

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

Health & Wellness[®] MAGAZINE

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BACK TO SCHOOL

COVID-19

THE UNEXPECTED SYMPTOMS AND EFFECTS

THE FOUR HORSEMEN OF DISEASE

DON'T MASK KNEE & JOINT PAIN

DISCOVER TREATMENTS THAT WORK!

MOVEMENT MATTERS:

WHAT YOU CAN DO FOR YOUR BIG TOE ARTHRITIS




Christina Kabbash, M.D., Ph.D., M.P.H.
Board Certified Orthopaedic Surgeon and Foot and Ankle Specialist

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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.

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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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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/>



Back To School

By Neetu Malhotra, MD

Most parents after the long summer break cannot wait to send their kids back to school. But, of course things are much different now in 2020 during this pandemic that has turned our world upside down.

President Donald Trump has been urging all state and local officials to reopen schools this fall, despite the coronavirus infections surging nationwide. However, most experts have clearly stated that without in-person classes, many students will either fall behind or fall into depression.

I do not think that online learning works well for children, especially for young children. Children have been having significant social and emotional concerns from online learning over the past several months. Children have been falling behind as well.

It appears that children are not as susceptible as adults to COVID-19, disease caused by coronavirus. In the U.S., children make about 22 percent of the population but kids actually account only for 2 percent of coronavirus cases thus far, according for the Centers of Disease Control and Prevention. Those that are infected, relatively few require hospitalization or develop serious complications.

However, this does not mean that classrooms should not follow social distancing and other safety precautions. Honestly, it really is imperative for kids to get back to school which can be done safely.

There are certain immunocompromised conditions, which I do think may be exceptions. I do not think that in person school is a good option for of course those children. I would have a honest and open discussion with one's pediatrician to decide what option is the best.

I think it is important for all parents to discuss the importance of hand washing frequently with their kids. I also think kids must learn to wear masks and social distancing must be encouraged as much as possible. I think also schools have to assess the risk by age as well. Elementary school children are at a much lower risk than say high schoolers or even college students. I think schools will have to become creative in laying out classrooms and conduct school safely.

Of course, nothing will ever come back to "normal" until we have a vaccine. These are extremely difficult times we are living in and I think schools can reopen but safely. Life has changed but we must adapt to the times. I think kids must go back to school.



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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"Although much attention has been directed to the pandemic, we cannot lose sight of the importance of cancer screening and cancer treatment. Early detection, and subsequent medical intervention, results in higher cure rates. At 21st Century Oncology/GenesisCare, we prioritize patient safety and improved patient outcomes. Our highly skilled teams, equipped with world class technology, are dedicated to our mission of delivering a superior patient care experience." – Timothy Kerwin, MD



COVID-19: THE UNEXPECTED SYMPTOMS AND EFFECTS - “FOR BETTER OR FOR WORSE, IN SICKNESS AND IN HEALTH.”

By Ross E. Schulman, Divorce & Family Law Attorney

Fever? Chills? Cough? Shortness of breath or difficulty breathing? Fatigue? Aches? Sore throat? Nausea, vomiting, or diarrhea? Loss of taste or smell?

We have all become well versed in identifying the CDC listed symptoms of Covid-19. What is more interesting about this virus is how Covid-19 can attack individuals in unique and unpredictable ways--both physically and mentally. Heartache? Emotional trauma? Extreme frustration? Excessive boredom? Marital angst? Parenting nightmares? These do not appear on the CDC website, but certainly are symptoms any family lawyer worth his or her rate have become all too familiar with over the past months. And very much like the medical symptoms, the social impact of Covid-19 can affect individuals and families in unique and unpredictable ways.

Taking Stock

As family lawyers, we, too, serve on the frontlines of the Covid crisis--not as medical first responders, but certainly as emotional first responders. We are FEMA for people and relationships. I have never been asked as often about my business right now. People all seem to understand Covid has wreaked havoc on many relationships, whether it was the quarantining, stress of homeschooling, political anxiety, financial stress, or simply just taking time to take stock of where your relationship is at and where it is going.

Covid-19 created a host of new relationship symptoms and issues for many. Quite frankly, people are suddenly aware of changes in how they look at their spouses and their marriages. They know they are not happy with status quo, however, do not understand the alternative or what it means for their future. What does divorce mean for you? How will it affect your children? What are your parenting rights? What will your financial future entail? Much like the symptoms of Covid-19, our clients are exhausted. They have terrible headaches, seemingly never ending. At times they feel they are grasping for air. The ways we interact with each other have been reinvented. Are you and your spouse suddenly together for what seems like forever? (Wasn't that exactly what you agreed to?) Are you suddenly realizing that absence really does make the heart grow fonder? Are you just not compatible any longer?



Parenting Issues

Maybe you went through divorce already, or never married and have children issues which have appeared alongside the virus. Is your ex creating a parenting nightmare? Do you disagree over what is in your children's best interests? Are there new timesharing issues which have occurred since your work, school, and summer camp schedules have all been affected? Are you just no longer able to effectively communicate with your ex and struggling to deal with parenting issues?

Moving Forward

We are here to help. We can combine our long-term experience with the sheer volume of recent issues to help you understand and make the best decisions for your life. Like Covid-19, there will be spikes, and there will be lulls. Moments of fear and doubt. But like anything else, you will persevere. Life will move on and you will emerge from your individual quarantine. How you move forward is up to you. We are here to hold that door open and guide you through when you are ready. Despite rampant rumors, we do not have magic wands. What we have in our arsenal is the ability speak with you. To educate you on the legal ramifications of your individual situation. We can work with you to develop a bespoke strategy tailored to treat your individual symptoms.

Like the catchphrase in the Farmers Insurance commercials, “We know a thing or two because we have seen a thing or two.” During the past few months, we certainly have seen a thing or two.

About the Author

Ross E. Schulman is a top-rated Florida family law attorney in the Naples office of Woodward, Pires & Lombardo, P.A. Ross is a Certified Financial Litigator, has earned his designation as a Certified Divorce Financial Analyst, and is licensed to practice law in Florida and New York. He works with clients regarding dissolution of marriage, pre/post nuptial agreements, paternity, custody, mediation, and litigation. Contact Ross at rschulman@wpl-legal.com or (239) 649-6555.



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MOVEMENT MATTERS:

WHAT YOU CAN DO FOR YOUR BIG TOE ARTHRITIS

For most of us, mobility and our choice to come and go as we please without pain may be something we take for granted. However, 1 in 40 people suffer from big toe arthritis. You may be thinking, how can arthritis in one toe be possible? But it is more common than you may think. Our big toe holds up to 100% of our weight every time we take a step. With all of the movement and steps we take daily, the pressure on our big toe can cause the cartilage in the joint to wear down, leading to painful big toe arthritis.



With just one 35 minute procedure, Dr. Christina Kabbash, Board Certified Orthopaedic Surgeon and Foot and Ankle Specialist at Physicians Regional Medical Group can provide increased foot mobility and long-term pain reduction. CARTIVA® Synthetic Cartilage Implant (SCI) is a quick 35-minute procedure where the damaged cartilage in the big toe is replaced with new synthetic cartilage that behaves like the natural cartilage of the big toe joint. This implant is the only FDA approved option that safely and effectively reduces arthritis pain while also improving your toe's range of motion.

The implant used is made of a soft plastic-like substance and saltwater. These materials are combined and molded into a solid, slippery, and durable implant. Your big toe joint is uniquely designed for movement and provides most of the force needed for walking and running. Unlike fusion surgery, which locks the joint in place, this device reduces pain while also allowing your joint to move how it is supposed to. Along with its quick procedure time, patients can typically bear weight immediately after the procedure, so no casts or crutches are necessary.

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 • https://www.cartiva.net/wp-content/uploads/2019/05/AP-010750_EN_LR_LE-pt-brochure.pdf



Along with the CARTIVA® SCI implant, Dr. Kabbash's services at Physician's Regional Pine Ridge include treatment for hammertoe and bunion reconstruction, sprains, or fractures of the foot and ankle joints, and tendon ruptures. She also treats Achilles tendon injuries, along with foot and ankle post-traumatic arthritis, including total ankle replacements. When it comes to the recovery process Dr. Kabbash says, "We take every step possible to minimize postoperative pain. Including utilizing blocks at the time of surgery, meticulous soft-tissue handling at surgery, and cooling units after surgery. This all helps decrease swelling and postoperative narcotic use."



Christina Kabbash, M.D., Ph.D., M.P.H. is board-certified in orthopaedic surgery and fellowship trained in orthopaedic foot and ankle trauma and reconstruction.

Dr. Kabbash's office is located at Physicians Regional – Pine Ridge, 6101 Pine Ridge Rd, Naples, FL. Request an appointment online at [PhysiciansRegionalMedicalGroup.com](https://www.PhysiciansRegionalMedicalGroup.com), or call 239-348-4221.

SO, IS SUGAR THAT BAD FOR ME?

By Svetlana Kogan, M.D.

When we think of bad sugars, most of us conjure up the images of fast carbs – the ones that send blood sugar soaring-like bagels, cookies, and white bread. While these will surely pack on pounds, there are some important truths about carbohydrates in general. They are essential for peak energy and brain-power, since the glucose they are converted to is the preferred form of fuel for the body and the brain.

And why is it a preferred source of energy? Because it is the fastest! Unfortunately though, the fast carbs we tend to turn to have a high glycemic impact. This means that they will flood the bloodstream with glucose (sugar) triggering a rapid insulin peak, which fosters fat storage. It makes sense: we don't need all that much sugar for energy, so insulin will move some of it into the liver and some into the muscle for storage as glycogen, and the rest will be stored as a fat. Some common examples of high GI sugars: white bread, white rice, corn flakes, cookies, and candy.

The analogy I used in my book "Diet Slave No More!" is: "As sugars rapidly enter our bloodstream, the liver "policeman" calls upon his partner pancreas to release a "police dog" called insulin – and together they all go to work, trying to clear "the streets" of blood vessel from all the sugar floating in there.

Sugar criminals that cannot be caught and cuffed as glycogen - turn to fat deposits.

This explains why people whose diets are highest in fast sugars are also the most obese. Moreover, a study published in *The Lancet*, a reputable British medical journal, found that a diet rich in fast carbs doubled body fat storage. This redundant fat storage happens to be very dangerous for people with fatty liver. This is a very common condition in which a person does not have any symptoms, but on a routine blood test the doctor discovers that the liver numbers are off and the ultrasound of the liver shows extensive fatty deposits. Over the course of time, this condition could lead to liver cancer. So, you can see how everything is interconnected and how loading yourself with cookies can lead to unexpected nasty issues over the years.



In addition to harmful fat deposits, fast sugar with its powerful insulin peaks causes a subsequent steep drop of blood sugar below normal levels. Such dips result in mood swings and appetite spikes. This of course fuels a cycle that makes over-eating inevitable. Studies show that people, who eat meals high in fast carbs, eat way too much food over the next 5 hours – about 82% more than average.

Another downside to fast (high Glycemic Index) sugar foods, which is very relevant for today's world – is that a sugar overload creates a high oxidative stress on the body. To put it simply, when the body's resources are being used up on sugar utilization and "clearing up the streets of arteries" – the person is actually at highest risk from having viruses like Coronavirus wreak havoc on their immune system, cardiovascular integrity – and lead to poor clinical outcomes.

But I don't mean to give sugar a bad name. I don't like extremes. In fact, people who steer clear of sugars entirely, hoping to burn their inner fat stores – a so-called ketogenic diet – end up in another trap. When energy derived from sugar is in short supply, the body starts consuming lean muscle as a fuel long before it will tap into the fat as energy source. Do you really want to start losing your muscles on a ketogenic diet? I didn't think so. I saw a study in which subjects whose carbs consumption was extremely low, lost an average of 32%

of lean tissue in 12 weeks! And the body is not stupid: when it senses how the muscle gets "cannibalized" by ketogenic diet, it slows down its metabolism altogether. This is what I described in my book as a "Starvation mode" – an energy-conserving state which can slow your metabolism by 40%. And since carbohydrate deprivation robs the brain of the sugar needed for peak performance on the go, you are guaranteed to have brain fog and inability to focus.

Avoiding the high glycemic index and processed foods, and eating smaller portions frequently - will help avoid the extremes and steer your metabolism in the golden middle.



Svetlana Kogan, M.D. is a Board Certified Medical Doctor with 20 years of experience. She has appeared as a health expert on FOX, ABC, CBS, and NBC prime time TV, and has authored hundreds of publications for internet and print. She moved her Concierge Internal

Medicine practice from Manhattan NYC to Naples, where her focus is on fusing traditional medicine with holistic approach to illness and prevention.

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Male Infertility

A Brief Overview

By Spencer Land, MD

Approximately 1 in 6 couples will experience difficulty in conceiving 1 year after unprotected intercourse. About 7 million couples seek fertility evaluation in the U.S. annually. A male factor is solely responsible in 20% of the time. It is contributory in 30-40% of the cases. Because couples are delaying pregnancy to a later age is now recommended that if fertility is ever question that both male and female be evaluated.

The goals of male infertility evaluation include:

- Identify potentially correctable conditions
- Diagnosis irreversible conditions that can be treated with assisted reproductive techniques using sperm of the male partner
- Diagnosis irreversible conditions that will require donor sperm for conception
- Identify life or health threatening conditions that affect fertility and require medical treatment
- Detect transferable genetic abnormalities if assisted reproductive techniques are used

The initial fertility evaluation consists of a complete medical and reproductive history, a physical exam, and 2 semen analysis. The reproductive history should include the timing infrequency of intercourse related to the menstrual cycle, prior fertility of both partners, duration of past or present infertility, childhood illnesses, developmental history, systemic medical conditions such as diabetes mellitus or chronic respiratory illnesses, prior surgeries, gonadal toxin exposures, sexual history including sexual transmitted disease history, and family fertility history. The physical exam will include examination of the male genitalia to determine abnormalities of the penis, urethra, testes, epididymides, vas deferens, and spermatic cords.

The semen analysis will show the following:

- Presence or absence
- Sperm count and concentration
- The motility of the sperm
- The morphology or shape of the sperm



Based on the results of the initial evaluation, additional testing may be ordered. This may include blood work, imaging with ultrasound, genetic screening, post ejaculatory urinalysis, or sperm integrity testing.

The following are common male infertility conditions that are correctable:

- **Scrotal varicose veins or varicocele.** This is a condition of abnormal varicose veins of the spermatic cord. This can affect both sperm production and maturation. The treatment consists of an outpatient surgery called varicocelectomy.
- **Obstructive azoospermia.** This is a condition where there is normal production of sperm but they were unable to reach the ejaculatory duct. This is most commonly caused from a previous vasectomy. This can be treated with a phase sec to me reversal or with testicular sperm extraction which can be used for assisted reproductive techniques.
- **Hypogonadism.** This condition relates to inadequate signal into the testicles to produce sperm. This can often be treated with medication.

This article gives a very brief overview of male infertility evaluation and treatment. Evaluation is important not only to diagnosis underlying malignancies (6% of male infertility patients) but also to identify potential genetic abnormalities that can be transferred with assisted reproduction. Because some conditions are irreversible, it is essential for couples and no that they will need to consider donor sperm or adoption.



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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Prendiville Facial Plastic Surgery Joins Quigley Eye Specialists

Facial Plastic Surgeon Dr. Stephen Prendiville and his staff have joined Quigley Eye Specialists as part of the new cosmetic surgery division.

Dr. Prendiville will be the medical director of the new division that also includes the Assuage Luxury Spa in Fort Myers and Naples that was founded in 2013 by Tehjan Prendiville.

“Dr. Prendiville has an excellent reputation and is the only double board-certified facial plastic surgeon in Fort Myers. We are expanding our service offering to include refractive surgery, such as LASIK, and facial cosmetic surgery. Dr. Prendiville’s experience, surgical skills and leadership make his practice the perfect fit for Quigley Eye Specialists,” said Dr. Thomas Quigley, founder of Quigley Eye Specialists.

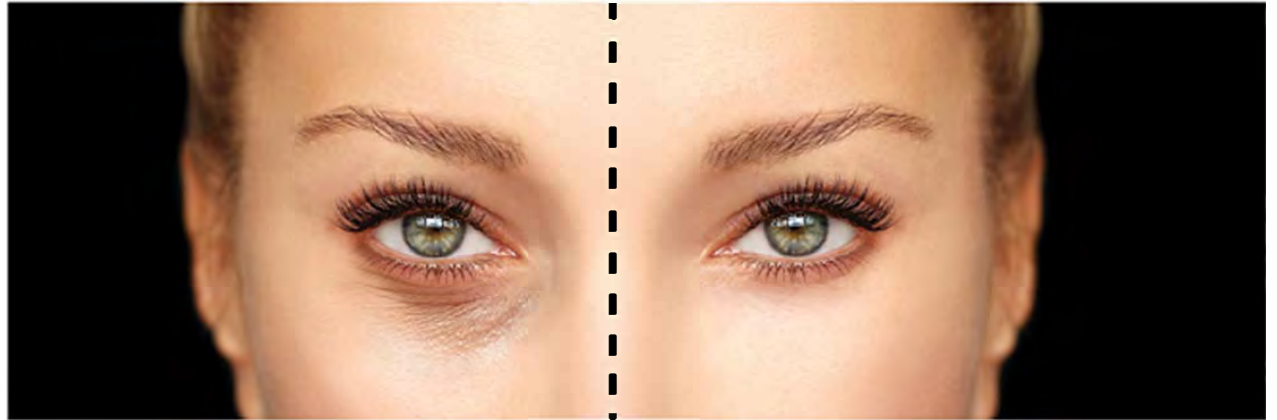
Dr. Prendiville and his staff will continue to see patients at his Fort Myers office at 9407 Cypress Lake Drive. The phone number of 239-437-3900 will remain the same. No operational changes are planned at this time.

“Working together is a logical next step in our growth,” Dr. Prendiville said. “We serve similar populations that want to look good, feel good about themselves and see their best.”

The office of Dr. Stephen Prendiville joins five other Lee County practices under Quigley Eye Specialists ownership as well as four offices in Collier and Charlotte counties.

Dr. Prendiville is the only Fellowship-trained facial plastic surgeon in Fort Myers who is certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology – Head and Neck Surgery. He has performed more than 5,000 surgical procedures.

He is recognized nationally as a facelift expert with more than 20 articles published in medical journals and he has served as guest editor for Facial Plastic Surgery Clinics of North America.



Dr. Prendiville is one of only 10 doctors in the U.S. to be honored as an Elite Inductee into the RealSelf 100 and RealSelf 500 Hall of Fame for excellent patient service and his willingness to answer patient inquiries on the RealSelf website, which is the leading online community that helps people make confident choices in elective cosmetic procedures. To achieve Elite Inductee status, surgeons must be among the top 1 percent of more than 1,000 surgeons reviewed.

Dr. Prendiville is the past president and secretary/treasurer of the Florida Society of Facial Plastic Surgery, an association consisting of 250 facial plastic surgeons in the state.

He graduated with his M.D. degree with high honors from Georgetown University School of Medicine in Washington, D.C., and served his residency at Georgetown University.

He was awarded a Fellowship in Facial Plastic and Reconstructive Surgery at St. Louis University in Missouri, where he was a clinical instructor in the St. Louis University Department of Otolaryngology.

Quigley Eye Specialists, founded in 1988, consists of more than 70 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Fort Myers, Cape Coral, Lehigh Acres, Bonita Springs, Naples, Port Charlotte and Punta Gorda. For more information, visit www.QuigleyEye.com.



Dr. Thomas Quigley



Dr. Stephen Prendiville

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.



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SUN SAFETY AND YOU: WHAT YOU CAN DO TO PROTECT YOUR SKIN

Did you know in 2019 nearly 5.4 million cases of non-melanoma skin cancer were diagnosed in 3.3 million people? With some patients having more than one diagnosis, skin cancer doesn't just outweigh female breast, lung, prostate, and colorectal cancer, but all cancers combined.¹

Most skin cancers are caused by the sun's UVA and UVB ultraviolet (UV) rays. UVA and UVB rays cause DNA damage, which greatly increases skin cancer risk. According to Physicians Regional Medical Group dermatologist, Jaqueline Thomas D.O., FAOCD, broad-spectrum sunscreen will protect against UVA and UVB light with an SPF of 30 or higher and is what is recommended for the Florida sun.

When it comes to sun safety, sunscreen should not be the only tool in your arsenal, though it is one of the major steps you can take to protect your skin. Dr. Thomas recommends, "A golf ball size or a shot glass amount is the quantity recommended for one body application. Most people do not use that much. Re-application of that quantity should be applied every 2 hours of exposure. Broad-brimmed hats, sunglasses, and sun-protective clothing, with UPF of 50+ or higher can help too. Baseball hats are great, but the nose, cheeks, chin, and ears should have sunscreen as well since the bills of the caps do not protect those areas."

Dr. Thomas also warns that even when the sun is not shining it is important to be aware that UV light from the sun can still affect your skin. "UV light from the sun is reflected off of surfaces that can impact your skin on cloudy days and on sunny days. Water, snow, concrete, and asphalt are such surfaces that can reflect these rays onto the skin." She adds, "While driving, the sun will come through the windows and affect the tops of hands and the left side of the neck and face."

Resources:

1. <https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/infographics/skin-cancer-prevention-infographic-print.pdf>



When it comes to children, it is important to instill the importance of sun safety and learning sun protection habits early on. Dr. Thomas says, "The use of sunscreen should become second nature to children. You would not have a child get into a car without a seatbelt, the same should apply to children and sunscreen. Skin damage starts early when not protected."

What can you do at home to be sure your skin has no irregularities? Follow the ABCDE's of pigmented lesions:

- **A - Asymmetry:** Draw a line down the center of a lesion, if the two sides do not match identically, the lesion is asymmetric and is, therefore, something to be checked.
- **B - Borders:** Irregular borders that are scalloped, jagged, and uncertain where they stop or start, notches, should be evaluated.
- **C - Color:** One monotonous color is usually safe. If there are multiple colors, this can be a warning sign.
- **D - Diameter:** If a lesion is larger than 6mm, or the size of a pencil eraser, it should be examined.
- **E - Evolving:** A patient should know their skin better than their doctor or anyone else. If a lesion is changing or evolving over time, that can be suspicious.

Remember that some melanomas occur in moles that we already have. When in doubt, get it checked out.



**PHYSICIANS REGIONAL
MEDICAL GROUP**

Dr. Thomas is located at 8340 Collier Blvd. Naples, FL, 34114. To request an appointment, please call (239) 348-4221 or visit PhysiciansRegionalMedicalGroup.com.

Hospice Care Comes to You

VITAS cares for patients at home, wherever they call home.

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

When a patient with an advanced illness is ready to start the conversation about hospice, some concerns inevitably arise:

Where will I receive care? Can I stay on my current medications?
Will all of my needs be met?

VITAS Healthcare has over 40 years of experience providing hospice care that focuses on improving quality of life, and we've found that most patients fare best where they're already most at ease: in their home.

Choosing Home over Hospital

Studies show that more than 70% of people would prefer to die at home, so it's easy to see why that's where most hospice happens.

Aside from the simple comfort of familiar faces and surroundings, many patients already will have spent days or weeks in the hospital by the time they're referred to hospice, and the experience can be tiring. Plus, hospitals are under increasing pressure to reduce both patient readmissions for the same symptoms and in-hospital deaths.

Receiving hospice care at home doesn't mean "giving up" or compromising on quality of care. As part of the Medicare Part A hospice benefit, VITAS patients are entitled to whatever their advanced illness requires. This includes medications, home medical equipment, supplies, supportive services and clinical care from a team of experts.



Expert Care for the Patient—and Their Family





After a patient has been admitted to VITAS, an interdisciplinary hospice team steps in—nurse, hospice aide, social worker, physician, chaplain, bereavement specialist and volunteers. The team provides clinical, spiritual and psychosocial care to the patient and their family wherever they call home.

The team will teach the designated family caregiver(s) how to manage symptoms and handle other routine tasks. Individual members of the team will coordinate and schedule regular visits. Ultimately, the patient and family are the core of the team, and their input is factored into an evolving care plan.

Our team supports the patient's family during the most difficult moments of their loved one's last days of life. After a patient dies, VITAS continues to provide bereavement support to the family for a minimum of 13 months.

For patients with advanced illness, hospice helps make the best of those final months, weeks and days. VITAS patients enjoy being home among loved ones, free of medical expenses, and in the care of a team dedicated to their comfort and dignity.

VITAS
Healthcare
SINCE 1980

For more information, call 866.759.6695 or visit VITAS.com.    

DON'T MASK KNEE AND JOINT PAIN: DISCOVER TREATMENTS THAT WORK!

By Richard Hiler, DABCN

At Feel Amazing Institute, one of the common complaints among patients is finding an effective treatment for their knee and joint pain. Standard medicine often only masks pain and symptoms with addictive drugs and corticosteroid injections, and many times unnecessary surgery is recommended.

The good news is there are ways to treat knee and joint pain without drugs.

Alternative Options for Knee and Joint Pain

HYALURONIC ACID INJECTIONS FOR KNEE & JOINT PAIN (Insurance will often cover)

When all else has failed, it's important to know that there are other treatment options available. One such option is hyaluronic acid injections.

Hyaluronic acid is a substance that works by serving as a lubricant and shock absorber within your joints. It's already found naturally within the body, although large amounts are often broken down and lost within individuals with osteoarthritis. Your body, and more specifically, your joints, need hyaluronic acid for optimal functionality. If your joints do not have enough of it, the absence of an effective shock absorber means you can expect to experience regular stiffness and joint pain. Hyaluronic acid is injected in the form of a solution or gel. In most cases, you will receive a series of shots over a two to five-week period. Injections are generally given one week apart in an effort to gauge their effectiveness.

The overall effectiveness of these injections varies from patient to patient. It's difficult to say exactly how well this particular knee and joint pain treatment will work for you. Based on past studies and the wide use of the method, however, most patients find that these injections work wonders to significantly reduce pain and stiffness within their joints.



STEM CELL THERAPY/ALLOGRAFTS

Stem cell therapy is a minimally-invasive way to heal the underlying causes of your knee pain, rather than treating the pain alone. It can slow down degenerative conditions and, in some cases, help new tissue grow.

At Feel Amazing Institute, we use stem cells sourced from umbilical cord. The stem cells are sourced from healthy mothers/healthy births and screened in FDA-approved labs before being sent out to practices like ours.

Your joint stem cell therapy will include injections into the affected joints. Each stem cell is a "blank slate" of a cell that can emulate others in the vicinity, making it possible to regrow and heal damaged tissues that can't regenerate on their own. Patients report that the discomfort is minimal, and there is very little recovery time involved.

Stem cell joint therapy is important because once the body starts to degenerate, it will not stop— It ACCELERATES! It is estimated that once degeneration starts in the knee, it will continue to lose 4% to 6% of the cartilage each year until it is bone on bone approximately 15 to 25 years) unless we RE-generate it.

OTHER OPTIONS FOR JOINT HEALING:

- PRP (Platelet-Rich Plasma) speeds natural healing, reduces pain and inflammation.
- Ozone Therapy - Injections of ozone/oxygen treatment to the joint, which promotes regenerative healing.
- **Manual therapies and/or exercises**
- Bracing and kinesiotaping

FEEL AMAZING INSTITUTE

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

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

We have comprehensive programs if you sustained injuries in a Auto Accident or at Work, or if you have Peripheral Neuropathy, Balance Disorders, or need VAX-D Spinal Decompression Treatments.

If you are in need of a highly experienced chiropractor, or regenerative medicine in Naples, FL, look no further than Feel Amazing Institute. Call us at (239) 330-1000, or visit feelamazing.com.



RICHARD HILER, DABCN



**FEEL AMAZING
INSTITUTE**

239.330.1000

3031 Airport Pulling Rd N
Naples, FL 34105

FEELAMAZING.COM

Hidden Food Allergy and Food Sensitivity - Total Approach

By Cederquist Medical Wellness Center

Most people are familiar with a classic food allergy response -- a severe reaction to a particular food. It's easy to identify the hives, throat swelling, or difficulty breathing after eating foods like peanuts or shrimp. This is one kind of a systemic, violent response to a type of food, which can be life threatening and the treatment is to avoid the food life-long.

Harder to identify, but no less significant are hidden food sensitivities, which may be present, but it incites a much more subtle response in the individual. There are many people who do feel they have a problem with foods of some sort, but it is not clear-cut or easy to define. Often a person will have a diagnosis like irritable bowel syndrome (IBS). The symptoms of IBS are gas, bloating, diarrhea, and constipation or some combination of these. Often symptoms occur for no known reason, and when stress is factored in, it may cause a worsening of symptoms.

People diagnosed with irritable bowel syndrome undergo many tests, like colonoscopies, X-rays, and stool sampling, which, to the relief but also to the frustration of the patient, does not reveal worrisome findings like inflammation or structural problems. This is one type of an as-yet unexplained body system reaction, which may be an underlying marker of a bigger problem, such as a hidden food sensitivity.

Other common clues to a hidden food allergy can involve skin rashes, eczema, joint aches and pains, dizziness, chronic post-nasal drip, asthma and chronic headaches, including migraines. A hidden food allergy can cause bladder symptoms such as frequent irritation and discomfort with urination, while no infection is found.

While many people may suspect that food triggers or causes symptoms, it is often hard to pin point the offending food. The reason is the nature of food allergy and sensitivity. Why do food allergies exist? Our immune system is a complex system, composed of many different cells which work in an amazing balance to produce antibodies and histamine and other chemicals to kill invading organisms that can



make us ill, like bacteria or viruses. In the case of a food allergy, an antibody is made by the immune system to one or more foods. People can have a genetic predisposition to the development of allergy. It also appears that food allergy rates are increasing in this country, and some suspicion lies with the increase in the processing of food with chemicals which stimulate an abnormal immune process. More of our food supply consists of genetically modified foods which may also play a role.

The heavy use of pesticides and other environmental toxins also likely plays a role in stimulating and challenging the immune system to the point that it reacts to substances our bodies do not need to fight -- like foods. The intestine can become inflamed and dietary proteins end up leaking out of the gut and into the bloodstream where antibodies are made. The blood reacts to foreign, partially undigested food particles in the bloodstream, and systemic inflammation begins to occur, causing headaches, chronic pain, sinus congestion, and the list goes on.

Hidden Food Sensitivity Is Hidden

Hidden food sensitivities are so difficult to detect and diagnose because they often occur with foods that you eat all the time. The most common foods to cause hidden allergies are wheat, milk, soy, corn, yeast, eggs, and citrus. The most common foods that cause severe anaphylactic reactions (not hidden) are peanuts, tree nuts, and shellfish. Reviewing the list of common hidden food allergens, it is easy to see that these seven foods are in most of the foods we eat. Particularly, if someone relies on restaurant or processed food, they will ensure a steady daily dose

of all of these foods every day. So, if for example, a person is sensitive to milk, wheat or egg and eats food like bread and baked goods that contain these ingredients, and for that person their symptom is a response in the digestive tract, they will always have a mild state of unwell in their abdomen. They may have frequent gas or bloating, constipation or diarrhea. Occasionally, their symptoms can be more severe, but there is no obvious food to blame, because nothing new appeared in the diet.

Allergy Masking

When you eat a food to which you are sensitive on a regular basis, you do have symptoms, but they are masked. A masked symptom is present at a low level and may not be so terribly bothersome that the person would seek out immediate medical attention. Often if medical attention is sought for these vague symptoms, no real answer is able to be given. Once that food is avoided for approximately 21 days, the reaction symptom becomes unmasked, and to most people, the response is very obvious when they reintroduce the offending food.

The Food Elimination and Re-Challenge test is the "gold standard" method of diagnosing hidden food sensitivity. In our practice, we recommend avoiding the common allergenic foods for 3-4 weeks and then reintroducing those foods into the diet, one at a time. Often people will report that their gastrointestinal symptoms resolve after a few days, years of chronic post nasal drip ceases or years of muscular pain improves. Chronic fatigue has also been alleviated after a brief time of avoiding reactive foods.

If you think food allergies or sensitivities might be affecting your life give us a call today or go to our website <https://drcederquist.com/food-allergies>.



Cederquist
MEDICAL WELLNESS CENTER

CALL TODAY!
239-593-0663
1575 Pine Ridge Road
Suite 19 Naples, FL 34109

MOBILE PHLEBOTOMY

The Importance of Staying Hydrated

The summertime heat index can be unbearable at times and downright dangerous; this is particularly the case when we factor in high levels of humidity. Our bodies self-regulate heat by sweating and also through radiating heat back into the atmosphere. When we sweat, we perspire potassium and sodium. Both of these minerals help to control nerve function, water balance, and heart rhythm. Sweating can quickly escalate into dehydration; therefore, it's critical to stay hydrated.

Dehydration is when our molecules have lost H₂O, and it can be extremely dangerous, causing permanent damage to the cells, organs and musculoskeletal system. Unfortunately, it's quite common not to feel thirsty until we're already dehydrated. Once this happens, the negative affects to our organs and cells have already begun. Dehydration can also cause the joints, skin, and eyes to lose lubrication. It can cause organs to fail, constipation, liver and kidney ailments, urinary tract infections, muscle damage, heatstroke and heart failure.

ELECTROLYTES

Minerals housed in our bloodstream, tissues, organs and fluids with electric charge, are known as electrolytes. Electrolyte minerals are critical as they maintained balance to regulate pH levels and proper hydration.



DEHYDRATION SYMPTOMS

- Dry mouth
- Headache
- Fatigue
- Dizzy
- Nausea
- Cramping muscles
- Wrinkled (pruney) fingertip pads
- Bladder pain

Each year during the summer months, more than 8,000 children and teens and over 10,000 adults are admitted to the emergency room due to dehydration.



THE BEST METHODS TO STAYING HYDRATED

- Avoiding excessive exercise
- Avoiding over sun exposure
- Limiting caffeinated drinks
- Avoid excessive sodium
- Limit Alcohol intake
- Drink plenty of water
- Keep salt, sugar, electrolytes and water intake in balance

It's critical to maintain adequate hydration at all times, but when giving blood, take extra consideration to properly hydrate as this can help with making the vein more easily accessible to the phlebotomist.

EXPRESS MOBILE PHLEBOTOMY

The Benefit of choosing Express Mobile Phlebotomy Services:

- No long wait times
- We come to you (don't have to find a ride)
- Safer – in your own environment (for people with special needs)

WHY WE STARTED EXPRESS MOBILE PHLEBOTOMY

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

OUR CORE VALUES:

Faith · Unity · Ethics · Communication · Excellence

PHYSICIANS & AGENCIES

- Doctor's Offices
- Home Health Agencies
- Concierge Physicians
- Hospice Facilities
- Independent Practice Associations (IPAs)
- Mobile Doctors
- Homebound Patients
- Nursing Homes and Skilled Care Facilities
- Private Businesses
- Private Clinics
- Research Labs

PATIENTS & LABORATORIES

Express Mobile Phlebotomy offers safe, convenient mobile blood draws and most laboratory services in the comfort of your own home or office. There is no need to travel to a patient service center and wait in long lines. Let us come to you!

We serve all laboratories with all:

- Blood Draws
- Kit Draws
- DNA Collection
- Courier Services
- Research Laboratory Collections
- Specimen Pick Up & Delivery
- *Doctor's Order Required*

Express Mobile Phlebotomy, LLC is licensed and insured and provides a convenient blood drawing service. If the patient needs a blood draw but cannot or does not want to leave their home or if the patient is stuck at work and cannot make it to the laboratory then Express Mobile Phlebotomy goes to them! We serve our southwest Florida community and we draw blood from pediatric to geriatric patients.

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

To find out more visit:

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



MOBILE PHLEBOTOMY

Health Insurance DID YOU KNOW?

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

"DID YOU KNOW?" Well just the other day I received a call from a nice lady by the name of Eddi. She thanked me and told me that she had saved my article and that it was so helpful with guiding her through Medicare and their Employer Group coverage. So, I am going to try to list important things you need to know regarding all types of health insurance.

MEDICARE DID YOU KNOW:

- When you turn 65 you are eligible (residential restrictions apply)
 - Medicare starts the 1st of your birth month unless you were born on the 1st then it is effective the 1st of the month before your birth month.
- If you paid Medicare Taxes for 40 quarter's (approx.) 10 years, there is no charge for Medicare Part A (Hospital, Skilled Nursing, Home Health, Hospice) deductibles and coinsurance apply. If not, you can purchase Part A for up to \$458.00 per month
- If you are receiving Social Security, you should receive your Medicare Part A & Part B ID card. If you do NOT want Part B you need to decline Part B
- Part B average monthly premium in 2020 is \$144.60 (Part B –Medically necessary services, Preventive, Clinical Research, Ambulance, Durable Medical Equipment) deductibles and coinsurance apply
- Part B & D premiums are income based, if you make over \$87,000 individual or \$174,000 jointly you will pay a high-income earner surcharge in 2020, income is based on 2018 Tax Return.
- If your income is much lower in 2020 than it was in 2018 you can dispute and ask for a reconsideration
- Part B Premium for low income individuals/ couples can be waived subject to income and asset limitations, you do not need to be eligible for Medicaid only.
- Part D is Prescription Drug coverage
- Part B and Part D – If you don't apply for them when you are eligible, there is a waiting period and a penalty for each month that you did not have them when you decide to take them and that penalty applies each month for as long as you have Part B & D.



- You DO NOT need to take Part B & D if you are on a large employer health plan. When you decide to take them, you will need a form from your employer stating you had creditable group coverage.
- Just because you are eligible for group coverage does not mean you have to take it. What is your cost and what are your copays and out of pocket maximums? You may be better off financially and have access to more coverage on Medicare.
- I see people stay on group coverage because their spouse is younger. If you go on Medicare, they have access to Cobra for 18 months. Most of the time the employer does not pay anything for the spouse so your premium for the spouse will not change much.
- Cobra is not considered group coverage so a penalty and waiting period will apply if you elect to stay on Cobra once you are eligible for Medicare.
- Do not wait too long to apply for Medicare if you are losing group coverage. Medicare has up to 60 days to make Medicare A&B effective and it will always be effective the 1st of the month.
- You may qualify for financial help with your prescriptions, check qualifications an easy online application is available. I normally help people apply a breakdown on your annual income and assets is needed.
- Medicare & Medicaid There are dual eligible plans available that offer additional services that are not covered by Medicare such as dental, vision, hearing, over-the-counter products, and a lot more.

Individual/Family Health Insurance DID YOU KNOW:

- Do you have access to group coverage? If so, what are you paying monthly, what are your benefits along with your worst case out of pocket maximum?
 - Get the cost for yourself, and options for spouse, children, and family.
 - Separating family members might be a better option
 - Not all insurance company networks are the same even within a carrier, a company may have an HMO and PPO, or EPO and the provider network is more than likely different
- Compare your options based on cost and medical needs
 - Market Place (Obamacare) this is NOT only for people that have low income. If you are low income you may get help with the monthly premium and possibly help with your cost share for provider services.
 - Short-Term, Tri-Term Policies are similar to the old Major Medical Policies where they are medically underwritten (you may be denied). They do not pay or pay 100% for preventive services, they have lifetime limits and they do not cover pre-existing conditions. If you do not qualify for subsidy these plans are often a lot less expensive and a good option for many.
 - Indemnity Plans they normally pay a portion of a bill and there is a clear maximum benefit for each service. Example it may pay \$50 toward an office visit and then you pay the remainder. This is my least favorite and requires medical underwriting and does not pay for pre-existing conditions



Dee Merritt

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

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

Dee Merritt
Logical Insurance Solutions

www.Logicalinsurance.com
239-362-0855
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*We also do a complimentary homeowner, health insurance and employer group review's

INFLAMMATION: CHRONIC, PERVASIVE, REVERSIBLE?

BY DR. LINELL KING

Diabetes, dementia, autoimmune disorders, cardiovascular disease, and many other chronic ailments are often linked to modifiable lifestyle factors. This means that prevention has a role to play, and you get to set the stage for how certain disease processes may or may not play out. Under specific circumstances these diseases may be completely prevented, effects greatly minimized, or even completely reversed. Many accept or expect these diagnoses without question, citing conditions such as age, genetic predisposition, or environmental factors. While this can be the unfortunate truth for some, many maintain the option to preserve/reclaim greater health and vitality. If it was “easier,” would you choose chronic disease, medical debt, reliance upon more and more medications; lifestyle limited by illness? Most say no, but actions often say otherwise. Understanding what to change and how to sustain those changes can greatly improve your quality of life, no matter where the starting point. Take the first action by committing to yourself and deciding what you want.

Where to Begin? Commit to you.

Does chronic pain and inflammation limit your lifestyle, job, ability to enjoy activities? How is your digestion...as efficient or comfortable as you would like? Inflammation affects that, too. How is your sleep? Do you wake feeling refreshed; ready to take on the day? Is your mind clear and sharp, or are you fatigued, anxious; depressed? Inflammation is not limited to muscles and joints, it can negatively impact multiple organs and body systems, compromising neurological function, digestion, mood, and hormone regulation.

These undesirable symptoms are the body's red flags; your body trying to tell you what it needs; or that something isn't quite right. Our bodies are amazing, extremely potent and honest indicators, but only if we take the time to pay attention. We can seize these opportunities to heal when we listen to the uncomfortable clues.

Metabolic Syndrome: A Cry for Help

Metabolic syndrome is a specific group of symptoms, or indicators, which may affect up to one-third of all Americans. This syndrome includes high blood pressure, high blood sugar, excess fat around the midsection, and abnormal cholesterol or triglycerides. In this situation, a person is on their way to developing type 2 diabetes; the vessels circulate high-glucose blood, which can damage the vasculature, greatly increasing the risk for heart disease and stroke. Aggressive lifestyle changes are needed in this population, with potential to avoid or reduce more serious complications.

Inflammation and the Microbiome

Our immune system should generally provide the ability to ward off most disease and infection. The health of the gut (or microbiome) is directly related to immune function. Nearly 80% of our immune system is housed within the gut. If the gut lining is damaged, toxins, undigested food particles, and bacteria can leak through the intestinal lining and into the bloodstream. This can throw the immune system into overdrive, as it works to disarm the toxic substances in the blood. Many individuals diagnosed with autoimmune disease find tremendous benefit in addressing inflammation in the digestive system. Dietary and lifestyle changes aimed at repairing the gut and establishing a healthy microbiome often alleviate or eliminate a wide array of autoimmune disease symptoms.

Addressing inflammation by improving gut health, clearing chronic infections, and removing toxins can improve many disease states and disorders. Optimizing and improving systemic function results in an increased ability to not only fight disease, but to express and enjoy more radiant health.

Join us at Naples Vitality to find the root cause of what ails you through utilizing a whole-body, integrative approach.

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

Linell King MD, renowned internist and author of “Mastering Vitality” received his medical degree from the University Of Wisconsin School Of Medicine, and completed his residency at The Johns Hopkins University Sinai Hospital Program of Internal Medicine. He has been practicing for twenty years; currently at his “Naples Vitality” office in Naples, FL.



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

Call **239-467-0098** to reserve a free 15 minute consultation call with Dr. King to discuss your personalized success strategy.
www.naplesvitality.com/consult



NAPLES VITALITY

DR. LINELL KING, MD

239-467-0098

WWW.NAPLESVITALITY.COM

201 8TH ST S #307, NAPLES, FL 34102

Do You Need a Little Something to Brighten Your Day?

Many People are Requesting Aesthetic Treatments, But are They Safe During this Unique Time?

It's been about five months now that we've been safely confined to the comforts of our homes. Many people are now starting to go back into the workforce and other activities, while others will be continuing their face-to-face meetings with co-workers via video chat platforms for a while longer.

Of course, we're not going to back to our "normal" sense of lives as they once were for some time, but we are starting to see a change and an overall acceptance of our new life as it is. In saying this, many people are calling Aesthetic treatment Centers in Naples office asking about their protocols for patient safety because they want to maintain their aesthetic needs or add treatments to their repertoire to look better, feel better and boost their confidence.

If you haven't had Botox or Fillers for a while, you might just now be saying to yourself, "It's time, but is it safe?"

Aesthetic Treatment Centers (ATC) is the Leading Medical Spa in Naples

ATC's Safety Protocols

Aesthetic Treatment Centers in Naples is always on the cutting edge of the latest procedures, and their modern, clean-lined locations are representative of their high standards, and you can trust that they are going above and beyond to accommodate their patients. From the waiting area to the treatment rooms, rigorous disinfection and sanitizing are continued throughout the day, and thorough attention to cleaning after each patient visit is impeccably implored by the entire staff.

Each patient is required to wear a face-covering in and out of the office, and there is no patient to patient contact, directly or indirectly. The appointments are spaced out so that each patient has privacy and 100% attention during their procedure or consultation. The staff is tested regularly and they are testing patients as well.

Upon arrival, each patient's temperature is checked, and they are asked to fill out a questionnaire. The staff also has their temperature checked daily and wear masks and PPE to make your visit worry-free.

IV Therapy

Many patients ask for ATC's IV therapy as an additional treatment during their visit. IV therapy is known to boost immunity, improve energy levels, increase hydration, illuminate the skin, and help fight off airborne illnesses.

From vampire facials, vaginal rejuvenation to threading, body sculpting, laser resurfacing, skin tightening, and injectables, Aesthetic Treatment Centers has got you covered. No matter what your areas of concern are, or what treatment you're in need of, ATC is known as the crème de la crème of aesthetics. In fact, Mindy DiPietro, the CEO, and Dr. Kathleen Marc are often referred to as the dynamic duo. Your visit will be personalized, and you will receive not only top-quality-care but also extra add-ons to make your day a little brighter.

ATC is Gaining Attention

Mindy and Dr. Marc were recently featured on Kathy Ireland's show, *Worldwide Business* with Kathy Ireland to discuss the connection between science and beauty. You can view the full video here, [ATC.WorldwideBusinessYoutube.com](https://www.youtube.com/watch?v=ATCWorldwideBusiness).

Whether you're wanting a little boost or a transformation, the tranquil, relaxing environment of the Aesthetic Treatment Centers will take your mind off of the day-to-day issues and give you time to enjoy doing something for yourself.

There is a lot to be said about feeling better, being more confident and looking your best that radiates into the rest of our lives. When we feel good, we give more, do more and are generally content and happier in all circumstances.

Aesthetic Treatment Centers is the newest aesthetic concept in Southwest Florida. They specialize in minimally and non-invasive cosmetic services including fat reduction, body sculpting, wrinkle reduction, hair removal, IV hydration, and feminine rejuvenation.

Their mission is to provide the best quality of service, with cutting edge technology, a multi-modality approach and individualized attention for their clients, which help patients fall in love with themselves all over again. In ATC's commitment to providing the best treatment for our patients, they are always searching for the latest, proven trends within the cosmetic and beauty industry.

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HELPING PATIENTS LIVE WITH PARKINSON'S

Each year, doctors diagnose 60,000 new cases of Parkinson's disease (PD). With advances in pharmacology and surgery giving PD patients longer lives and increased motor function, interventions to prepare family caregivers, empower patients in their daily lives, and improve patient peace of mind become more involved. While many patients live more than 20 years after the diagnosis, the median survival has been measured at 12 years.¹ The speed of progression underscores the value of that time and the importance of promoting quality of life during this important time of life. It's obvious but noteworthy that Parkinson's is more than a nigrostriatal disorder. While dopaminergic therapy improves rigidity, tremor, and bradykinesia, other symptoms do not respond. These include hypersomnolence, imbalance, dysphagia, dysarthria, and autonomic failure. Most notably, this includes cognitive decline, dementia, and drug-related hallucinations. These latter symptoms create the most concern for families. In Parkinson's, these symptoms progress more rapidly with age.

Among the many recommendations doctors make for families with Parkinson's, consider long-term home care, especially that from McKenney Home Care. Intermittent skilled care such as physical therapy can modulate the progression of Parkinson's disease and comorbidities,^{2,3} but needs for more daily living assistance persist and advance insidiously. For instance, every year, approximately 71% of people living with PD experience a near fall, 59% have an accidental fall, and 20% have a fall injury.⁴ In spite of active interventions with physical therapy, walking aids, and home modifications, 35% of people living with Parkinson's have experienced a fall-related fracture.¹ Long-term home care can assist patients with transfers and mobility (especially in the bathroom where most fall injuries occur). At-home aides will also increase the likelihood of a rapid response to falls. Aide support not only works to reduce the risk of fall injury but also to increase patient confidence, so patients can participate more confidently in more activities. The same could be said for activities as basic as eating, as patients with dysphagia often worry and put off eating in the absence of a caregiver who can respond to choking.

With McKenney Home Care, the level of service can increase gradually as the need increases. For the first few years, tremors may only merit transportation assistance, so patients can get to their appointments.



This can progress to personal care up to 24-hours per day according to patient needs and the family situation. Finally, with McKenney, long-term home care can progress to private-duty nursing to help with medication administration. In Parkinson's, the insidious nature of dementia makes it easy for families to underestimate the need for assistance. Some evidence suggests that dementia is under-diagnosed in Parkinson's. Researchers have commented that unless dementia is actively sought and excluded, it should not be assumed to be absent. Thorough neuropsychological assessments find dementia present in 39% of patients initially diagnosed with Parkinson's at age 40 to 69. This prevalence progresses to 83% over the next 20 years.¹ Especially when dementia is subtly present, it can interfere with driving, medication adherence, participation in medical treatment, visuospatial problems that contribute to fall risk, etc. By the 20th year of living with Parkinson's, symptom burden progresses to excessive daytime sleepiness (70%), falls (87%), freezing (81%), fractures (35%), choking (48%), and hallucinations (74%). A well-trained, professionally managed home care aide can improve safety and quality of life in the face of each of these burdens.

References: 1. Hely M, Reid W, Adena M, et al. The Sydney Multicenter Study of Parkinson's Disease: The inevitability of dementia at 20 years. *Movement Disorders*. 2008; 23 (6): 837-844. 2. Tomlinson C, Patel S, Meek C, et al. Physiotherapy versus placebo or no intervention in Parkinson's disease (Review). *The Cochrane Library*. 2013; 8 (8). 3. Petzinger G, Fisher B, McEwen S, et al. Exercise-enhanced neuroplasticity targeting motor and cognitive circuitry in Parkinson's disease. *The Lancet Neurology*. 2013 Jul 31; 12 (7): 716-26. 4. Wang H, Lin C, Lau C, et al. Risk of accidental injuries amongst Parkinson disease patients. *European Journal of Neurology*. 2014; 21 (6): 907-13.

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.

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

For Individuals with 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.



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Can a High-Tech Chair Cure Incontinence

By Joseph Gauta, MD, FACOG

Do you wear urinary pads or diapers? Do you leak when you exercise or sneeze? Aging, childbirth, and menopause can all lead to incontinence. There are many treatments such as surgical procedures, pessary devices, and medications to help cure or reduce incontinence.

There is a new device by BTL called Emsella that makes incontinence treatment as simple as sitting in a chair! The Emsella is a unique chair that patients can simply sit and relax in (fully clothed) and have their pelvic floor significantly strengthened during a 28 minute treatment.

The Emsella chair is being touted as the Kegel throne. Each treatment provides the equivalent of doing over 10,000 kegel exercises. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder. Results can often be noticed as quickly as the first treatment. Most women and men will undergo just six sessions in a full three-week program to restore their pelvic muscle strength. The best part is, 67% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients improved quality of life.

Who Is The Right Candidate For BTL Emsella?
BTL EMSELLA™ is a great option for patients of any age who desire solution for urinary incontinence and improvement in their quality of life.

How Long Is The Treatment?

How Many Sessions Do I Need?

Your provider will tailor a treatment plan for you. A typical treatment takes 28 minutes and you will need about 6 sessions, scheduled twice a week.

What Does The Procedure Feel Like?

Is It Painful?

You will experience tingling and pelvic floor muscle contractions during the procedure. The treatment is painless and you may resume daily activities immediately after the treatment.



The following patients should not seek Emsella treatment.

1. Subject is pregnant, planning to get pregnant or within 3 months postpartum;
2. Subject has a pacemaker;
3. Subject has an implant or IUD containing metal (e.g. copper T);
4. Subject has piercing between the waist and knees and is not willing to remove it before each treatment

How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.¹

This progressive treatment is helping numerous men and women find their freedom, confidence, and get their life back without having to worry about urinary incontinence. Emsella has been featured on the Doctors and in various news and media outlets.

References:

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



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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.



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THUMB ARTHRITIS

By Carmella Fernandez MD, MBA



Do you have thumb pain with opening doors and jars? Have you noticed that your strength has diminished when you try to pinch or grasp objects? If any of these sound familiar to you then there is a possibility you may be experiencing the debilitating symptoms associated with thumb arthritis.

The base of our thumb metacarpal sits on a bone called the trapezium, and together form a saddle joint called the thumb carpometacarpal (CMC) joint, which allows motion in three planes. The increased mobility at this joint predisposes it to the development of arthritis, in conjunction with the fact that we depend on our thumbs for 50% of our overall hand function.

1. Who gets thumb arthritis?

The honest answer is that anyone can get thumb arthritis, and the majority of the time is that it is idiopathic. However, there are certain individuals who are predisposed to the development of thumb CMC arthritis and they are as follows:

- women
- age over 40
- history of prior trauma to the thumb CMC joint
- inflammatory joint disease (ie. Rheumatoid arthritis)
- history of joint laxity
- occupations that require repetitive use of the thumb

2. What signs and symptoms should I expect to see if I have thumb CMC arthritis?

People with early onset of thumb arthritis may experience discomfort when grasping door knobs, opening jars, pinching and squeezing shampoo bottles, or when placing pressure over the palm of the hand during activities such as yoga. The pain can typically be localized to the base of thumb and it is often activity dependent, and improves with rest. As the arthritis progresses there can be a noticeable prominence at the base of thumb which is referred to as a "shoulder sign" because it resembles the contour of one's shoulder. I often see patient's in my office once the symptoms have become more constant and affect their ability to work and enjoy hobbies such as golf and tennis.

3. How is thumb CMC arthritis diagnosed?

The diagnosis is made based on clinical examination in conjunction with radiographs of the thumb.

4. What are my treatment options?

After receiving a diagnosis of thumb CMC arthritis the mainstay of treatment is conservative, consisting of activity modification, NSAID's, and splinting. Quite often these treatments have been exhausted by the time someone comes to my office, and the next step on the treatment spectrum would be a injection of corticosteroid into the joint which can be performed in the office setting. The pain relief obtained from an injection is very variable from one person to the next, and can range from a few days to months and maybe even years.

5. When is surgery considered?

I do not consider surgery for a patient until all conservative treatment has been exhausted. If a patient is no longer experiencing relief from the corticosteroid injections, or they have had three or more injections in the past I would discuss surgical options with my patient as repeated injections can weaken the capsular integrity of the joint and potentially weaken the surrounding tendons and ligaments.

6. What is involved in the surgery?

The surgery is very similar to other salvage surgeries for arthritis in that the arthritic bone is removed, however the hand and wrist differ dramatically from that of a knee and hip in that we do not weight bear through our upper extremities. Therefore the bone that is removed does not need to be replaced with implants. There are numerous variations of the surgery for thumb CMC arthritis, and I prefer to perform a suspensionplasty which limits the number of incisions made, does not require harvest and sacrifice of a tendon, and also does not require any drilling of bone. The technique I utilize allows my patients to begin early range of motion of the thumb at two weeks following the surgery.

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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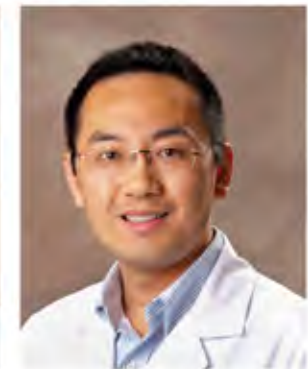
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Diabetes Adversely Affects Foot and Leg Health

Dr. Michael J. Petrocelli, Board Certified in Ankle and Foot Surgeries

Diabetic neuropathy is a progressive disease that affects nearly 200,000 new patients per year. Roughly, 29 million Americans have diabetes. Many of these cases are undiagnosed, but for those individuals that struggle with the disease, symptoms of diabetic neuropathy can be debilitating.

People with diabetes have an extremely high storage of glucose; Glucose damages many organs in the body but also has a severely adverse effect on nerves. This nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective.

Individuals with diabetes are at a higher risk of developing foot ulcers. These are not just simple wounds that are to be overlooked. When a diabetic person develops these foot ulcers, it can be life threatening.

Understanding the disease state is complex, but in short, having high blood sugar levels, along with low blood and oxygen supply, damages the nerves throughout the body. This damage affects the long peripheral nerves that feed sensations to the legs, feet, and toes from the spinal cord, through communication with the brain. If your condition has progressed, along with nerve damage, you may develop lingering sores on your feet and toes that are resistant to healing.

Diabetic Foot Neuropathy Symptoms

- Numbness
- Tingling
- Burning sensations
- Painful aching
- Joint inflammation
- Joint damage
- Balance issues
- Skin discoloration & texture changes
- Muscle cramps
- Feelings of stiffness
- Non-healing foot & ankle ulcers



Once the peripheral nerves are damaged, there is no cure. Along with medications and drug therapies, there are proven methods to lessen the symptoms of diabetic foot neuropathy.

Foot Ulcers

Because of the nerve damage, the feet will most likely not secrete oils or sweat properly and can develop cracks and deep slits from dry skin. Calluses can also split, and once these issues start to take place, bleeding, infections and non-healing wounds form on the bottom of the foot and toes. The lack of blood supply and the nerve issues, do not allow the wound to heal properly on its own. Along with this disorder, the individual will continue to put pressure on the foot; this rubbing action is similar to wearing a hole in your sock or shoe.

It's critical to keep your glucose levels regulated.

Diabetic Foot Ulcer Treatment

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

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.

Collier Podiatry

Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers. Podiatrists treat the entire knee down area of the leg, so if you are experiencing diabetic leg, ankle, or foot wounds, rest assured that Collier Podiatry's podiatric care is your best option.

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Combating Depression:

3 Innovative Ways of Managing Depression

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

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

TREATMENT #1

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

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

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

TREATMENT #2

Spravato™ Esketamine Nasal Spray

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

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

TREATMENT #3

Transcranial Magnetic Stimulation (TMS)

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

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

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

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



Alleviant Health Centers of Naples

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

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



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

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



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WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

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

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

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

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

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

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

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

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



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

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



SOME OF THE SIGNIFICANT CHANGES ARE:

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

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

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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


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MANUAL LYMPH DRAINAGE

THERAPY FOR LYMPHEDEMA, POST- SURGERIES & MORE

By Jamie Kliewe, Owner, Licensed Therapist & Board Certified Holistic Health Practitioner

W manual Lymphatic Drainage (MLD) is a medically-driven massage technique that was originally discovered and explored in the 1930's by Drs. Emil and Estrid Vodder, for chronic sinusitis and other immune-related illnesses. Now, MLD is used in many other applications, including general detoxification, lymphedema management, post-operative healing, extreme stress relief, pre-pregnancy detox, and more. Stimulating the lymphatic system helps to eliminate waste products, toxins, bacteria, and excess fluid from the body.

Our lymphatic system is essentially our body's filtration/garbage disposal network. It is made up of organs, nodes, vessels, and ducts, which work together to process a substance called "lymph", carrying the substance from our bloodstream through the lymph network and back to the bloodstream. As this lymph circulates throughout our bloodstream, it collects all the "trash" and activates excretory functions to escort it out of the body! The Lymphatic System is also responsible for circulating nutrients and oxygen into the blood vascular system assisting with healing and repair mechanisms. When the lymph gets clogged up with a lot of toxins, it doesn't flow properly and can cause or contribute to fatigue, mood swings, depression, low energy levels, weight gain, sinusitis, chronic immune suppression, headaches, and eventually even more serious illnesses like fibromyalgia, heart disease, lymphedema, and even certain cancers!

Receiving regular MLD treatments can often help boost the immune system by fighting off infections. When you activate and clear lymphatic vessels, bad bacteria and viruses are much less likely to become opportunistic. Regular treatments can also help with hormone imbalances and contribute to a healthy metabolism. Many studies have been and are being conducted to understand more fully the important impact the Lymphatic System has on the entire function and health of the body.

The style and technique will differ slightly depending on the therapist, but the Vodder Method is the most studied in terms of results and efficacy. True



lymphatic drainage will be an incredibly soft and relaxing experience, involving light circular motions, tracing your whole lymphatic system, or sometimes targeted to specific areas. The more toxins you have, the more risk you may have for not feeling well after your first session, which is also a huge sign of how well this technique works! If you eat poorly, take pharmaceutical drugs, smoke, work or live in toxic conditions, have certain chronic health conditions, or are toxic in other ways, it is possible that you will not feel well after your manual lymphatic drainage session. In some extreme cases, you may even come down with flu-like symptoms, but they should not last long. It is all a part of the process and will be worthwhile in the end. It would be wise to schedule your first session at the end of your work week, when you have a day to devote to rest and recovery just in case you experience some of these symptoms. It's also common that you'll have to use the restroom frequently after your MLD session, or even throughout the massage, so always feel open to telling your therapist that you need to take a break to use the restroom. It is especially important to be hydrated during the lymphatic drainage, so drink plenty of water before and after treatment.

Omni Balanced Life Center offers Manual Lymphatic Drainage therapy massage with our experienced and qualified Vodder Certified therapists. OMNI works with guests who choose MLD for a variety of reasons, including post-surgery, lymphedema management, general detox, and more. Several surgeons

and integrative MDs and DOs in our area and beyond refer their clients to OMNI because their results truly speak for themselves. Services are offered at Omni Balanced Life Center 720 Goodlette Rd., Ste 205 Naples, FL 34102. Visit www.OmniNaples.com to learn more and call 239-234-1608 to schedule your visit.



Ana Payero LMT, CLDT, RYI-200
Ana comes to Omni ready to share her own personal journey of healing which led her on her path to becoming a holistic health therapist. Ana is a licensed Massage Therapist, Certified Manual Lymph Drainage Therapist and Certified Yoga/Thai Yoga Instructor. She has a strong desire to help others achieve optimal health and wellness. She received her massage training at Bonita School of Massage and the MLD Institute. You will be able to feel Ana's amazing positive and healing energy as she works.

Ana is super passionate about Manual Lymphatic Drainage therapy and all it has to offer her clients. Ana loves to incorporate essential oils into her treatments as well. One of her signature services is the Raindrop Massage, which features 9 essential oils and light body work. Ana is certified in Trigger Point Therapy and is Vodder Certified in Manual Lymphatic Drainage detoxification therapy. Ana is continually taking classes and expanding her repertoire and has a divine calling to help with the healing of the female energy.

Bilingual: English/Spanish



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Jamie Kliewe, Owner of Omni Balanced Life Center, Licensed Therapist & Board Certified Holistic Health Practitioner, works along with her team of highly professional and dedicated therapists to help the Southwest Florida community members achieve their highest level of health. OMNI's team approach offers traditional and holistic treatments and services that work in collaboration with your general health practitioner to achieve a true whole person approach to healthcare.

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Body Contouring is all the rage, but the reason many people are willing to try one technique over all of the others is because of two simple facts. Firstly, it works naturally, and secondly, it works internally, not just superficially. That's why we're hearing about all of the celebrities trying EMSculpt® and loving the results. And that's why Internal Medicine Partners of Naples offers this exclusive treatment for their patients.

The EMSculpt® Difference

With EMSculpt®, it's not just about the "fat," it's about building muscle in an involuntary way that triggers metabolism, increases strength and functionality, and not only makes the body appear lean and fit, it actually is stronger and trimmer due to EMSculpt's exclusive technology. EMSculpt is FDA-cleared to safely and effectively build muscle, improve muscle tone, and increase strength.

Ideal EMSculpt Candidates

EMSculpt is the ideal treatment for anyone looking to build muscle and reduce fat to help get defined abs or a non-invasive butt lift. It works exceptionally well for individuals that eat healthy diets and exercise, but still have stubborn areas of fat pockets, or for those who want more definition. Treatment plans are customized to achieve the look and results you desire.

EMSculpt Procedure

The EMSculpt procedure feels like an intensive workout of muscles in the target area being treated.

The levels can be adjusted and gradually increased during the course of the treatment. Most patients enjoy lying down and relaxing during the non-invasive procedure.

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

Results

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



There is minimal discomfort and no downtime. If you'd like a leaner, stronger body, talk to Internal Medicine Partners of Naples today about your consultation.

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.

Dr. Alejandro Blanco and Dr. Ralph Rodriguez are Accepting New Patients. Please Text or Call (239) 596-8804 to Schedule Your Appointment and Free Consultation Today.
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Spider & Varicose Veins: Are They Superficial Issues or More Serious?

Do your legs hurt? Do you have swelling or numbness and tingling in your legs or feet? Multiple health conditions can cause tingling sensations in the feet and legs, such as diabetes or MS, but often it is associated with varicose veins. One out of two people over the age of 50 have varicose veins, but that's not to say that younger people can't also develop them.

Risk Factors

Some of the risk factors include a family history of varicose veins, being overweight, hormonal imbalance and fluctuations, birth control medications, standing or sitting for long periods of time, blood clots, or abdominal pressure.

Symptoms

Along with tingling, the symptoms may include throbbing, weakness, a sensation of heaviness in the legs, restlessness, and dark blue or purple bulging veins in the legs, calves or behind the knee. Varicose veins can cause pooling of the blood and blood clots, but not all varicose veins are initially dangerous or systemically damaging.

SPIDER & VARICOSE VEINS Q & A

What are spider veins?

Spider veins are blue or red veins that appear close to the surface of your skin. They can resemble spiderwebs and are usually found on your face and legs. These veins can cover a small area of your skin or grow over larger areas.

What are varicose veins?

Varicose veins are similar to spider veins, except they are much larger and appear to bulge or twist out of your skin. Varicose veins can even swell and raise above your skin's surface.

Commonly found on your thighs, the inside of your leg, and in your calves, varicose veins can also appear on the vagina and buttocks during a pregnancy.

What causes spider and varicose veins?

Spider veins are the result of a backup of blood flow in your veins. They can also develop due to hormone changes, such as during pregnancy, menopause, or the natural course of aging.



Varicose veins can come from weakened or damaged valves in your veins. This damage results from the force of blood that must fight gravity to carry blood back to your heart. For this reason, varicose veins most often appear in the lower part of your legs, as they are furthest from your heart.

When the valves weaken, they can't prevent blood from flowing backward, and blood begins to leak back into the veins and collect there. As blood collection grows, veins grow larger and become varicose.

What treatments are available for varicose and spider veins?

The providers at Vascular Center of Naples can determine the best course of treatment based on the condition of your veins during your examination. The physician initially may recommend lifestyle changes such as quitting smoking and being more physically active if your veins are not causing any discomfort.

For more serious vein issues, Vascular Center of Naples can recommend sclerotherapy. This procedure uses a liquid chemical that the doctor injects into the vein to close it and stop the flow of blood. As a result, the vein turns into scar tissue and goes away naturally.

The physicians at Vascular Center of Naples also offers Varithena®, an injectable foam he uses with ultrasound-guided injections. This prescription treatment can prevent the backflow of blood in your veins and lessen the appearance and symptoms of varicose veins. The foam displaces blood in the bad vein, causing it to collapse and disappear.

To learn more about varicose vein and spider vein treatments, schedule an appointment today!

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



Russell Becker, DO
Vascular Surgeon

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

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

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



Duke M. Pfitzinger, Jr., DO
Vascular Surgeon

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

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



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BACK TO SCHOOL: TIME FOR SPEECH THERAPY

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

Preparing for 'back to school' means much more than simply stocking up on colored pencils and spiral-bound notebooks. It is often a time of new beginnings, new experiences, and for some parents, when they first realize something may be "wrong" with their child's speech, language, reading or feeding abilities.

The first step is quite simple: go to the pediatrician. A child's primary care doctor can conduct a basic screening of a child's development and address parental concerns, while most likely easing worries with professional guidance. A pediatrician may next refer the child to a pediatric otolaryngologist and/or audiologist. The otolaryngologist (ENT) and the audiologist can utilize their expertise to determine if the issues involved with speech and language could be related to a hearing problem.

Subsequently, a referral may be made to a speech-language pathologist for a comprehensive evaluation. There are myriad reasons why an evaluation conducted by a speech-language pathologist would be suggested, ranging from speech sound disorders to picky eating habits! A parent interview is first conducted to ascertain medical history, developmental milestones, and communication or swallowing concerns. Parental involvement is critical for a successful evaluation.

Depending upon the concern, the speech-language pathologist will analyze a child's understanding and expressive use of various words, following directions of varying length and complexity, correct use of words in grammatically-appropriate sentences, pronunciation of age-appropriate speech sounds, voice quality, movement of structures utilized for speech production, and fluency of speech. Depending upon the age of the child, reading and written expression skills would be assessed as well. Formal, standardized evaluations are utilized in conjunction with informal data collection methods. If feeding or picky eating is a concern, the speech-language pathologist would conduct a comprehensive swallow/feeding evaluation.

Findings are discussed at length with parent/guardian, and a thorough written report is furnished. The report will indicate recommendations for future action which may include participation in speech therapy, referral to another professional, and/or re-evaluation at a later date. While it may be more involved than picking up pencils or a notebook, this evaluation lays the foundation for your child's back to school communicative experiences and overall success.



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

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

Mrs. Freise Pollitt is the former vice president of Closet2Closet, an Illinois-based non-profit organization providing current trend apparel to teenagers living in foster care and/or disruptive situations. Locally, she is the former President of the Collier County Medical

Society Alliance, and a former Director of the Florida Medical Association Alliance. She is an advisor to the Stroke Recovery Foundation and to the Alzheimer's Support Network of Naples.

In regards to pediatrics, Mrs. Freise Pollitt offers a myriad of services at Speech By The Beach Consulting LLC. She offers comprehensive evaluation and treatment of articulation/phonology, receptive and expressive language, voice, feeding/swallowing, reading skills, cognitive communication, and social language. Mrs. Freise Pollitt is specialized in evidenced-based methods including Food Chaining, the Orton Gillingham Reading Approach, Baby Signs, and the Beckman Oral Motor Approach. The practice offers complimentary speech/language screenings for private daycare facilities and private schools. Speech By The Beach Consulting also offers telepractice as an option in these current times. The practice proudly participates in the Gardiner Scholarship Program of Florida, which allows children with special needs an opportunity to receive an education savings account (ESA) funded by the state to pay for speech therapy services.

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



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www.speechbythebeachconsulting.com

August is Psoriasis Awareness Month

By Sydney Tateo, DNP, APRN

Psoriasis is a chronic skin disease characterized by an overactive immune system which causes skin cells to build up. The excess skin cells accumulate to form red, inflamed, plaques. Some individuals may develop a type of psoriasis which also affects the joints, called psoriatic arthritis.

Treatment for psoriasis has come a long way. For small focal areas, topical creams can effectively manage the disease. When the disease becomes more widespread or causes significant symptoms, oral medications and injectable medications are available. Today, there are numerous systemic medications that target the pathway specific to psoriasis, which results in fewer side effects and much lower risks compared to older medications.

As with most chronic diseases, there are a few key lifestyle modifications that can greatly help manage symptoms and prevent flares. People with psoriasis should stop smoking. Research also indicates that stress can exacerbate psoriasis symptoms. Patients should seek professional treatment if they need assistance with smoking cessation or stress management.



Moisturizer creams and ointments should be used daily to keep moisturized and nourished. Some creams also have active ingredients in them that will help exfoliate scaly plaques. Medicated shampoos are essential in managing psoriasis on the scalp. These shampoos exfoliate the skin and allow the excess skin cells to slough off.

Do not hesitate to reach out to us here at Skin Wellness Physicians for an evaluation. We understand that psoriasis can be an embarrassing and frustrating disease that impacts much more than just the skin.

Sydney Tateo, DNP, APRN

Board certified by the American Academy of Nurse Practitioners

American Academy of Dermatology

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Can Sensory Retraining Help Improve Your Rehabilitation?

A Natural Part of Aging

It is often believed that sensory loss is a “natural part of aging.” As we age, our senses change. People often recognize that they are experiencing changes to senses like taste, vision, and hearing. They add a little more salt to their food, move the book a little closer, and turn the volume of the TV up a little louder. At some point, they either notice that they are making these changes to compensate or that the changes no longer provide the improved sensory input they need, and they seek medical attention. Patients often get glasses or hearing aids in order to manage the loss of vision or hearing, but many more complicated sensations are often left unrecognized and untreated.

Types of Sensation

Sensation is usually thought of as taste, smell, hearing, vision and touch, but those are not the only senses we utilize. The sense of touch itself is multi-faceted, and it is perceived in a variety of ways. We sense texture, temperature, light pressure, deep pressure, and vibration all differently. Along with these senses of “touch,” we also have the sense of proprioception. Proprioception is the brain's ability to recognize the body's positioning in space. Proprioceptors exist throughout all the muscles and joints in the body. When you close your eyes and move your arm around, proprioception is what tells you where that arm is located. In 1826, proprioception was deemed the “sixth sense,” completely separating it from the concept of touch and establishing it as “the muscle sense.”

Sensation and Function

Our sensations have a complex job. The sensory system generates information, which is sent to our motor systems in order to generate movements and behaviors. We recognize that if we cannot sense pain, we do not know to move our hand away from a hot pan. The actual neurological process is extensive; however, basic principles can be understood by everyone. The sensory nervous system collects stimuli through our senses and reports them back to our brains. Our brains then take that information from both the outside world and inside our bodies and determine appropriate reactions. Without sensory input, our bodies have no interaction with the world around us or within us.



How Sensation Impacts Rehabilitation

Major sensory changes can occur with conditions such as stroke, Parkinson's disease, or traumatic brain injury, but also as a general part of aging. Sensory deficits impact a person's ability to enjoy and explore the world around them. Just like you cannot expect a customer to be able to read a menu they cannot see; we cannot expect patients to properly utilize muscles they cannot feel.

As an Occupational Therapist, I often hear the following complaints: “Sometimes my hands/feet just don't feel like they are mine anymore,” “I made great progress when I was in therapy, but a few months later I was back to what I was doing before,” or “if I don't look at my feet how am I supposed to know what I am doing.” These are all signs of sensory changes that often go unnoticed or untreated.

When it comes to rehabilitation, there tends to be a stronger focus on restoring movement versus sensation. The deep connection between the two is often overlooked. In reality, the body's processes are a two-way street of motor and sensation. Sensory input informs our motor output.

For example, let's take the case of an 82-year-old man. He is highly active in his community but has poor posture, so he slowly starts using a cane. His

doctor sees that he is now using a cane and refers him to therapy. Over a 5 year period, he goes to therapy and corrects his posture 5 times. It is common knowledge to his doctors and therapists that he cannot feel below his knees, and yet they never directly address that issue. Each time this patient works his way off of his cane, he is able to perform for about 3 months before he slowly works his way back. What is happening here?

The gentleman in question cannot feel his feet. If you cannot feel your feet, instinctively, your body is going to attempt to get the sensory input another way; for example, by looking at your feet. When he looks at his feet, he is hunching over, causing muscular decline, which eventually throws off his balance and all of the progress he has made.

Sensory Retraining as a Vital Part of Rehabilitation

Sensory changes can be a normal part of the aging process, but that does not mean that they cannot be corrected or improved. Sensory retraining as a precursor to motor skills training leads to improved results. With improved sensation, patients are able to further isolate weak or damaged muscles, correct positioning, and maintain muscular results for longer periods of time. When a therapist successfully corrects a patient's posture but doesn't restore or correct the behavior that caused the decline, it is only a matter of time before the patient returns to their prior level of function.

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Do You Have A Thyroid Disorder?

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

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

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

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

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

Hyperthyroidism Symptoms:

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

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

Hypothyroidism Symptoms:

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



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



Josephine V. Jasper, MD F.A.C.E.
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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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Protecting Your Eyes From the Sun's Damaging UV Light

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

Dr. Taba, Retina Specialist from Personalized Retina Care of Naples, wants you to be mindful of protecting your eyes from the sun. She recommends the following guidelines provided by the American Academy of Ophthalmology.

Ultraviolet (UV) light can harm your eyes¹

Most of us remember to protect our skin by applying sunblock, but the eyes need protection as well. Too much exposure to UV light raises your risk of eye diseases and other problems. Here are a few of the eye conditions you can avoid by wearing sunglasses:¹

Cataracts and **eye cancers** can take years to develop. Each time you bask in the sun without eye protection, you increase your risk of serious disease. Babies and children need to wear hats and sunglasses for this very reason. People of all ages should take precautions whenever they are outdoors.¹

Growths on the eye, such as **pterygium**, can show up in our teens or 20s. Surfers, skiers, fishermen, farmers and others who spend long hours under the midday sun or near rivers, oceans and mountains are at risk.¹

Snow blindness, a form of photokeratitis, can quickly develop after exposure to UV reflections off of snow, ice, sand or water.¹

Protect your eyes from sun damage in every season¹

Many sunglasses shoppers forget to check the UV rating before purchasing a pair of sunglasses. Be sure to select sunglasses that provide 100% UV or UV400 protection, or block both UV-A and UV-B rays. If you're unsure, check out our recommended types of sunglasses.

Photosensitizing drugs²

Photosensitizing drugs — drugs that make your skin more sensitive to light — can make your eyes more sensitive to light as well. You should discuss precautions with your ophthalmologist if you are taking photosensitizing drugs and wear UV-absorbent sunglasses and a hat whenever you go outside for as long as you take them. Some of the drugs that may increase your risk of UV sensitivity include:²



- Antibiotics containing fluoroquinolones and tetracyclines (including doxycycline and Cipro)
- Certain birth control and estrogen pills (such as Lovral and premarin)
- Phenothiazine (an anti-malarial)
- Psoralens (used in treating psoriasis)
- Anti-inflammatory pain relievers like ibuprofen and naproxen sodium have also been shown to cause photosensitivity, though the reaction is rare.

People with light-colored eyes²

Have blue or green eyes? Cover up with a hat and glasses to protect your vision. Some studies show that UV exposure and light irises may increase the risk of rare eye cancers, such as melanoma of the iris or uveal melanoma.²

Here are additional tips to protect your eyes from UV damage, no matter what the season:¹

- Wear a hat along with your sunglasses. Broad-brimmed hats are best.
- Know that clouds don't block UV light.
- Sunlight is strongest midday to early afternoon, at higher altitudes and when reflected off of water, ice or snow.
- Never look directly at the sun. Doing so at any time, including during an eclipse, can damage the eye's retina and cause a serious injury known as solar retinopathy.
- Avoid tanning beds. Tanning beds pose the same risks to your eyes and body as outdoor UV light.

Sunlight and your health¹

Healthy exposure to sunlight can have positive effects, as long as you protect your eyes from UV damage. You need a little natural light every day to help you sleep well. That's because the light-sensitive cells in our eyes play an important role in our body's natural wake-sleep cycles. This is especially important as we age and become more apt to insomnia.¹

Spending time outdoors in the daylight can also help prevent nearsightedness in kids. Take your children outside to play to help lower their risk for nearsightedness and teach them good habits for a lifetime of eye health. Just don't forget those hats and sunglasses!¹

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

Personalized Retina Care of Naples provides incomparable diagnosis, medical and surgical treatment for retinal and ocular conditions and disorders. Dr. Taba is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases. Same day appointments are often available, and she accepts patients for second opinion.

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

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WILL YOUR NEW ROUTINE CAUSE YOUR PET TO EXPERIENCE SEPARATION ANXIETY?

What You Need To Know

We're all facing new challenges, and new routines as we go back to work in the office, or outside of the home and kids are preparing to head back into the classroom. After months of being quarantined at home, what will happen to our pets who have become accustomed to us always being around? Will they go through separation anxiety? And if so, what are some things we can do to make them more comfortable and content?

We spoke to the experts at Animal Oasis Hospital to learn more about what we can do as pet parents to prepare and incorporate daily protocols to make our pets live happier and healthier during this transition.

AO: Like most people, we normally live busy lives; working all day, taking kids to sports or music lessons, spending weekends out and about and NOT being home all day and day out, seven days a week. However, in March, things changed. Our pets are now used to us being home and tending to their needs for the past 4 to 5 months. That's a long time, and they have inevitably become acclimated to our new schedules. Of course, dogs will be most affected by this change than other types of pets, because they notoriously thrive on human interaction.

When we venture out now to eat a nice leisurely meal, go to work, school, or to go to the beach for long periods, the majority of pets will have a difficult time with our new routine.

Do Trial Runs Before Being Gone too Long

One of the things we recommend is to try and get your pet ready for the transition with shorter outings. You can reward them with hugs, smooches, treats whatever they love most when you return home. This will help prepare them for longer work and school days.

Exercise

Another thing we suggest is to give you dog plenty of exercise before you leave the house. It's essential to provide the appropriate amount of play or walking depending on their needs. However, you certainly want to be mindful of the heat. If it's too hot and unsafe to walk your dog, try playing fetch or tug of war with them in your air-conditioned home. Walking dogs early or late in the evening is best in the summer heat to avoid complications.

Provide Essentials, Toys and a Place to Rest

Make sure your pets have plenty of fresh water, food, and toys available to provide nutrients for their bodies, adequate hydration, and to keep them occupied. If you have a particularly stressed out pet, hiring a pet sitter, or asking a friend to check in on them can be very beneficial. It's also critical to provide a comfortable bed, mat or soft area for them to sleep and rest.

Stay Calm

Animals can tell if their human owners are anxious, so try to maintain a calm demeanor around your pet, especially before you leave them. This will make them feel more comfortable and less concerned.



Webcam Microphones can Startle Pets

If you are using a webcam to keep an eye on your pets, please remember not to use the microphone to speak to them if they are not used to this. Otherwise, it will confuse them and cause distress. You can try and get your fur-baby used to you speaking to them through the microphone while you are in another area of your home and for short periods of time at first.

Calming Pills and Treats

Calming supplements can ease your pet's anxiety. Before you leave the house, give your pet the recommended dosage of these all-natural, anti-anxiety medications, as this can help your pet feel more at ease during times alone.

At Oasis Animal Hospital, we 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 and prepare for your new routine in advance.

Contact Animal Oasis Veterinary Hospital to schedule a wellness exam, vaccinations, and calming medications for your pets today!

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ORCHIDIA MEDICAL GROUP OFFERS A CUTTING-EDGE PEPTIDE THAT IS PROVING TO BOOST IMMUNITY

By Dr. Carolina Young Ortiz

Thymosin Alpha-1 (Ta1) has been known as an excellent immune modulator. Thymosin is a small protein produced naturally by the thymus gland which stimulates the development of disease-fighting T cells. The thymus is an integral part of your immune system, where individual T-cells are made to respond to the millions of bacteria, fungi, or viruses that could invade your body.

Commonly prescribed for the treatment for chronic viral diseases, Thymosin Alpha-1 has also been shown to increase innate immunity factors and help fight against harmful autoimmune processes. It is given to help control inflammation associated with chronic diseases, which can cause excess fatigue.

Ta1 Benefits May Include

- Modulates immune function and inflammation
- Improved chronic fatigue
- Suppresses tumor growth
- Improved autoimmune function
- Anti-fungal, anti-viral and anti-bacterial properties
- Protects against oxidative damage
- Increases vaccine effectiveness
- Helps eliminate unhealthy cells and stop infection or cancer growth

Study on Thymosin Alpha1 and Patients with COVID-19

According to a recent 2020 COVID-19 study utilizing Thymosin Alpha 1, the following information, directly correlates to the findings on Ta1 and its function in fighting the novel coronavirus.

We previously reported that lymphocytopenia and T cell exhaustion is notable in acute COVID19 patients, especially in aged and severe cases. Thymosin alpha 1 (Ta1) had been used in the treatment of viral infections as an immune response modifier for many years... We retrospectively reviewed the clinical outcomes of 76 severe cases with COVID-19 admitted into two hospitals in Wuhan from December 2019 to March 2020. The thymus output in peripheral blood mononuclear cells (PBMCs) from COVID-19 patients was measured by T cell receptor excision circles (TREC). The levels of T cell exhaustion markers PD-1 and Tim-3 on CD8+ T cells were detected by flow cytometry.¹



Ta1 supplement significantly reduce mortality of severe COVID-19 patients. COVID-19 patients with the counts of CD8+ T cells or CD4+ T cells in circulation lower than 400/ μ L or 650/ μ L, respectively, gain more benefits from Ta1. Ta1 reverses T cell exhaustion and recovers immune reconstitution through promoting thymus output during SARS-CoV-2 infection.¹

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Reference:
Yueping Liu Thymosin alpha 1 (Ta1) reduces the mortality of severe COVID-19 by restoration of lymphocytopenia and reversion of exhausted T cells, 2020, Published by Oxford University Press for the Infectious Diseases Society of America, <https://pubmed.ncbi.nlm.nih.gov/32442287/>
DOI: 10.1093/cid/ciaa630

Dr. Carolina Young Ortiz earned her medical and surgical degree 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, Sexual health to Male and Females, Weight loss, Bio-identical hormones and aesthetic procedures.

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. Timothy Iannone, D.O. is both an osteopathic physician and yoga instructor in the southwest Florida region. Originally born in upstate New York, he obtained his Bachelor of Arts at Saint Mary's College of Maryland. He then continued on to Pennsylvania and graduated from Philadelphia College of Osteopathic Medicine in 2007 in the top quintile of his class.

Finally, he went on to complete his Family Medicine Residency in 2010 at Franklin Square Hospital where he served as Chief Resident from 2009 – 2010. Dr. Iannone is board certified with the American Board of Osteopathic Medicine and is a member of the American Osteopathic Association.

He works to treat patients holistically using the latest technology in place of pharmaceutical approaches when possible and has now joined Orchidia Medical Group employing platelet-rich plasma and acoustic wave treatments for both erectile dysfunction and multiple musculoskeletal conditions.



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How to Enjoy Having Your Home Professionally Cleaned

Your house is a mess. You have no free time. You hate to clean. If this sounds familiar, you're not alone. Over 100 million people in the US and Canada feel the same way. As you plan to hire house cleaning services, here are some tips that will make your experience even better.

Remember that you're hiring human beings

If you plan on every speck of dust being gone after your clean, you're most likely setting yourself up for disappointment. You'll enjoy your service more if you are realistic about what you're getting. While professional house cleaners are exceptional at what they do, they are not super human. They can't clean your master bathroom in 5 minutes. Humans also make mistakes. If something isn't done well, relax, call the house cleaning service at the office, and let them know. Depending on the type of issue, most professional house cleaning companies will send someone out to re-clean the area and make sure to correct the situation.

Leave your home while it's being cleaned

Do you like when someone looks over your shoulder while you work? Neither do housecleaners. Relax. Professional house cleaning services screen their employees, conduct background checks, and are bonded and insured. Get the most out of your cleaning service by getting out of your house during the cleaning process. Not only will you enjoy the great feeling of walking into a clean

home, but the cleaning staff will be better able to focus on their job. While leaving isn't a requirement, you just might find out how great it feels to abandon all thoughts of cleaning!

Leave a tip

Tipping service professionals is nothing new. Everyone tips their server at a restaurant, the bellboy, the valet. Tipping your cleaning professional is a good thing. Think about this; a professional cleaner is in your home, touching virtually all of your possessions. Cleaning is a physically demanding job. House cleaners are constantly bending down, scrubbing, walking up and down stairs, reaching up high, and moving heavy things around. And if hard work isn't enough, remember that they're dealing with all your dirty stuff! It's well worth a few extra dollars to say thank you. And who doesn't love a tip? Remember, a happy cleaner is a great cleaner.

To clean or not to clean

It's a question most people grapple with. Should I clean my house before the cleaning person comes? This is really up to you and there is no right answer. If you have hired a cleaning person for a set amount of time, the cleaner will be able to provide a deeper clean if your home is very tidy before their arrival. But, some people don't like even tidying up. If that's you, then letting the house cleaner do that might be well worth it. In the end, you have to decide how you want the house cleaner spending their time.

I clean my home in 1 hour... they should too

People always think a professional house cleaner should be able to clean their home faster than they clean it themselves. This is a misconception. When most homeowners clean their homes, they clean very differently than someone they hire. Homeowners know what areas they can skip and usually don't clean all the areas that professionals do. For example, many homeowners may skip the toilet when cleaning the bathrooms, only wiping down the counter and mirror. And even if they do tackle the toilet, they usually don't get the floor behind it. Professional home cleaners must clean everything, which, in the end, usually takes longer.

If you're realistic about your house cleaning service, you'll be much happier. And if there is something you're not happy with, simply call the office. You'll be much better off working through a few small issues than constantly jumping from one cleaning service to the next. Once you and the professional company get it right, having your home professionally cleaned is on.



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Is Recency Bias Swaying Your Investing Decisions?

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

Provided by Nina Azwoir

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

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

What Recency Bias Looks Like in Investing Decisions

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

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



How to Stop Recency Bias From Impacting Your Decisions

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

Filtering Out the Noise to Focus on What Important

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

Implementing a few key techniques during times

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

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

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



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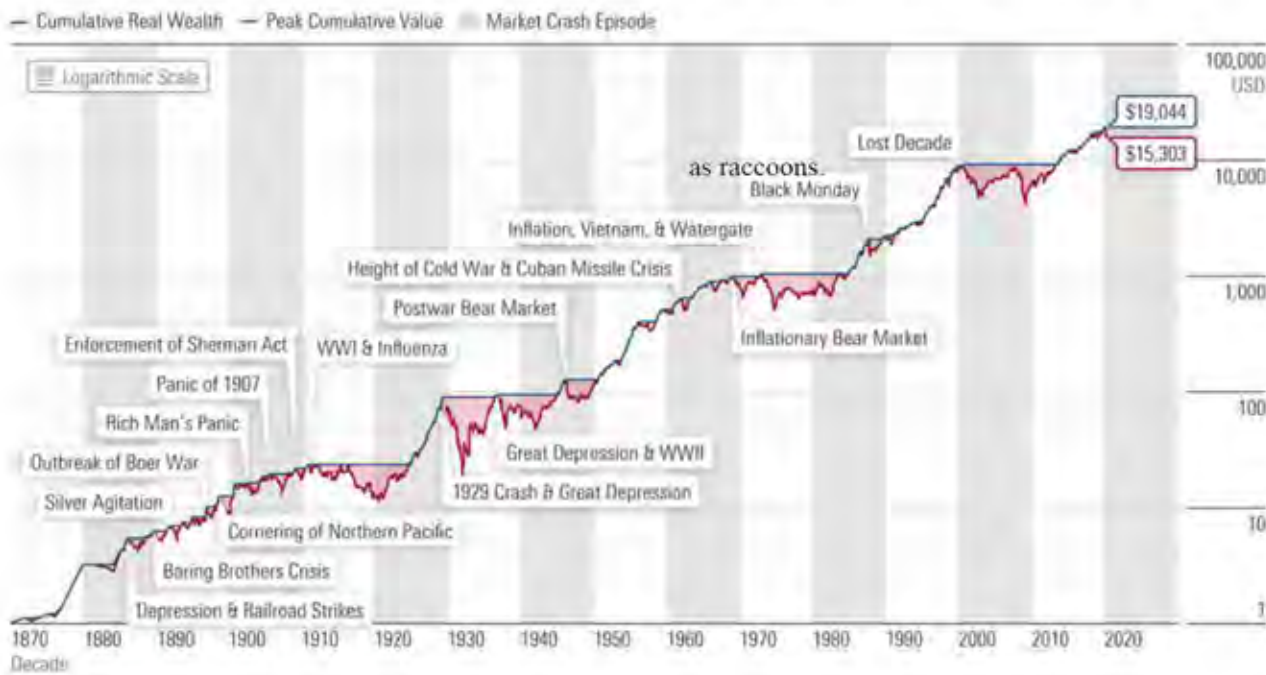
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Market Crash Timeline: Growth of \$1 and the U.S. Stock Market's Real Peak Values



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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SENIOR LIVING COMMUNITIES PROVIDE PEACE OF MIND NOW AND INTO THE FUTURE

By Greg Pascucci

Now more than ever, retirement living offers value and services that create a maintenance-free, fully-supported lifestyle. Additionally, prospective residents can feel secure knowing there is a committed team of professionals, dedicated to ensuring residents' health, safety and well-being.

"These are uncertain times; however, residents have peace of mind knowing they have an extended family here to provide support and care," said Bill Diamond, Executive Director of The Carlisle Naples, an active retirement community. "Our community also follows guidelines set by the CDC and federal and state governments to reduce the spread of the coronavirus."

The Carlisle has implemented extensive cleaning and disinfecting protocols and stringent precautionary measures such as a thorough visitor screening process with temperature checks. Residents can also take comfort in the fact that there is a swift and responsive action plan in place, should the need arise, that includes targeted testing and contact tracing.

Beyond the rigorous precautionary measures in place, residents at senior living communities know that they are not in this alone. For example, The Carlisle's Zest activities and wellness team has adapted their vibrant and engaging programs to adhere to social distancing guidelines – such as online lifelong learning lectures, modified fitness classes and mobile carts with refreshments and appetizers – all prepared with stringent safety measures in mind. The Zest team also helps residents stay connected by providing tech support and hosting video chat sessions with loved ones, relaying emails and letters from family and friends, and maintaining a full calendar of virtual programs that touches the mind, body and soul.

Carlisle resident Kay Springston has lived at The Carlisle Naples for two years and is especially fond of the "Tech Buddys" program. She was thrilled the Zest team was able to adapt the in-person class, which offers assistance with iPads and iPhones, to an online format via Zoom.



"The instructor does such a great job," said the 79-year-old former comptroller for an advertising agency and web design company. "She's taught us to create photo albums using an app, and I sent my granddaughter in Germany photos from her wedding. She was so happy to receive them!"

Springston also works out three times per week. She appreciates the efforts The Carlisle team has made to keep her and her neighbors safe during the classes such as limiting participants to adhere to social distancing, offering classes multiple times per week and using technology to reduce the need for in-person visits to the community by instructors.

The staff at senior living communities also understand the important role plays in boosting one's immune system and warding off disease. Residents continue to enjoy delicious menu options, expertly prepared by a culinary team. At The Carlisle, Executive Chef Marlon Perez and his team offer a variety of daily, fresh and mouthwatering choices, delivered via room service with a smile (and a handwritten note or two) and carefully prepared following CDC guidelines.

Springston finds the convenience of not having to worry about cooking or preparing meals allows her time to focus on a hobby she rediscovered during social distancing: knitting. She's already made several shawls and an afghan.

Senior living communities offering a continuum of care can provide peace of mind in knowing there are supportive services available, if needed. The Carlisle's licensed and CARF-accredited assisted living residences offer a comprehensive menu of specialized care services

that can be reduced or increased over time. Plus, the community's extended congregate care (ECC) license – held in addition to the standard assisted living licensure—allows The Carlisle to provide additional supportive and nursing services to residents who would otherwise need to transition to a skilled nursing facility.

The Carlisle also holds an important seal of approval, third-party accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). This indicates that a senior living community has achieved an elevated standard of excellence akin to the accreditation process for a hospital or university. Though state and federal guidelines do not require senior living communities to be accredited, it is an important distinction that provides residents with the assurance that the highest standards of quality care and services are maintained.

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 delicious dining with daily, chef-prepared specials. For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



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The Four Horsemen of Disease

By Toni Eatros, MS, Dipl Ac, AP

Welcome to part three of my functional medicine series. In part one (June 2020), I defined and explained functional medicine. In part two (July 2020), I discussed the three major triggers of illness and the three organ systems that they affect. Today, I will be talking about the four horsemen of disease. The damage to the body caused by these four horsemen, is what drives us toward a diagnosis of cancer, heart disease, diabetes, Alzheimer's or any of the other diseases of our time that are killing our population.

The analogy, of course, is to the four horsemen of the apocalypse. They were a pretty notorious group of guys that mimicked the image of Christ, stimulated war, famine and death. Well, in functional medicine we have a group of four horsemen that wreak havoc on the body and lead to all types of chronic illness, diminished quality of life and eventually death.

The 4 Horsemen in this order are:

- Inflammation
- Catabolic Physiology
- Insulin Resistance
- Oxidative Stress

The first of the horsemen is inflammation. Many things such as gut pathogens, high stress, negative thinking, the foods we eat, and nutrient deficiencies, trigger the inflammation response. When presented with a threat, the body gets ready to deal with a potential danger and triggers the release of certain chemicals of inflammation. These chemicals lead to rapid aging, metabolic acidosis, muscle pain, insulin resistance and chronic illness. Chronic illness is, by definition, an inflammatory state. The inflammation may be obvious, but lab testing can be invaluable at finding the sources of hidden inflammation, that often resides in the digestive tract.

What are the health effects of inflammation?

- Pain
- Mental Scrambling
- Heart Disease
- Thyroid Issues
- Obesity
- Peripheral Neuropathy
- Stroke
- Cancer
- ADD/ADHD
- Diabetes
- Migraines
- Brain Fog

The second horseman is catabolic physiology. This is when our bodies go into a break down state and it literally starts to eat itself. We pull amino acids from muscle, bone and the gut so we can make quick energy. This is a built in strategy for immediate energy needs in an emergency, however, most of us are chronically in this state.

The interesting thing is that it takes more energy to create fuel for the body in this manner, ultimately leading to a net loss of ATP (energy units of the body). This eventually leads to profound fatigue in people.

FOUR HORSEMEN OF PHYSIOLOGICAL DAMAGE



Being in an overly catabolic state is associated with stress. When we are stressed out of our minds, it modifies how we metabolize fats, carbohydrates, and proteins. All of the micronutrient levels start to shift. We get into emergency response mode. This takes up proteins and nutrients that the body would otherwise be using for normal processes like muscle building and repair.

If someone is chased by a tiger one time per year, that is not a problem. It is when we are being chased by a tiger all day every day that it starts to become a problem. This is when we break down tissues in a significant way that starts to become harmful. The systems start to fall apart.

What are the health effects of catabolic physiology?

- Diabetes
- Immune System Issues
- Profound Fatigue
- Heart Disease
- Detoxification Problems
- Joint and Muscle Pain
- Digestive Problems
- Chemical Sensitivities
- Brain Fog and Poor Memory

The mental and emotional stressors are what is driving all of this. It might be fear, anger, a bad marriage, hating your job, working too many hours, a death in the family, eventually this all affects the HPA axis (brain and adrenals). The way the hypothalamus is talking to the pituitary gland becomes dysfunctional. The adrenal cortex begins to make too much cortisol. The feedback loops start to shut down. Eventually, the thyroid becomes affected. High cortisol, low thyroid state is where people are during a catabolic state.

The third horseman is insulin resistance. This is such a common problem in America. Many people are eating a pro-inflammatory diet. Too much refined flour, sugar, bad fats, chemicals, preservatives, etc. Eating too much of these foods lead to chronic inflammation and eventually to obesity. Obesity is a symptom of inflammation. When we are inflamed we use our vitamin D at a really rapid rate. This vitamin D deficiency makes insulin resistance worse. If you are having trouble with inflammation and insulin resistance, you will not be able to lose weight, no matter what you do.

What are the health effects of insulin resistance?

- Type 2 Diabetes
- Stroke
- Weight Gain
- Circulation Problems
- Heart Disease
- Pain

The fourth and final horseman is oxidative stress. It is the scourge of our times. It leads to cancer, cardiovascular disease, DNA destruction and break down of the mitochondria responsible for making the energy that fuels the entire body. Oxidative stress is decimating our culture. It is indeed the last of the 4 horsemen, and leads to death.

Everyone is under oxidative stress. We are all super saturated with hundreds of toxins that are hormone or neurotransmitter disruptors. The toxins create free radicals which start to attack all of the healthy cells.

What are the effects of oxidative stress?

- Free Radical Damage
- Cancer
- Compulsive Over Eating
- Heart Disease
- Depression
- Sleep Problems
- Vascular Diseases
- Anxiety
- Joint and Muscle Pain

The four horsemen are happening in all of us, all of the time. We can actually measure the degree to which these four horsemen have affected you by performing three functional medicine tests. 8OHDG is a very accurate marker for measuring oxidative stress. This marker in and of itself makes this test panel worth doing for every person on this planet. If you can see the oxidative stress load, we know precisely how to treat and prevent severe illness.

Once we test, we design a unique program to reduce inflammation, prevent catabolic physiology from worsening, deal with insulin resistance and reduce oxidative stress. This program will include lifestyle suggestions and supplements to restore and correct the dysfunction. Be sure to check out the next few articles in my functional medicine series. I will go into more depth on each of the three functional medicine tests that I use in my office and the treatment model that I have successfully used to help many people reclaim their health.

Currently, I am offering telemedicine functional medicine visits. I am happy to offer a free 15 minutes consultation to see if functional medicine is a good fit for you. Schedule your appointment today, 239-260-4566 or online, www.AcupunctureSolutionsOnline.com. Now, while we are encouraged to stay home and social distance, is the perfect time to focus on your health, reversing chronic illness and regaining your quality of life.

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RADIOLOGY REGIONAL Remains Open For All Of Your Imaging Needs

The COVID-19 pandemic has created unusual adjustments in our daily lives. With these changes, and unforeseen circumstances, you can rest assured that all of Radiology Regional's locations remain open. During this unprecedented time, patients and physicians will continue to have a need to rely upon imaging centers, and Radiology Regional is providing all diagnostic imaging needs, including mammogram screenings.

Radiology Regional Has Elevated their Infection Control Protocol

The safety and well-being of Radiology Regional's patients and staff is their primary focus, which is why they are utilizing extra precautions to ensure the safest possible environment for their services. Radiology Regional has elevated their infection control procedures to minimize the risk of COVID-19 contamination at all of their centers by sanitizing exam rooms and equipment thoroughly after each patient, utilizing safe distances, washing hands, and sterilizing patient areas routinely. They've installed sneeze guards at the front desk to protect their receptionists, and their team wears gloves and face masks. Hand sanitizer is also readily available to everyone.

As Radiology Regional continues to take precautionary measures to keep their centers accessible to you, please be advised of these new patient guidelines:

- To limit the number of people in waiting areas, nonessential guests who accompany patients must wait outside.
- The waiting areas are arranged, so that you can comfortably sit at a safe distance away from other patients.
- Patients who have traveled outside Lee, Collier, or Charlotte must reschedule their appointment until 14 days after their return.
- Patients who are experiencing symptoms consistent with Covid-19 must cancel their appointment and contact their primary physician for further direction. These symptoms include cough, fever, body aches, and shortness of breath.
- Hand Sanitizer is available for patients being treated.
- Please wear a face covering while entering the facility.



While Radiology Regional is operating a little differently these days, some things will always remain the same. You will feel welcomed by their friendly, compassionate, and professional staff, and you can trust that they're committed to providing the highest quality radiology services in Lee, Collier, and Charlotte counties.

Patient Testimonials:

"Staff was super friendly, despite the things that are going and the risk they are taking! Thanks again to you guys! Everyone was super helpful and nice!"

"I was nervous going out during this pandemic but everyone there made me feel safe and took all the necessary precautions!"

"Despite the unusual COVID-19 circumstances - everyone was welcoming, processing time was quick, and the entire experience was painless. Hats off to all of these professionals."

"Due to Covid-19, I got a friendly greeting outside with a squirt of hand sanitizer...nice touch. Doors were opened by staff, coming and going, front desk and tech in masks. All very professional."

"Felt comfortable and safe during these scary times. Very professionally handled. Everyone I met on the staff had 1 thing in mind, Everybody's Safety! Job well done; I'm impressed ..."

"I was impressed with the caution taken about the corona virus. A pleasant young man greeted me on your patio and asked me a number of questions regarding the possibility I had been exposed to the virus, my current heart status and my recent travels. Afterwards, he poured some disinfectant in my cupped hands and held the door open for me. The people inside were wearing masks and gloves and plenty of hand disinfectant was available for patient's usage. The receptionists were extremely courteous and efficient. After a reasonable waiting period, a lovely knowledgeable and efficient X-ray tech quickly took about 6 images of my neck area. Great professional service all around! It is obvious that Radiological Regional imposes a "can-do", let's get the job done efficiently and with a professional manner and friendly culture on its entire organization. Good luck and thank you very much. A lot of organizations can learn a lot from the way that you do business."

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Radiology Regional has been a trusted leader for diagnostic imaging in Southwest Florida for many years. The recent opening of their state-of-the-art facility in Port Charlotte has allowed them to provide a vital component of health care to the community.

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CHRONIC LOWER BACK ACHES: Getting You REAL Pain Relief

Nicolas Perez, M.D. - Korunda Pain Management Center

August is National Relaxation Month, but that can be difficult to do when you're faced with daily lingering pain. One of the most widespread forms of chronic pain is low back pain.

Osteoarthritis is one of the most common causes of low back pain. As the spinal joints and discs break down, bony spurs may form. This can cause pressure on the nerves of the spine. Nerve pain will cause numbness, weakness, tingling in the arms, neck, and legs.

Adding relaxation techniques to ward off chronic lower back pain such as deep breathing exercises, guided imagery, or other activities as simple as taking a long warm bath, or getting a gentle massage may help lessen your pain and improve your overall emotional wellbeing.

When exercise, physical therapy, anti-inflammatories, pain medications, and other alternative treatments nosedive, patients should know that a minimally invasive procedure is commonly used to reduce back pain effectively.

Unlike traditional back surgery, which can be intimidating for many patients, a minimally invasive procedure using light sedation and local anesthesia called lumbar radiofrequency ablation is the answer that many individuals are waiting for to alleviate their back pain.

The nerve endings in our bodies are directly sensitized by neurotransmitters in the brain. This is how they communicate with us, letting us know that something is awry in our bodies. With lumbar radiofrequency ablation, the nerves from the painful spinal joints are treated with a low-level of localized heat, causing the nerve to stop sending pain signals to our brain through an interruption in the nerve conduction.

This procedure is completely safe and effective. It has been used for many years with long-lasting results for people suffering from back pain.



During the procedure, the patient will lie on their stomach, and the neck or spinal area will be treated with a pre-procedural antiseptic. The entire process is performed and monitored under fluoroscopy, which is a moving X-ray that is visible to the surgeon on a digital screen. The nerve endings from the painful joint are located through a probe that is inserted through a tiny needle into the spinal area. Once the nerve(s) are determined, a small-ablated lesion is created through the controlled heating of the probe through medium-frequency alternating current. This will reduce the pain signals to the brain, allowing the patient to be essentially pain-free. The entire procedure takes approximately 30-45 minutes, and patients can resume normal activities within a short period of time.

Radiofrequency ablation (RFA) can treat other areas in the body as well. It is commonly used for headaches, facial pain, complex regional pain syndrome, peripheral neuropathies, trigeminal neuralgia, disc denervation, stroke, neck pain, and knee pain.

Once your lower back pain has lessened, you will have time to relax and enjoy life pain-free once again.

Korunda Pain Management Center is a state of the art facility that specializes in the treatment of acute and chronic pain management. They provide the utmost quality care for their patients and provide for their pain management needs.

Nicolas Perez, M.D.

Dr. Perez uses a holistic and comprehensive approach to diagnose and treat painful conditions. With his background in physical medicine and rehabilitation, he performs a detailed physical exam and image review to get to the root of the issue. His treatment goal is to reduce pain and help his patients achieve maximal restoration of their functional status.

Utilizing ultrasound or fluoroscopic guidance, Dr. Perez treats a broad spectrum of pain syndromes including but not limited to neck and back pain, sciatica, herniated discs, arthritis, sacroiliac pain, joint pain, myofascial pain, neuropathy, complex regional pain syndrome, cancer-related pain, migraines, and spasticity. Dr. Perez has a strong focus on sports and musculoskeletal injuries.

Commonly performed procedures include epidural steroid injections, facet joint blocks, radiofrequency ablation, joint injections (shoulder, hip, knee, etc.), peripheral nerve blocks, spinal cord stimulation, trigger point injections, regenerative medicine, and many more.

At Korunda Pain Management, we strive to deliver the highest quality of comprehensive care for those suffering from acute and chronic pain. We have many therapeutic options to help you with your personal pain management needs. Please visit www.korundapmc.com or call us at (239) 591-2803.



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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸ *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³ *"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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



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