control of blood sugar and blood pressure levels. It is also critical to see your ophthalmologist regularly for diabetic retinopathy screening exams.

### Cataracts

Cataracts are very common in older people. As you age, proteins in your lens begin to clump together. These clumps, known as cataracts, make the lens less transparent and cause blurry, cloudy or dim vision and increased glare. Many people with the condition describe it as similar to looking out of dirty windshield. Cataracts can interfere with daily activities like driving at night and distinguishing colors. Treatment can include glasses for early stages of cataracts and surgery to remove them.

### Glaucoma

Glaucoma damages the optic nerve, which transmits visual information to the brain. This damage often leads to loss of side vision. Left untreated, this can lead to complete blindness. Glaucoma is most common in people age 55 and older. One of the problems with glaucoma, especially open-angle glaucoma, is that there are typically no symptoms in the early stages. Many people who have the disease do not know they have it. This is why it is important, especially as you get older, to have regular medical eye exams. Learn more about glaucoma diagnosis and treatments.

### Floater and Flashes

As people grow older, the fluid that fills the inside their eye starts to shrink, forming clumps or strands. These can appear as "floaters" (small specks or lines moving in your field of vision). This fluid can also pull away from the back wall of the eye, causing you to see "flashes" (flashing lights or lightning streaks in your vision). This is normally harmless, but in some cases, it can lead to retinal detachment and cause blindness. If you experience new floaters and flashes, it's important to see your ophthalmologist as soon as possible, especially if you are over age 45, are nearsighted or have had eye injuries in the past.

Source: <https://www.aaopt.org/eye-health/news/fighting-signs-of-aging-don-t-forget-eyes>

### Age-related macular degeneration (AMD)

AMD affects the central vision, limiting a person's ability to read and recognize faces. This can be caused by a thinning of the macula (the light-sensitive part of the retina) or by a growth of abnormal blood vessels under the retina. AMD can lead to blindness if not treated and it is the leading cause of blindness in Americans over 65. But early and regular visits to the ophthalmologists can reduce vision loss and, in many cases, recover vision.

### So what's the best defense for aging eyes?

You can keep your eyes in the best shape possible by being proactive. Don't wait to develop symptoms before seeing an ophthalmologist. The Academy recommends that all healthy adults, even those without symptoms, have a comprehensive eye exam by age 40, as this is when age-related changes begin to happen to our eyes.

### After the baseline exam, adults should have comprehensive exams:

- Every two to four years until age 54
- Every one to three years until age 65
- By age 65, every one to two years, or as recommended by your ophthalmologist.

Some adults may need more frequent eye exams if they have a disease or condition that may impact their eyes, such as diabetes.

### Personalized Retina Care of Naples

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

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

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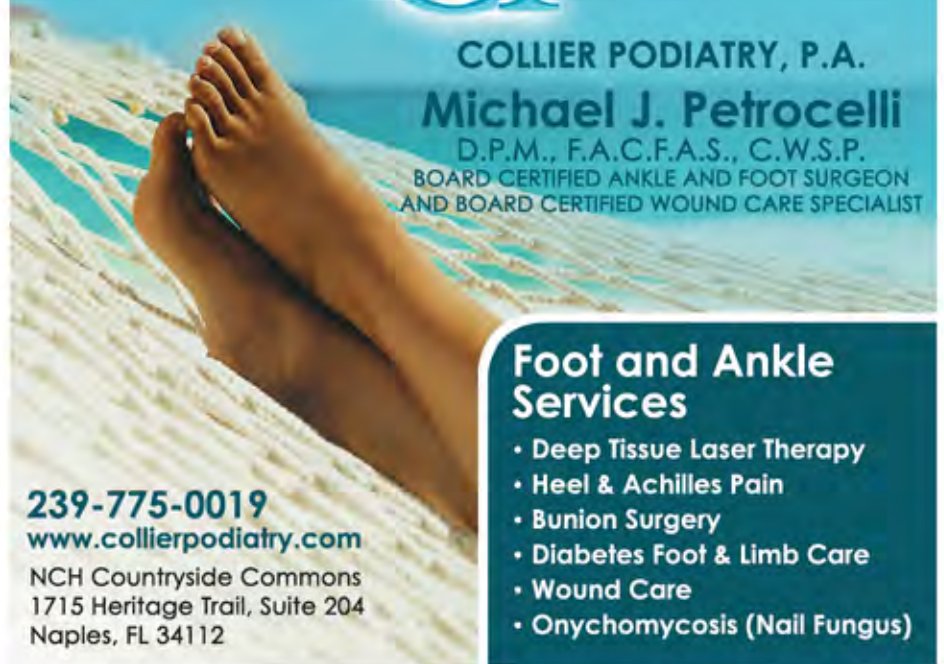
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### Internal Medicine Partners of Naples

Along with comprehensive medicine and wellness, Internal Medicine Partners also specializes in anti-aging. Their doctors, Dr. Blanco, and Dr. Rodriguez are recognized in the Naples community for great dedication to their patients and quality of care. They are experienced Hospitalist at NCH Community Hospitals. Both are Board Certified in Internal Medicine. Internal Medicine Partners of Naples offers traditional medicine both in their practice and hospitals providing their patients with the best quality and continuum of care.

  
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# BONE HEALTH

By Carmella Fernandez MD, MBA

**A**s an orthopedic surgeon the topic of bone health and osteoporosis typically arises after my patients have sustained a traumatic fracture of their bones. As a woman and an orthopedic surgeon, bone health and fracture prevention are near and dear to my heart. I hope this article can shed some light on the importance of bone health, and ways that you can prevent a fracture. The following are a few common questions I encounter frequently by my patients:

## 1. Why does bone health become so important as we age?

Our bones are living and dynamic structures. They are continuously remodeling, which means that new bone replaces old bone. When we are younger, we actively build new bone so that there is net positive bone growth. The opposite phenomenon occurs with aging, where we favor more bone resorption than formation. The end result is that with aging our bones become more porous and the strength decreases, thereby predisposing individuals to hip, spine, and wrist fractures.

## 2. How can I maximize the strength of my bones?

Peak bone mass is achieved by the late teenage years, and it occurs slightly earlier in women than men. There is slow decline in bone mineral density after the age of forty in both women and men which is inevitable. Considering that our bodies are not able to produce calcium, and 99% of our calcium

stores are in our bones, we will mobilize calcium from our bones when we are calcium deficient. Therefore daily consumption of calcium via supplements and our diet are the most effective way to maintain our balance of calcium and prevent resorption from bone. In addition to calcium, vitamin D is integral to maintaining our calcium homeostasis as it promotes the resorption of calcium from our intestines. Therefore without vitamin D we cannot absorb the calcium we take in.

In addition to maintaining a healthy diet and weight, incorporating weight bearing exercises such as walking, running, and tennis to your daily routine will help to maintain your bone strength.

Avoiding tobacco use and excessive alcohol consumption will help reduce bone loss.

The American Academy of Orthopedic Surgeons website is a great source for information on recommended daily values of calcium and vitamin D intake.

## 3. What is the difference between osteopenia and osteoporosis?

Both osteopenia and osteoporosis are defined by a decrease in bone density. However osteoporosis is more severe, and has been coined as the "silent disease" as it often is not recognized until a fracture, or break in the bone occurs following a low energy fall. Falls are the leading cause of injury among persons aged 65 and older in the United States.

Fractures are the primary cause of hospitalization or death following a fall, and the mortality rate is approximately 30% following a hip fracture. One in two women and one in four men older than age 50 will have an osteoporosis-related fracture in her or his lifetime.

## 4. How do I know if I have osteopenia or osteoporosis?

Bone density exams, also known as a DEXA, are screening tools to monitor an individual's bone density. In general, it is recommended that all women over the age of 65 and men over the age of 70 obtain a DEXA scan. Based on the test results your primary care physician can help guide you regarding treatment options if necessary.

## 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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# Do You Have Leg Ulcers That Are Not Healing Well?

By Russell Becker, DO, Vascular Surgeon

**T**he restriction of blood flow damages nerve areas and reduces sensation. Many times, PAD results in arterial ulcers due to a lack of blood flow to the tissue via damaged arteries. Venous reflux can damage veins due to an insufficient amount of blood returning back to the heart and depriving the legs of adequate blood flow. As a result, wounds can develop on the legs as well. With both conditions, when you develop an ulcer, the lack of blood flow makes it difficult for the wound to heal.

In the endothelial layer of the dermis, vascularization must take place in order to heal the wound. The neovascularization or also known as angiogenesis is when new microvessels, fibroblast, and collagen begin to proliferate and form along with an increase in oxygen uptake and micronutrients to help grow new tissue, and to build a strong vascular blood flow to supply the proper nutrients to the dermal layers.<sup>1</sup>

## Leg Ulcer Treatment

Treating the nonhealing or challenging wounds is critical, and the sooner the treatment is started, the faster the healing will begin with optimal outcomes. Vascular Surgeon, Dr. Becker works directly with his team of fellow specialists to treat the wounds, and additionally, his priority is to treat his patient's PAD or venous issues with a multifactorial approach. These range from conservative to interventional.

## Treating PAD and Venous Reflux

Although these two conditions are treated differently, they are often comorbidities due to related disorders and underlying conditions.

## Treatment Options for PAD

- Diet and Exercise
- Medications
- Peripheral Vascular Stent
- Angioplasty
- Bypass Grafting
- Worst-Case May Require Amputation

### References:

1. LeBlanc A., Microvascular Repair: Post-Angiogenesis Vascular Dynamics. *Microcirculation*. 2012 Nov; 19(8): 10.1111/j.1549-8719.2012.00207.x. doi: 10.1111/j.1549-8719.2012.00207.x

## Venous Treatment

- Diet and Exercise
- Lifestyle Changes
- pelvic vein embolization (PVE)
- VenaSeal
- Treating Underlying Causes

Because lower extremity venous insufficiency is often a comorbidity, once the primary damaged veins are treated, the lower venous issues typically subside as well.

## PAD

Individuals with Peripheral Arterial Disease (PAD) have blood flow disruptions usually in the feet and legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. PAD can lead to severe medical conditions. Currently, 8.5 million Americans have peripheral artery disease.

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

## Venous Reflux

Various forms of venous issues affect 25 million Americans. When our veins are working correctly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health. Stasis is the primary cause of venous reflux.

Sometimes venous reflux is more of a cosmetic issue and poses little health concern. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to much more severe health issues. Neither of these should be taken lightly. A medical professional will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment. If a person has chronic venous reflux, their heart will not receive the appropriate amount of blood due to the insufficient blood pumping from the legs.

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



**Russell Becker, DO, Vascular Surgeon**

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

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

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

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# An Introduction to Functional Medicine

By Toni Eatros, MS, Dipl Ac, AP

I am writing this article in June of 2020 and the world is in the midst of the novel coronavirus pandemic. We have lived through social isolation for weeks and months and have been told to stay away from other people. Our world is changing at a rapid pace and so is the way that we meet our medical needs. I don't know about you, but the thought of going into a doctor's office, an acute care clinic or the hospital has me feeling uneasy. Where do the people go who are suffering with moderate or severe symptoms of COVID-19? They go to the doctor's office, an acute care clinic or the hospital. Personally, I want to stay as far away from those places as possible.

Many of your personal doctors and clinics are starting to offer telemedicine services, which I think is great. However, many people are unsatisfied with the current status of their health. The average number of pharmaceuticals people over the age of 65 are taking is twelve. If you ask these same people how they feel overall, they say that they do not feel well. Each medication is addressing one symptom and each medication comes with a laundry list of side effects. Now, more and more medications are required to suppress the side effects symptoms. The person feels worse than they did before the first medication was started. Do the medications fix or correct the cause of the symptom? Unfortunately, most of the time, pharmaceuticals only suppress symptoms and do not correct the cause. This is where functional medicine comes in.

I believe that the reason for our existence on this planet is to experience emotional and spiritual growth, and we do this through our physical body. The purpose of functional medicine is to heal the physical body so that we can experience that growth

and fulfill our purpose. Functional medicine is a science-based approach to healing that is based, primarily, on natural health solutions to common health problems. The heavy use of labs, research and science embraces our country's current medical model and helps us to see objectively what is going on in your body. This is important for you science minded people.

The difference between our current western medical system and functional medicine lies in the treatment approach. Functional medicine attempts to find and correct the underlying cause of health problems, rather than medicating the symptoms of the dysfunction. We test to see what system is breaking down and then utilize natural remedies and lifestyle changes to fix the system. When the system function is restored, the symptoms disappear.

Do you feel rushed or unheard when you are talking to your doctor? It is not the doctor's fault, but insurance regulations dictate that your doctor spends only about eight minutes with you. That is generous, some only get five minutes. As a functional medicine practitioner, I take ample time to listen to your story, your challenges, and your goals.

During our hour long initial functional medicine consultation we discuss, at length, your entire health history, and identify in detail what your current symptoms and health concerns are. I take time to answer your questions, thoroughly. Based on this extensive intake, proper at home lab tests are ordered.

These test how the the body systems are functioning. A customized program is formulated based on the results of your lab tests. These individualized programs focus on correcting immune dysfunction, neurotransmitter imbalances, hormone imbalances, energy issues, detoxification issues, digestive disorders and many other symptoms.

Functional medicine is *systems* based health care, rather than *symptoms* based. All of the body systems boil down into three systems in functional medicine. The three systems that we test and correct are the neuroendocrine system (adrenal or fight/flight response), the gastrointestinal (digestive) system and the detoxification system. When these three systems are functioning optimally, you will experience good health, and more importantly feel so much better.

I will be writing a series of functional medicine articles in the future. I will dive deeper into the three body systems, the three main initiators of all chronic illness, the 4 horseman of disease, and the lab tests. Finally, I will discuss my treatment model and why I get such great patient outcomes in my clinic.

If you are interested in learning more about functional medicine or the other tools in my tool box, please check out my series of podcasts. The podcasts talk about a variety of topics and can be found at "[anchor.fm/ahns4566](https://anchor.fm/ahns4566)". Check out my recent podcast about how to test the strength and resilience of your immune system.

I am offering telemedicine functional medicine visits so you can stay safe at home and not expose yourself unnecessarily to potential infection. I am happy to offer a free 15 minute consultation to see if functional medicine is a good fit for you. Make your appointment today, 239-260-4566, or online, [AcupunctureSolutionsOnline.com](https://AcupunctureSolutionsOnline.com). Now, while you are stuck at home, is the perfect time to focus on your health.

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# WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

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

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

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

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

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

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

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

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



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

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



### SOME OF THE SIGNIFICANT CHANGES ARE:

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

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

### Dr. Ralph Rodriguez

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



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

### Dr. Alejandro Blanco

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



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

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



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# MEN AND THE GROWING TREND TOWARD COSMETIC PROCEDURES

By DR. DANIEL WASSERMAN

**M**other's Day is behind us and Father's Day is approaching, so now is probably a good time to highlight trends in men's approach to their looks. According to the American Society for Aesthetic Plastic Surgery, men accounted for nearly 10% of the total cosmetic procedures in 2013. This was a 273% increase from 1997! In a study from 2015 to 2017, the percentage of men greater than or equal to 21 years old reporting the use of a daily skincare regimen approached 90%. More than half had either experience or expressed interest in neurotoxins such as Botox. The main motivating reason was the pursuit of a youthful appearance. Studies show that men are more loyal to their cosmetic provider than women, and often have higher satisfaction scores.

The trend is clear, men are more and more open to the idea of cosmetic procedures for the same reasons women are: maintaining a youthful appearance. In our experience, it comes down to something more simple than that. As the American population continues to age healthfully and enjoy the fruits of a more active lifestyle, men are faced with the same concerns about their appearance as women are: feeling great, but not looking like they feel great. The most common complaint we hear is

the perception that one looks tired, angry, stressed, or run down when in fact they feel great. Women have understood how to manage these changes over centuries, but men now understand that they do not have to feel left behind as well.

In Naples, the average male patient seeking aesthetic attention will often be someone in their late 50s and older. The pressing issues at this age will often be volume restoration and the development of brown spots and wrinkles. Neurotoxin (i.e. Botox) to relax lines will frequently be the first recommendation for a younger patient. In the aforementioned age group, gentle refilling is often recommended while balancing with a variety of laser options to clear up complexions from the brown sun spots and broken capillaries that develop with time. Women, more often than men, will prefer big fixes that may give quick results. Men commonly prefer small gains in order to avoid the social stigma of being a male receiving cosmetic attention. It is important that men seek an experienced medical provider who understands the male anatomy in order to not feminize it, and is a good listener. The emotional hurdle for a male to seek aesthetic treatment is usually much greater than a female and therefore is accompanied by great anxiety.

Men want to be heard and understood. At Skin Wellness Physicians, we treat the patient and not the problem. The most common thing we hear from our male aesthetic patients is, "I should have done this before". We understand that men seeking these treatments is new, and there requires a certain sensitivity. As June is the host of Men's Health Month and Father's Day, think about some small gains that your father, husband, or self may be interested in to help look as good as they feel.

## Daniel I. Wasserman, MD

Fellowship-trained Laser and  
Cosmetic Dermatologist  
Fellowship-trained Mohs Surgeon  
Board Certified Dermatologist

*Dr. Wasserman is a board certified dermatologist with fellowship training at Harvard Medical School in laser and cosmetic surgery, as well as fellowship training in Mohs skin cancer surgery. He has contributed as a dermatology expert for online and print magazines. In addition, he frequently lectures to professional societies and organizations on his diverse research. For more information about skin care visit the Skin Wellness Physicians website at [www.skinwellnessflorida.com](http://www.skinwellnessflorida.com)*

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# HAVING ISSUES WITH ED?

## 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](http://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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# Diabetes, an Underlying Health Issue That Can Change Your Life

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

**A**s a country, we have been on an emotional roller coaster ride waiting for the next horrible announcement regarding the coronavirus. Rightly being concerned having an underlying condition has greatly added to our fears.

Fear can put us in a tailspin or be an awakening. Why would we fear having diabetes, especially during this pandemic?

Diabetes can weaken your immune system, making it difficult to fight off the virus. The most common conditions reported from COVID-19 hospital admissions were diabetes, chronic lung disease, and cardiovascular disease.

The risk factors increase when patients have one underlying health condition. Consider at least 68 percent of people age 65 or older with diabetes die from some form of heart disease. This indicates diabetes patients are more likely to have a second underlying condition.

Over 90 percent of diabetes patients are overweight or obese. Obese people typically have lower oxygen levels, are predisposed to pulmonary dysfunction, and have decreased chest function because of the weight on their chest. Those COVID-19 patients were more likely in need of being ventilated. Because COVID-19 is primarily a respiratory disease, this puts one at a greater disadvantage. This brings us to a third underlying condition.

With these three underlying conditions (diabetes, heart disease, overweight/obesity), how do you beat the odds? Unfortunately, your chances are diminished.

At this time, we don't know if the COVID-19 will return. If not, can we let go of our fear? Can life go back to the way it was? I certainly hope not.

Let's turn our attention to the 2018-2019 flu season. The CDC estimates 35.5 million people were sick with the flu; 16.5 million people went to the doctor due to the flu; over 490,000 were hospitalized, and 34,200 people died from the flu. Over 31,000 deaths were people age 50 years and older.

The flu can make your diabetes worse, causing erratic glucose levels. Pneumonia, bronchitis, sinus and ear infections can add flu-related complications. With a weakened immune system, it can be harder to fight these infections, particularly pneumonia. Poorly managed diabetes greatly increases your risk.

As we discussed the three underlying conditions, diabetes, heart disease, and being overweight or obese, these are conditions that can make your recovery from the flu also difficult.

Let's use our fear as an awakening. Every day, all year long, we should be thinking about improving these underlying conditions, not only during the

coronavirus pandemic or flu season. By doing so, we may be able to decrease the hospitalization and death rate.

The number one factor in improving is to reduce and maintain healthy glucose levels. Diabetes effects your blood flow, it can kill what were once healthy blood vessels. Once those tiny blood vessels are gone, you cannot bring them back.

If there is a lesson from all of this, I hope it has you thinking about being healthy all year long. Give your body the best chance to fight off any illness through a healthy immune system.

- Prioritize your health
- Get rest
- Exercise
- Eat healthy
- Maintain healthy glucose levels
- Keep your weight down
- Reduce stress
- Laugh

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SECOND EDITION

# An Interventional Pain Physicians Outlook on CBD

**D**r. 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:

Elixire  
Resanant  
Botanicals  
Charlotte's Web

### Oral:

Revitaoil  
Kannaway

## 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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# Do You Have A Thyroid Disorder?

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

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

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

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

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

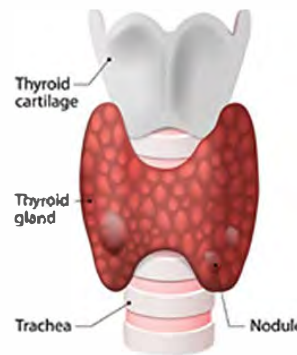
### Hyperthyroidism Symptoms:

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

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

### Hypothyroidism Symptoms:

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



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



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

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# Is Recency Bias Swaying Your Investing Decisions?

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

Provided by Nina Azwoir

**W**hen 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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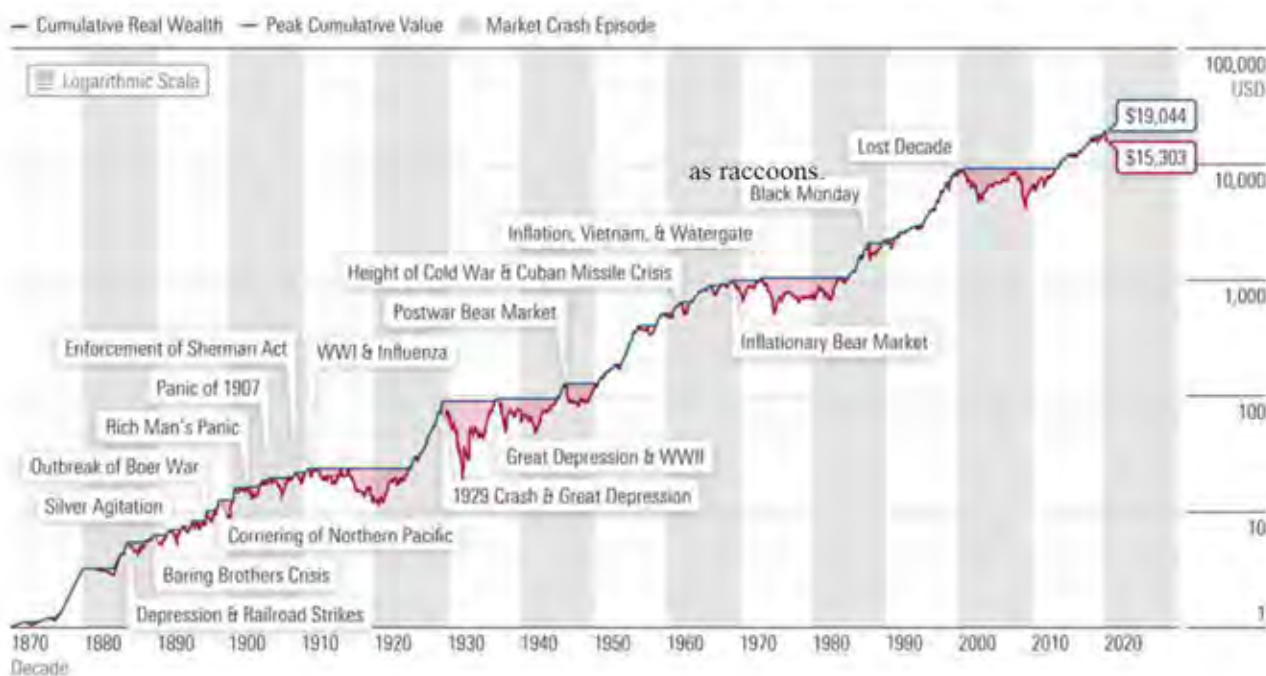
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### Market Crash Timeline: Growth of \$1 and the U.S. Stock Market's Real Peak Values



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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# Lost Medical Insurance Coverage Options!

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

**M**ost of the major insurance companies that sell a Major Medical Plan, Employers Group Plans, Medicare and Medicaid have 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
- **Coinurance** – 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](http://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](http://www.fema.gov))



**Dee Merritt**

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# Hurricane Season: What To Pack Now For Your Pet

**O**fficially, hurricane season starts June first and ends November 30th; however, the experts are already predicting an early and very active hurricane season. As we make plans to prepare for tropical storms and hurricanes, it's imperative to have a plan set in place not only for us and our families safety, but also for our pets. After all, they are family too!

Waiting until a storm hits to make arrangements is not a valid option because you will ultimately be overwhelmed with home preparations, getting gas in your car, finding a hotel or shelter, and the list goes on and on. Being proactive now is best. Start by making a list of what your pet will need on a daily and weekly basis, and then pack a bag for them now, and store it away in case you need to grab it and go in a hurry. Pack the bag with enough supplies to last at least 2-weeks.

## Hurricane Preparedness Pet Check List

1. List of shelters and hotels that accept pets
2. Animal first aid kit
3. Face mask for you and your human family for shelters and hotels
4. Several gallons of water
5. Two weeks supply of pet food
6. Extra medication (flea and heartworm prevention, prescription medications)
7. ID tags
8. Leash/lead/harness
9. Disposable litter box or training pads
10. Cat litter



11. Eating & drinking bowls
12. Travel bag or crate
13. Recent pictures of your pet (in case they get lost)
14. Disposable clean-up bags
15. Chew toys & treats
16. Blankets
17. Medical Records in a waterproof bag or on your device or USB
18. Antianxiety/calming medications or treats
19. Make certain your pet's vaccinations are up to date and that you have proof to show the shelter

**Never abandon or leave your pet behind.** Designate a caregiver or two that you can rely on if you are out of town during a storm, or you cannot take your pet with you for some reason.

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.

During this upcoming storm season, calming supplements can ease your pet's anxiety. If a storm is approaching, giving your pet the recommended dosage of these all-natural anti-anxiety medications can help your pet feel more at ease during a storm.

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 season gets into full swing.

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

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# When You Are At Your Wits End

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what'something'to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31*

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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



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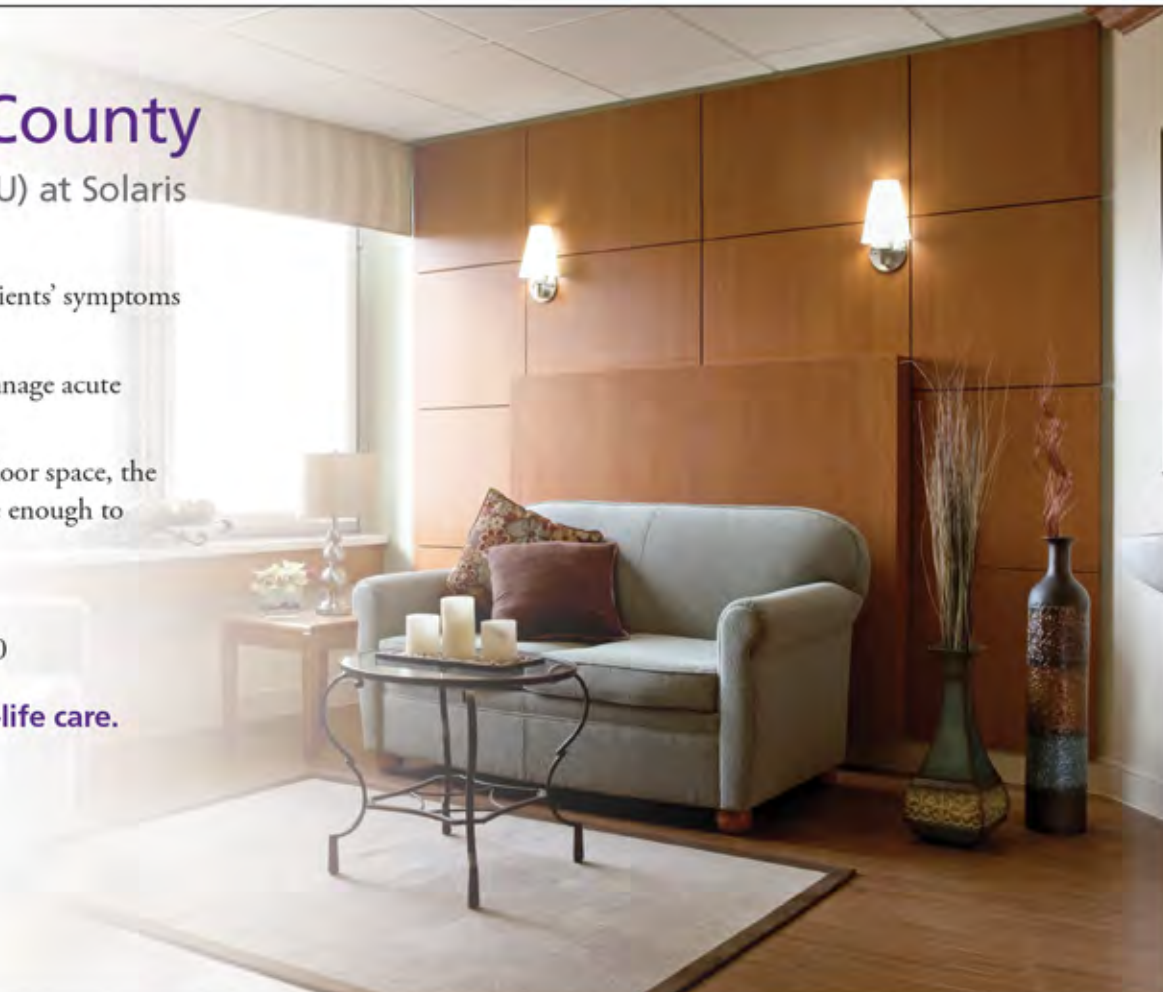
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In an emergency, call 911.