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

September 2020

Collier Edition - Monthly

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**DIAGNOSING  
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## ASSOCIATES IN NEPHROLOGY

### Welcomes Dr. Gautham Mogilishetty



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

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

**His areas of expertise include:**

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## Introducing A SUPERIOR LASER FOR CATARACT SURGERY<sup>1</sup>

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





# Stress Management

By Neetu Malhotra, MD

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

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

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



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

1. It is important to stay positive and surround yourself with people that will bring positivity in your life as well.
2. Exercising regularly and maintaining a healthy diet also helps with keeping the stress levels manageable.
3. Staying well hydrated and avoiding excessive consumption of caffeinated and alcoholic beverages also help you manage your stress.
4. Learn also how to say "no" to unnecessary requests. You need to know your limits and stick to them. It is important to know the difference between the "shoulds" and the "musts" and when needed to say "no" to taking on too much, whether

it be in your personal or professional life. Taking on too much is indeed a recipe for disaster and the root of stress for most people.

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

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

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# PROSTATE CANCER AWARENESS MONTH

## Your prostate cancer treatment options

Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. Last year alone, it took over 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

**Early diagnosis is the key to survival; however, it's never too late. Getting a prostate cancer screening on a regular basis saves lives!**

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Dr. Joanna Chon



Dr. Marc Guttman



Dr. David Ornstein



Dr. Kendall Wise



Dr. Philip Wong

### Diagnosing prostate cancer

There are several distinctive tests that urologists use to determine prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells — the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells; this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

### Symptoms

Weak urination | Interrupted urination | Frequent urination | Blood in urine  
Painful ejaculations | Pain in pelvis, hips or thighs

### Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor and personal circumstances, the treatment may vary significantly. For some patients, hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances, a single surgical removal may be fitting, while for others, radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.



Visit [21co.com](http://21co.com) to find a location near you.



# PURCHASING TITLE INSURANCE AS PART OF A REAL ESTATE CLOSING

By Mark J. Woodward, Esq., Florida Real Estate Attorney

**A** flawed title. This hidden hazard can ruin a real estate investment and jeopardize those who have an interest in the sale, including developers, real estate agents, home buyers and mortgage lenders.

Whether it's a seemingly insignificant error in the public records or more serious flaws – unpaid taxes, forgery, fraud, false affidavits, judgments, use restrictions, easements, and even the marital status of the former owners of the property – title insurance protects the transaction principals against threats that could lead to a real estate investment loss.

## Title Insurance Underwriters

The title insurance underwriter assumes all legal costs in settling claims, and it protects the policy holder against any financial loss that could arise from a claim against the property's title as insured in the policy, including errors in the public records.

For the homeowner obtaining a mortgage, the mortgage lender will normally require the buyer to purchase title insurance to protect the institution's position as holder of a mortgage loan. This policy, called a mortgagee's title insurance policy, does not cover the homeowner. To safeguard against claims against a title, a separate owner's title insurance policy is designed to protect buyers.

## Title Insurance Costs

Costs for title insurance are based upon promulgated rates set by the Florida Insurance Commissioner. Promulgated rates are calculated as a percentage of the transaction's total purchase price.

Title insurance is paid in a single payment. There are no renewal premiums or expiration dates, and the protection lasts as long as the policyholders or their heirs retain an interest in the property.

## Selecting a Title Insurance Agent

Buyers should do some shopping before choosing a title insurance agent and title underwriter. Consider four key areas to measure a title company's stability: financial strength, longevity, location of business, and status as a full-service company. A title agent can be either a real estate attorney or a title insurance company.



Financial strength determines the title insurer's underwriter's ability to protect its policyholders from loss. An underwriter's level of policyholders' protection is based on its statutory premium reserves, its statutory claim reserves, and its policyholders' surplus. When dealing with a title insurance company it is a good idea to request a Closing Protection Letter ("CPL"). A CPL obligates the title underwriter to ensure that the closing goes correctly and covers a buyer or seller for any loss of funds by the closing agent.

Why is longevity important? If a buyer needs copies of closing documents on property sold say, 10 years ago, a less established real estate attorney or title company may be out of business by then. Find out if the principals are local residents, if they own or lease their office equipment, if the title company works only seasonally, or if they have moved frequently.

What skill level is the title company selling? A real estate attorney can complete 1031 tax free exchanges, handle FIRPTA withholding for foreign sellers, work on commercial sales of real property and prepare seller's closing documents for a closing. Legal issues are also a concern with real estate transactions. Selecting an attorney or a title company with an on-staff attorney, versus referring a problem to outside counsel, also offer an advantage.

## Closing Costs

Determine your exact closing costs. Buyers should specify if the quoted rate is the same as the bottom-line charge. Ask if the quote is based on promulgated rates alone, or if a premium has been added. Are there additional charges, including search, escrow, closing fees and copy charges? If so, determine them in advance.

## Confidentiality

Confidentiality should also be on the checklist. Inquire whether the transaction information is only available to the parties involved in the purchase. Customer service also counts. That means prompt return calls, on-time correspondence, and a staff with a good closing track record. In the case of a title company, ask if the employees are bonded against dishonesty to insure that deposits will be replaced, and check to see that the company carries sufficient errors and omissions insurance, an additional policy that protects the buyer at the closing.

Choosing an attorney that meets such standards is a good way to help protect the real estate investment.

## ABOUT THE AUTHOR

**Mark J. Woodward, Esq.** is Board Certified in Real Estate Law as well as Board Certified in Condominium and Planned Development law by The Florida Bar. Mark has over 40 years of experience in practicing law in the State of Florida. Mark has extensive experience in all aspects of Condominium development law and has worked on hundreds of various HOA's and condominium projects (residential, commercial and mixed) throughout Collier, Lee Counties and in the panhandle of Florida. In addition, his real estate practice includes commercial and agricultural properties as well as business law including corporations, partnerships and limited liability companies. Mark is the Managing Partner of Woodward, Pires & Lombardo, P.A. in Naples and Marco Island, Florida. Contact Mark at [mwoodward@wpl-legal.com](mailto:mwoodward@wpl-legal.com).



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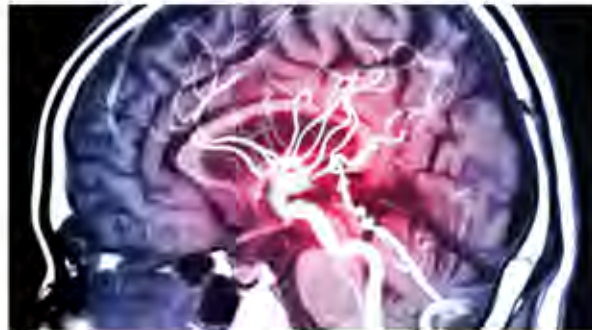
# STROKE CARE AND YOU

Did you know stroke accounts for about 1 out of every 19 deaths, ranking No. 5 among all causes of death in the United States? According to the American Heart Association/American Stroke Association, on average, someone suffers a stroke every 40 seconds; someone dies of a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.

**P**hysicians Regional Pine Ridge is a designated Comprehensive Stroke Center by the Agency for Healthcare Administration (AHCA). This designation is based on standards set by the AHCA that distinguishes hospitals with infrastructure, staff, and training to receive and treat patients with all types of strokes.

Most recently, Physicians Regional Pine Ridge has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to guaranteeing stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

In addition to the aforementioned award, Physicians Regional Pine Ridge's Comprehensive Stroke Center also received the Association's Target: Stroke Honor Roll Elite and Target: Type 2 Diabetes Honor Roll awards. To qualify for these recognitions, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke. The hospital must also meet quality measures developed with more than 90 % of compliance for 12 consecutive months for the "Overall Diabetes Cardiovascular Initiative Composite Score." The latter makes Physicians Regional Pine Ridge the only Comprehensive Stroke Center in the county with this designation.



Physicians Regional's Neurointerventional services consist of minimally invasive, image guided techniques to treat complex vascular disorders of the brain, neck and spine. One of the primary objectives is optimal stroke care, which is achieved by understanding each stroke patient has unique and specific needs. In addition, PRHS offers education to their community, staff and emergency medical service personnel (EMS). To this end, they have partnered with EMS to develop a unique pre-hospital large vessel occlusion acute ischemic stroke screening tool termed "MANGO" that allows EMS to identify potential patients within 30 seconds or less.

#### (M) Motor Weakness

**(A) Aphasia** – Does the patient have the ability to understand or express speech? Can they name two objects (Expressive)? Can they follow two commands (Receptive)?

**(N) Neglect** – Is the patient unable to feel both sides at the same time, or unable to identify their own arm, or ignoring on one side?

**(G) Gaze Preference** – Does the patient have the inability to track an object or are they experiencing double vision?

**(O) Optic Field** – Is the patient's optic field cut or are they experiencing any new blindness?



**Nasser Razack, M.D., Neurointerventional Radiologist** says, "Since time optimization is critical for the effective treatment of ischemic stroke, this also allows EMS personnel to bring severe stroke patients to the correct facility the first time, reducing treatment time, transfer rates and increasing diagnostic and treatment efficiency. Physicians Regional Healthcare System is pleased to have one of the most experienced Neurointerventional teams in the region."



**Dr. Mazen AbuAwad, Neurointerventional Radiologist and Medical Director of Stroke** for Physicians Regional Healthcare System, and Dr. Nasser Razack have more than 40 years of combined experience in treating neurovascular disease. By integrating with neurosurgery, neurology and critical care specialists, they offer a unique multidisciplinary approach that makes Physicians Regional Healthcare System a community leader in the field of neurointerventional services.



For more information on Physicians Regional Healthcare System's Stroke Care please visit [PhysiciansRegional.com](http://PhysiciansRegional.com) or call (239) 348-4581.

# LASIK—All You Ever Wanted to Know

**LASIK** is a fast and painless procedure that can give you long-lasting vision without glasses or contact lenses. That's why millions of Americans have turned to this procedure for correcting nearsightedness, farsightedness and astigmatism.

Since its introduction more than 25 years ago, LASIK has been carefully refined to optimize vision correction for qualified patients. With the opening of The Q LASIK & MED SPA in Naples, Quigley Eye Specialists offers patients advanced LASIK technology and exceptionally skilled LASIK specialists.



LASIK & MED SPA

Grand Opening in October!

The LASIK team at The Q LASIK & MED SPA will consist of Dr. Duane Wiggins and Dr. Emmanuel Kai-Lewis who are both highly experienced LASIK and refractive surgeons. Board certified ophthalmologist and fellowship trained LASIK surgeon, Dr. Wiggins brings more than 20 years of experience in LASIK and refractive surgery to performing these procedures at The Q LASIK & MED SPA. Dr. Kai – a board certified, fellowship trained cornea and refractive surgeon with more than a decade of experience – will also perform LASIK, PRK and other refractive procedures at The Q LASIK & MED SPA.

"Many people are interested in seeing great without glasses. To help us give them their best possible vision, we have invested in advanced technology that helps us map the cornea with precision. It can also give us pinpoint control of the LASIK procedure. That's a very important consideration, since every cornea is unique and has a slightly different shape," explains Dr. Kai.

According to Dr. Wiggins, patients have a list of common questions, so we thought we would answer them here.

#### What does Lasik stand for?

LASIK is an abbreviation for "laser in-situ keratomileusis," a technical term for this laser procedure.

#### What part of the eye is treated?

LASIK changes the shape of the cornea, the clear, dome-like lens in the front of the eye that directs light into the photoreceptor cells of the retina in the back of the eye. An irregularly shaped cornea can cause myopia (nearsightedness) hyperopia (farsightedness) or astigmatism. These are called refractive errors of vision.

#### What is the procedure?

With LASIK, one of our skilled ophthalmologists creates a thin flap on the cornea, carefully reshapes the corneal tissue and then repositions the flap to correct the refractive error.

#### How long does the procedure take?

In most cases, Dr. Wiggins and Dr. Kai can treat both eyes in less than thirty minutes.

#### How soon do the eyes recover?

Usually LASIK patients report better vision almost immediately and within 24 to 36 hours.

#### What about patient safety?

Patients are carefully evaluated to be sure they are good candidates. The Q LASIK & MED SPA, like all Quigley offices, follows all current public health guidelines to ensure a safe and comfortable patient experience.

#### Who is a good candidate for LASIK?

Men and women from age 18 to 50 with overall healthy eyes are generally the best candidates.

#### Who should not have LASIK?

If you have cataracts or have undergone other types of corneal surgery, you are not a good candidate.

#### What if I had a prior LASIK procedure?

Patients who would like a touch up are encouraged to schedule a consultation. Advancements in diagnostic and corrective technology may allow you to achieve better vision.

#### Has LASIK technology become more advanced over the years?

The state-of-the art technology in The Q LASIK & Med Spa includes the iDesign Refractive Studio from Johnson & Johnson. This allows every part of the

cornea to be mapped with the greatest possible precision. It also provides pinpoint control of the LASIK procedure itself.

#### Are there other options than LASIK?

Yes. Dr. Wiggins and Dr. Kai have other procedures to correct refractive vision errors. For instance, a patient with a thin cornea might benefit from photorefractive keratectomy (PRK), which treats the cells on the surface of the corneal tissue.

#### Are patients satisfied with results?

Yes. National surveys, as well as our own experience, indicate very high patient satisfaction rates. In fact, some patients report even better results than 20/20 vision after their LASIK procedures.

#### What is the next step?

If you are considering LASIK, the first step is an evaluation of your vision, with and without glasses. After the evaluation, the specialists at The Q LASIK & MED SPA will discuss your vision goals and develop a customized treatment plan designed specifically for you.

**To schedule your complimentary LASIK consultation, please call 239-466-2020.**



**Dr. Emmanuel Kai-Lewis**

Board certified and fellowship trained cornea and refractive surgeon with more than a decade of experience, Dr. Kai is an ophthalmologist at Quigley Eye Specialists, one of the nation's leading multispecialty ophthalmology practices. He earned his medical degree at Howard University, completed a residency at West Virginia University Eye Institute and a Cornea Fellowship at the University of Minnesota Eye Clinic, becoming an expert in cornea/external disease and refractive surgery.



**Dr. Duane Wiggins**

Board certified ophthalmologist and fellowship trained LASIK surgeon, Dr. Wiggins has more than 20 years of experience in LASIK and refractive surgery. Dr. Wiggins earned his medical degree from the University of Texas Medical Branch in Galveston.

After completing his residency at the Scott and White Hospital and Clinic in Temple, Texas, Dr. Wiggins became fellowship trained in laser refractive surgery at the International Eyecare Laser Center in Houston. He is also the proud recipient of the TLC Laser Vision Milestone Award.



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# Importance of PROSTATE EXAMS

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

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

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

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

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

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

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

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



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

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

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



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*Board Certified Urologist*  
Dr. Rolando Rivera leads the way with utilizing the latest technology for both urinary incontinence and vaginal prolapse. Improving the QOL for his patients with overactive bladders and pelvic floor disorder.



**David Wilkinson, M.D.**  
*Board Certified Urologist*  
Dr. David Wilkinson is Board Certified, by the American Board of Urology. Dr. Wilkinson's areas of special interest include laparoscopic surgery, robotic surgery, and minimally invasive treatment of prostatic diseases.

# More Than a Melody: Music Therapy Brings Out the Best in Patients, Caregivers

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

Peggy, a music therapist for VITAS Healthcare, strums a G major and lets the chord ring out.

*“I’m in love—I’m all shook up,”* she sings, and she’s not the only one. VITAS patient Patricia, in her 80s and living with dementia, sings every word she remembers and mouths the handful she doesn’t.

Patricia sways, she claps, and her face makes it clear: She’s as happy as an Elvis superfan could be, barring a meeting with The King himself.

## ‘They Always Notice a Difference’

The heartwarming music therapy session, captured on video by one of Patricia’s caregivers, highlights the joyous power of this musical intervention. Music therapy isn’t right for every patient, but for many, it offers visible results surprisingly quickly.

“Whenever I go to meet Patricia, her caregivers will let me know whether she’s grumpy or down,” says Peggy. “They always notice a difference after her music therapy sessions. Her mood and her affect are brighter; she’s more pleasant and calmer.”

As with any hospice or palliative care intervention, music therapy is aligned to the diverse goals and wishes of each individual patient.

For a dementia patient such as Patricia, a care plan may focus on mood management and gentle sensory stimulation. For others, music therapy can encourage reminiscing, prompt creativity, or promote movement.

## Music With a Purpose





Music therapy also offers a chance for spiritual connection. For patients who can’t attend religious services, Peggy is happy to perform gospel songs and hymns, often in collaboration with a VITAS chaplain.

Playing and singing are just two ways Peggy uses music to connect with and comfort her patients. Depending on the patient’s needs, goals, and level of ability, she may help them write a song, improvise a melody, learn rhythm with percussion, or express their emotions and experiences using music as a medium.

Peggy constantly assesses the patient’s responses and calculates how best to help further. She also observes and engages with the surrounding loved ones, whose tireless work in the patient’s “circle of care” offers useful insight and sometimes warrants specialized care of their own.

Peggy says nothing demonstrates the palliative potential of music therapy like witnessing a session in person, but she does offer a succinct and poignant way to put her work into perspective: “Music therapy is music with a purpose.”

**VITAS**  
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For more information about end-of-life care options, call VITAS Healthcare  
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# TOTAL KNEE REPLACEMENT

## WHAT YOU NEED TO KNOW

**I**f you knew that 90% of patients who have had total knee replacement surgery have experienced a drastic improvement in their ability to participate in daily activities without pain would you be more inclined to consider the procedure? According to the American Academy of Orthopaedic Surgeons, that statistic reigns true. If you experience chronic knee pain a total knee replacement may be the procedure for you.

Physicians Regional Healthcare System's approach to total knee replacement differs from the traditional approach found at many hospitals. At PRHS knee replacement surgeries are performed in order to allow for a completely natural knee motion post-recovery. Taking into consideration your health history, age, weight and other variables, doctors can create a personalized surgical plan for your knee replacement that strives to allow you to have an easier time getting back to your daily routine after surgery.

### What Is a Total Knee Replacement?

Total knee replacement is a surgery designed to help restore function and relieve pain from damaged or diseased knees. At Physicians Regional, surgeons frequently perform this surgery, by removing damaged bone and cartilage and replacing it with an artificial joint that feels like a natural and healthy knee joint. For many patients, this type of surgery drastically improves their quality of life, relieving them of crippling pain.

### When Is Total Knee Replacement Surgery Needed?

Orthopedic surgeons perform total knee surgery for various reasons. Perhaps the most common reason for this type of surgery is to reduce or relieve chronic pain in the knees due to osteoarthritis. Many people in need of this surgery may have trouble performing daily tasks such as:



- Walking
- Running
- Climbing stairs
- Sitting down
- Standing up
- Sleeping or sitting without pain

### How Is Total Knee Replacement Done?

At Physicians Regional the total knee replacement surgery procedure differs from most in the sense that our artificial knees are designed to mesh with the body in order to create the most natural knee motion possible.

Physicians Regional Medical Group orthopedic surgeons Aldo Beretta, M.D. and Bryan Hanypsiak, M.D., F.A.A.O.S., C.A.Q. use specialized technology to perform these total knee replacement procedures. This technology now includes robotic knee replacement surgery, which greatly assists the surgeon in removing the diseased bone and cartilage in the knee, allowing the surgeon to effectively insert the artificial implant.

The goal in total knee replacement surgery is to provide a personalized surgery plan based on your unique anatomy, diagnosis and health background, so that knee pain can be reduced effectively and knee function improved. Surgeons use minimally invasive procedures when possible. However, not all patients are candidates for a minimally invasive approach. Talk to your doctor to learn more.

Orthopedics focuses on conditions and diseases of the musculoskeletal system, which includes bones, joints, ligaments, tendons, muscles and nerves. Physicians Regional Medical Group's orthopedic specialists handle everything from a torn muscle or broken bone to a total joint replacement and minimally invasive surgery. Physicians Regional Medical Group offers multidisciplinary care in an environment where patients come first.

*If you or a loved one think you may be a candidate for total knee replacement surgery please visit [PhysiciansRegionalMedicalGroup.com](http://PhysiciansRegionalMedicalGroup.com) or call (239) 348-4221 to schedule an appointment with an orthopedic surgeon today.*

 **PHYSICIANS REGIONAL**  
MEDICAL GROUP

# HOLISTIC PERSPECTIVES ON PREVENTIVE STRATEGIES FOR COVID -19

By Svetlana Kogan, M.D.

If you are the kind of person that believes that everything in life happens for a reason, you will have noticed how “the new normal” behooves us to fortify our health. Prior to the latest pandemic, we have gone through an obesity epidemic as a nation, and witnessed the sugar versus fat battle unfold in the media and in print, powered by industries and suppliers. Such was a confusion in the mind of an average person that the more money was being spent on gyms, supplements, health foods, and slimming technologies – the fatter the nation grew. Enter Covid-19 (actually Covid-2 virus to be exact) and aesthetic part of the equation just dissipates into the thin air. Suddenly, we are left with the stark realization that being overweight is actually opening the door to increased hospitalizations and mortality. A 69 year old patient walked in through my doors in April with my book in hand. She was very impressed by the testimonials people have left for “Diet Slave No More!” on Amazon. Being a retired teacher herself, she was especially moved by what one of my patients wrote:

“I had the most fortunate luck this past summer when I decided to get a new doctor. I selected Dr. Kogan for her outstanding reputation as an internist. Before the visit, I also discovered that she had written this book. I ordered it as soon as I left her office. She did not push it on me. In fact, she didn't even mention it during my exam! She is a class act. Fast forward to today...Having read it, I have been able to easily reset my synapses. I cannot say enough about it. Her book has taught me more about healthy eating than every single program and book that I have read/tried in my 53 years. I have been an early childhood educator for almost 30 years, and I wish that Dr. Kogan would also write a book for children. It is incredibly informative, entertaining, and left me feeling upbeat about actually looking forward to making the emotional and dietary changes that one needs to lead a healthy, long life. Everybody who has struggled with emotional eating must read this book! The accompanying app makes it even more fun! It Changed My Life. Thanks, Dr. Kogan!”



I was pleasantly surprised by the fact that my lady patient came to me to address her weight concerns at the time when everyone's attention seemed to be focused only on Covid statistics. She had been reading a lot about obesity being one of the most important risk factors for bad outcomes with Covid and was determined to improve her odds of surviving the virus by facing her own weight issues head-on. Her blood pressure was elevated and so were her lipids. She was also recently diagnosed with Type 2 Diabetes. All in all, she had the usual bouquet of medical diagnoses which typically prompts a slew of medication prescriptions. Except that she signed up that day to be a patient in my concierge practice exactly because she espoused my philosophy that ailments should be addressed without medications whenever possible. So our personal pandemic plan was to have her lose weight, thereby improving her blood pressure, sugar, and lipids. She has embarked on this journey with me at a time when everyone was quarantined at home, and while so many people were indulging

in ice-cream, popcorn, and cookies, my patient stuck with her 40 day plan suggested by my “Diet Slave No More!” book which involved cooking your own meals from scratch, using only fresh unprocessed foods. She was lucky to have been able to order all of the ingredients on Instacart. Furthermore, she sought out healthy recipes websites and was thrilled to share them with me during her regular follow ups which we scheduled close to one another, so that I could keep her motivated and inspired.

I am a big proponent of slow weight loss, which is more likely to stick around as part of your lifestyle, so I did not rush her. Slowly but surely, by the end of July she had lost 30 pounds by simply sticking with my healthy eating tips. Her blood pressure, glucose (sugar), and lipids (cholesterol and triglycerides) are now perfect with zero medications onboard. She has hit her weight loss plateau but still wants to lose 8 more pounds so we are going to add some moderate cardio exercise to her usual walking routine. She is thrilled beyond words to look and feel great. To me she is just an awesome example of a person who wanted to fortify her immunity from within and was determined to succeed. It is so important that despite of this pandemic we do not lose sight of how essential prevention still is. If we are living healthy and believe in G-d's reason behind every little bit that happens on Earth – we will not be living to survive – instead we will live meaningfully and with gratitude.



**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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# LEARN HOW YOU CAN FIND RELIEF FROM THE DEBILITATING PAIN OF PERIPHERAL NEUROPATHY WITHOUT ADDICTIVE DRUGS

By Richard Hiler, DABCN



Over 116 million people suffer from various types of chronic pain disorders, and 20 million of those individuals have peripheral neuropathy; that number is speculated to be much higher due to patients not getting a proper diagnosis. Peripheral nerves run from the spinal cord to the arms, hands, legs and feet.

## UNDERSTANDING PERIPHERAL NEUROPATHY

Peripheral Neuropathy is a complex condition, but nerve damage and signaling are the issue, finding the root cause is how a comprehensive plan is customized to regenerate a patient's nerves, cells and tissues. Having high blood sugar levels, along with low blood, oxygen supply, nutrient deficiency, high toxicity and inflammation damages the nerves throughout the body. This damage generally 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, you may feel nerve damage sensations in your upper extremities as well.

## PERIPHERAL 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

## STOP MASKING SYMPTOMS AND PAIN

The most common treatment for nerve pain and numbness is to mask it with narcotic prescription pain medications. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes.

**There are better alternatives to Peripheral Neuropathy that do not include addictive drugs.**



Physical medicine provides alternative therapeutic and rehabilitative procedures that can significantly improve the condition, offer pain relief and limit drug dependency.

## FEEL AMAZING INSTITUTE'S ALTERNATIVE CARE

- Red LED and Low Level Infrared Light Therapy help to heal and regenerate the small nerve endings that are damaged in peripheral neuropathy
- Gentle electrical stimulation therapy improves nerve function, reduces pain, and improves movement.
- Stem Cell Allografts
- Platelet Rich Plasma
- Spinal Decompression Therapy
- Ozone Therapy
- Peptide Therapy
- Therapeutic ultrasound
- Natural supplementation to regenerate myelin sheath

## WHAT KINDS OF EFFECTS CAN BE ACHIEVED THROUGH THE NEUROPATHY TREATMENT AT FEEL AMAZING INSTITUTE?

Clinical studies show that 88% of the people who undergo the treatment experience excellent results with one or more of the following: Reduced pain and cramps, reduced tingling and numbness, ability to experience normal touch without pain, reduced cold or burning sensations, improved balance and coordination, lowered dependency on medications, improved sleep, reduced sensation of restlessness in

the legs. Several people also experience reduced local swelling and inflammation, increased range of motion, increased blood flow to the extremities, decreased tension, and decreased muscle spasm.

An important side benefit to the treatment is that it reduces the risk of falls significantly by improving balance and position awareness of the feet.

## FEEL AMAZING INSTITUTE

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

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

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

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



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# FAMILIES TACKLE COMPLEX TOPICS DURING CHALLENGING TIMES

By Greg Pascucci

No matter how independent, vibrant and self-sufficient a loved one may be, the question of “what if” lingers. And never more so than during these challenging times. Senior living communities can offer the comfort, convenience and safeguards of a fully supported lifestyle with the connectedness and vibrancy of community living. But how do you decide which community is the right community for you or your loved one and how do you measure quality behind the scenes?

“We encourage older adults to engage in open, honest discussions about their well-being and future care needs with their adult children or other loved ones,” said Bill Diamond, Executive Director of The Carlisle Naples. “Learning more about the lifestyle and wealth of services offered within senior living environments can provide family members with tremendous insight into a loved one’s preferences, as well as provide a peace of mind for family members now and into the future.”

Diamond suggests starting with communities that have been accredited. Moving into a community that is accredited affords greater peace of mind that the care and services have undergone intense scrutiny by an outside, third party. Though federal and state guidelines don’t require senior living communities to be accredited, it is an important distinction in providing the utmost care to residents.

The Carlisle Naples, for example, offers CARF-accredited independent and assisted living. Similar to the accreditation of a university or hospital, a three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF) demonstrates the highest level of commitment and adherence to over 1,500 elevated standards of quality. It is an important seal of approval that seniors and their families should look for when exploring their options.



In addition to a wealth of supportive services and assisted living care, residents at The Carlisle Naples have access to a wide variety of opportunities for lifelong learning, entertainment and fitness delivered by ZEST® activity coaches. The community’s exceptional dining experience features chef-inspired entrees that range from savory to delectably health conscious—all of which are featured on an extensive menu that can be delivered and enjoyed in one’s residence or other socially distanced settings.

## Here are few tips to begin your search for a senior living community:

- A good place to start is with your family members and friends. Ask them for recommendations and their help with researching retirement communities.
- The Internet, professional resources, senior directories and social circles may also provide helpful information.
- Compile a list of potential retirement communities. It’s important to understand the different types of senior living options that are available, and the types of services and care they offer. From continuing care retirement communities (CCRC’s) which require upfront entrance fees, to rental communities like The Carlisle which offer a flexible, affordable lifestyle with an all-inclusive monthly fee, there’s a community to fit every budget.

- Take into account location, the services you require and activities you enjoy, you can begin to narrow down the list of potential communities to a few possibilities.

- You may find working from a checklist—matching your preferences and needs to what is being offered—to be very helpful in the selection process.

- Take your time. You may take more than one phone call or virtual tour to decide is a community is right for you. Ask questions. View the activity calendar. Can you imagine yourself living there?

- While the decision to move will not be made overnight, it’s good to have a plan in place should your needs suddenly change. Now is the time to begin reviewing your retirement living options. Then, when you do decide to move, you’ll be glad you’ve already done the research.

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



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# DIAGNOSING PROSTATE CANCER: PSA Level Blood Tests are Essential

**P**rostate cancer typically affects men over the age of 45. Don't ignore your symptoms, ask your primary care provider to run the appropriate testing and screening done on a regular basis. If you are symptomatic, there are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells; this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

## Prostate Cancer Symptoms

- Weak urination
- Interrupted urination
- Frequent urination
- Blood in urine
- Painful ejaculations
- Pain in pelvis, hips or thighs

Early diagnosis is the key to survival; however, it's never too late. Getting a prostate cancer screening on a regular basis saves lives.

## 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



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- Independent Practice Associations (IPAs)
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- 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!

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- Specimen Pick Up and delivery

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](http://ExpressMobilePhlebotomy.com) or to schedule an appointment, please call **239-322-6544** or email [info@expressmobilephlebotomy.com](mailto:info@expressmobilephlebotomy.com).



**MOBILE PHLEBOTOMY**

# Weight Loss Later in Life

By Cederquist Medical Wellness Center



**Research suggests that weight-loss after age 50 could mean additional health benefits. That is if you can keep it off. But why? What makes bodyweight so important, and what is a healthy goal weight for you? Let's explore.**

## Bodyweight: The True Meaning

Weight comes up a lot - at the doctor, on supplement commercials, in magazine articles. As frequently as it comes up, many people still don't understand why weight matters. Well, it means much more than just a number on a scale. Bodyweight is determined by the amount of fat, lean mass, like muscle and bone, and water you carry. Each component makes up a certain percent of your weight. The percentages vary by person, gender and even age. Women generally carry more fat and less muscle than men. Older adults tend to have more fat and less muscle than younger adults. Excess bodyweight (usually in the form of fat mass) is associated with several harmful diseases, including heart disease and diabetes. As we get older, muscle can easily waste away. It also becomes easier to gain fat. Older adults should focus on building muscle and losing body fat.

## Ideal bodyweight

Before starting any weight-loss plan, it's good to set a healthy weight goal. So, what should you aim for? The short answer: it depends on the person. A healthy bodyweight depends on your height and personal preference. The taller a person grows, the more he or she should weigh. Taller people should weigh more than shorter people. Adults should weigh more than children. The weight you feel most comfortable at plays a role too. The National Institutes of Health suggest that a healthy weight for a 5'5" person is between 114 and 149 pounds. You may prefer a more curvy physique. In that case, a heavier weight within the 114 to 149 range may suit you, and that's ok! A lighter frame closer to 114 is fine too. So long as your weight falls between those two numbers, your disease risk decreases.

## Health Benefits of Weight Loss

Getting down to your goal weight would certainly feel amazing. (Talk about a confidence boost!) New research suggests that losing weight after 50 can not only impact your self-esteem but your risk of developing cancer as well.

A recent study found that postmenopausal women over 50 had a decreased risk of cancer if they maintained weight loss over three years or more. Women who did not take hormones and lost more than four pounds were less likely to develop breast cancer later in life. This is compared to women who maintained a stable weight over the study period. The more weight women lost the lower their cancer risk.

In the U.S., about 12% of all women will develop invasive breast cancer. This number has remained fairly steady over the past decade, with more and more women becoming breast cancer survivors. Survivorship gives hope to those who develop the disease. Still, we must do all we can to help prevent cancer altogether. Weight loss may be a strong line of defense against breast cancer.

## What Can You Do?

Before starting a weight loss plan, women should first identify a healthy goal weight. Use a height and weight chart to determine your ideal bodyweight. Then, consult with a doctor to confirm that your estimate is suitable for you. Don't have a doctor? Consider Cederquist Medical Wellness Center. Our dedicated team of physicians and dietitians specialize in weight management. They are here to help with losing weight and keeping the weight off. Give us a call! We can develop a plan just for you, ensuring success and health for years to come.



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

## How **EMSELLA™** Can Help You

By Joseph Gauta, MD, FACOG

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

Childbirth is the greatest risk factor for pelvic organ prolapse which is a condition that effects 1 in 3 women. POP happens when the organs of the pelvic floor such as your uterus, bladder and rectum lack the support structure to hold them in place. These organs drop and often protrude from the vaginal canal causing discomfort and incontinence.

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

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



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

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



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

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

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

*Just The Answer You've Been Looking For*

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**References:**

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



Nicole Houser, PA



Joseph Gauta, MD



Amber Thompson, PA-C



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

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# Alleviant Offers Virtual Visits Via Telemedicine

## Mental Health Awareness



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

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

### Virtual Visit Tips

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

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

### Mental Health Awareness

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

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

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

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*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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ASK US ABOUT OUR COVID-19 PREVENTION PROGRAM

# AT-HOME NUTRITION INTERVENTIONS

## Reduce Medical Costs and Hospitalization

**A**mong older adults, the prevalence of malnutrition ranges from 17% to 65% - depending on the group and setting.<sup>1</sup> Patients from rehab facilities, long-term care residents, and elderly patients requiring a higher level of care make up the upper end of that range. The prevalence of malnutrition among older adults presents a particular concern for doctors, families and care planners, because malnutrition has been connected with increased rehospitalization/hospitalization, increased length of stay with inpatient care settings, falls, hip fractures, depression, poor quality of life, and increased mortality.<sup>2-5</sup>

Earlier this year, the *Journal of Parenteral and Enteral Nutrition* published an important study demonstrating the clinical efficacy of home care interventions for malnutrition.<sup>6</sup> Five home care branches offered nutritional support for a total of 1,546 patients determined to be at moderate or high risk of malnutrition. Teaching and facilitation for certain nutritional supplements were a consistent component of their intervention. Ensure, Glucerna, or Nepro were prescribed according to individual patient need. Outcomes of at-home malnutrition interventions were compared to the outcomes of matched cohorts. The home health malnutrition intervention was associated with a hospitalization risk lowered by 24%, 23%, and 18% at 30, 60, and 90 days, respectively. This improved health resulted in 90-day medical costs reduced by \$1,500 per patient, on average. The results demonstrate (1) the clinical relevance of nutrition among elderly patients and (2) the potential efficacy of simple at-home interventions.

Who among your patients, friends and family would benefit from nutritional support from a home care agency? In the current study, Riley et al. used a simple, 12-question screening tool to determine which patients were most likely to benefit. These questions could be used to trigger a conversation about independence with important ADLs and the availability of reliable, professional home care services.

With access to the home and making multiple visits per week, McKenney Home Care can be involved in pantry review, health monitoring, patient/caregiver



education, grocery planning and shopping, meal preparation, and adherence to therapeutic diets. As demonstrated by the current study, at-home nutritional support can make large, measurable changes in patient health.

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

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](http://mckenneyhomecare.com).



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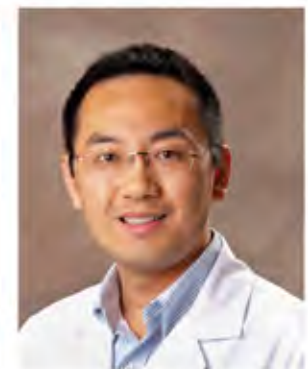
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# Millennium Physician Group's Pulmonologist Weighs in on Which Masks are Optimal for COVID-19

**M**any people are concerned about which mask is most effective, how can we stay safe and the safety of wearing masks for long periods of time. We spoke to Board Certified, Pulmonologist, Dr. Salerno with Millennium Physician Group to find out what experts like him recommend for their patients and the public.

## How effective is a face mask for preventing coronavirus from spreading?

Based on what we're hearing from experts and studies, masks are very effective at reducing the spread of the virus. There is a downtrend in cases due to physical distancing and mask-wearing mandated by businesses and communities. We know that masks work in general, as surgeons and healthcare providers use them to prevent cross-contamination and to prevent the spread of bacterial and viral infections.

We are still uncertain of how long the droplets stay in the air because various factors can interrupt this process. Depending on the particle size, exhalation, humidity, and air density, the time airborne droplets can hover will fluctuate. More importantly, we know that wearing a mask can prevent the droplets from entering the nose and mouth.

## Different types of masks and their effectiveness

There have been several studies looking at the effectiveness of the type of masks worn. We know that N95 masks are the best at preventing droplets from being inhaled. These are reserved mostly for medical professionals, but many people have them. If you are concerned about spreading the virus, it's important to not have an N95 with a valve. If your mask does have a valve and you want to keep others safe, you can cover the valve with another mask or a shield of some sort.

The next best masks are blue surgical masks or medical-grade masks. They are efficient because they are highly water-resistant and have enough layers to keep particle droplets out. Cotton masks, bandanas, or other homemade masks can be useful, they just need to have several layers to provide defense against droplets filtering through the material. All masks should fit snugly and those with a metal nose bridge are ideal to keep the mask secure. Plastic face shields do not offer the same protection and should ideally be worn with a mask.

Reducing transmission by wearing a mask is indisputable. Physical distancing is critical as well, but masks work to reduce the spread of the virus.

## What should patients with breathing problems be concerned about wearing masks?

Many patients ask me about the safety of wearing a mask for long periods, or they are often concerned with breathing dysfunction or distress. If a person has an underlying lung condition like COPD or asthma, they may feel as though they are having breathing issues while wearing a mask, but it's rare. Most people can wear masks for long periods, with no problems.

Surgeons sometimes wear masks for 8 to 9 hours at a time. Wearing a mask for hours is something many people need to get used to doing. However, if someone is having respiratory distress, I tell them to limit the time they need to wear their mask and take breathing breaks. For your safety and the safety of others, it's vital to wear a mask, and if a person has an underlying lung condition, they are much more susceptible to COVID-19, and the severity of symptoms. If you genuinely have an issue with wearing a mask and have a lung disorder, you need to avoid large crowds and limit mask-wearing durations.

Asking others to help you with groceries or ordering online are viable alternatives, but wearing a mask is essential if you must be around others. Listening to the experts, those of us who deal with patients on a daily basis, is critical for health and prevention. The data is clear; wearing a mask helps to reduce the spread of the virus.

To schedule your appointment, please contact Millennium Physician Group today.



**Edward L. Salerno, M.D.**  
Critical Care, Pulmonology,  
Sleep Medicine

Edward Salerno, M.D. earned his Bachelors of Science from Brooklyn College. He graduated cum laude with a degree in Philosophy. He then attended Saint George's University School of Medicine in Grenada, West Indies where he earned his MD.

After medical school he attended the University of Connecticut, where he completed his internship and residency. He then completed one year as Chief Medical Resident at Hartford Hospital. Afterwards, he completed a fellowship at the University of Connecticut Health Center in pulmonary/critical care medicine.

Dr. Salerno joined CMG/Starling Physicians as an attending physician in Pulmonary/Critical Care and Sleep Medicine in 2005. Prior to joining the Millennium Physician Group, Dr. Salerno was Pulmonary Director of the pulmonary vascular disease program at Hartford Hospital. He was also Assistant Medical Director at Gaylord Specialty Healthcare in Wallingford, Connecticut.

In addition, Dr. Salerno has served as Assistant Professor of Medicine at the University of Connecticut School of Medicine, where he educated medical residents and pulmonary/critical care fellows.

Dr. Salerno is board certified in internal medicine, pulmonary critical care medicine and sleep medicine. He was awarded the Aldo Bellucci Teaching Award for Medical Resident Education, through the UConn Internal Medicine Residency Program.

Dr. Salerno is fluent in Spanish and Italian.

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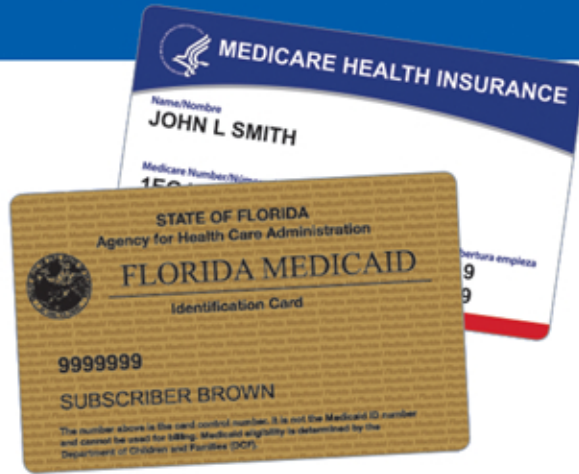
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## STRESS EATING AND ADRENAL FATIGUE

BY DR. LINELL KING

**E**ven those of us who are not typically “stress eaters” have been reaching out in search of any small comfort that we can find, often something salty or sweet from the pantry or fridge. With extra time on the sofa, extreme limitations to our typical active lifestyle or workout routine, and prolonged/ongoing stress in our lives, many of us are reeling; feeling terrible on many levels. Another thing not helping: watching the numbers on the scale go up, and having a hard time with that top button once we finally put on pants *without* elastic waistbands.

With most Americans already fitting into the “obese” category, we may fail to recognize this for the serious danger that it presents. America’s expanding waistlines correspond directly with a monstrous host of health risks that should not be taken lightly.

Of specific concern is abdominal visceral fat, the deep layers of fat that surround internal organs. Excessive visceral fat can actually disrupt our hormone balance, alter our body’s insulin sensitivity, affect blood clotting and blood pressure; and increase the risk for cardiac disease and some types of cancer.

### Conditions correlated with abdominal obesity:

- Hormonal imbalance
- Thyroid dysfunction
- Adrenal fatigue
- Stress
- Liver dysfunction
- High blood glucose
- Autoimmune disorders
- Obstructive Sleep Apnea
- Impaired digestion/malabsorption

### Obesity and Disease

Being just “a little bit” overweight puts additional stress on your body and its systems, which can lead to problems such as chronic pain/inflammation, hypertension, lipid fluctuations, immune dysfunction, cardiovascular disease, and brain degeneration.



### Achieving Optimal Health: Commit

Making the changes to reduce abdominal obesity and achieve optimal health requires a multifactorial approach, and commitment to taking on the journey. Unfortunately, there is no one-size-fits-all solution. Making the obvious changes to improve your diet and get more exercise is a great start, but this alone is not always the solution.

### Here are some basic steps to reduce abdominal fat, and improve overall health:

- Eat natural foods containing fiber; healthy fats
- Reduce or omit processed food
- Reduce stress by spending time in nature
- Exercise appropriately for your body in its current condition
- HYDRATE
- Improve gut health to reduce systemic inflammation

### Good News: You Can Improve; We Can Help.

A person’s individualized food sensitivities, allergies, hormones, lifestyle factors, and history are all pieces of the puzzle. Utilizing appropriate testing, and analyzing results per the individual can help uncover underlying causes of disease and discern a person’s specific roadblocks to a trimmer waistline. Consult with our Naples Vitality team to learn how we can help unravel your health challenges together to create optimal health and vitality for years to come.

**Most importantly, remember that it’s not just about the weight! Create a better YOU to love the life you live. Together we work to grow healthier, not older.**

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.  
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# FACIAL COSMETIC ACUPUNCTURE AN ALTERNATIVE ANTI-AGING SOLUTION

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

In the world of Anti-Aging Medicine, beauty and skin health are important factors in perceived quality of life. Currently, numerous solutions are offered for skin rejuvenation and anti-skin aging including treatments for facial wrinkles, facial muscle tone, and elasticity. Recently, Facial Cosmetic Acupuncture has been introduced as a solution for skin rejuvenation.

Facial Cosmetic Acupuncture (FCA) is the use of acupuncture on the head, face, and neck for cosmetic purposes. Several different types of FCA are currently practiced, and many possible mechanisms underlying these techniques have been proposed such as increasing or balancing Qi energy, the circulating life force whose properties are the basis of Chinese medicine, balancing the internal organs, increasing blood flow by inserting needles at certain acupoints, and increasing muscle tone.

Facial Cosmetic Acupuncture is based on the core principles of traditional acupuncture.

Acupuncture theory is based on the belief that the human body has several channels of vital energy flow. There are numerous branches to these main channels. If there are any disruptions to these channels, the acupuncture theory believes that it will lead to illness and other health issues.

So, for Facial Cosmetic Acupuncture, what the Acupuncture Physician will do is to use needles to stimulate the patient's blood circulation. Improved blood circulation is believed to improve the vital energy of the patient, which in turn will lead to a tighter skin condition without any surgery.

For thousands of years, the Chinese have known that beauty comes from the inside. At least as early as the Sung Dynasty (960AD-1270AD) Acupuncture rejuvenation practices were employed for the Empress and the Emperor's concubines. These practices migrated from China to Vietnam, and then to France – Land of Beauty – where they were then developed and refined.

Acupuncture balances the energy flow within the body to initiate the healing process of rejuvenation. According to a famous Chinese axiom, Where Qi goes, blood flows.

Even those unfamiliar with the principles of Chinese Medicine know that increased circulation helps the body look and feel better. Common sense tells us that treating the underlying cause of aging is preferable to masking the outward symptoms and allowing further decline and dysfunction to continue within the body. This can involve other factors, such as diet and exercise, as well using these Acupuncture techniques to change the physiology of the body and skin.



Facial Cosmetic Acupuncture entails no incisions, sutures or acid peels and it will not produce sudden, drastic changes in underlying structures. Properly trained practitioners may also recommend and perform homeopathic injections in addition to the acupuncture to enhance the body's own processes of collagen and elastin production, as well as healing of some damaged skin cells. Proper expectations of this type of treatment is, however, something that should be discussed with your Practitioner. It took decades of stress, sun damage and exposure to environmental toxins for your skin to reach a state of crisis, and the damage will not be instantly undone. The remedy cosmetic acupuncture may offer is the reduction or erasure of fine lines and the softening of deeper ones. Additionally, patients may experience the firming of jowls and a reduction in the size of under-eye bags. It is not unusual for clients to report enhanced skin tone, increased energy and eyes that sparkle. But it doesn't stop there, since facial acupuncture is based on time-tested principles of Traditional Chinese Medicine, a person's overall health may also benefit. Insomnia may be corrected and weight gain may be controlled. Facial Cosmetic Acupuncture is, after all, a whole-body treatment. In the Traditional Chinese Medicine view, a person's face is affected selectively by his or her metabolism. Facial features reflect organic strengths, and as internal organs are fortified, one's face reflects the improvement. Besides addressing a patient's condition holistically, the practitioner will probably work locally, inserting painless, ultra-fine needles into—and around—specific wrinkles, acupoints or muscle points, depending on the technique employed. Techniques can involve between 16 and 80 needles, and practitioners will often incorporate herbal poultices, moisturizers, Ultrasound, microcurrent, pulsed light or essential oils into a treatment.

Typically you will have a 15 minute consultation with your practitioner to assess your needs as well as an estimate of the cost and the number of treatments required. A course of ten treatments is standard, with periodic follow-up visits as needed. These sessions are labor intensive and will be priced differently than customary acupuncture treatments. Not surprisingly, if you are a smoker or sun-worshipper, you will need to make a longer commitment in order to achieve results. Depending on the technique used, there is a slight chance of minor temporary bruising, although your practitioner may lessen the possibility by starting your session with a homeopathic remedy. If your features are tired, your eyes are baggy and your skin is without

luster, yet you do not feel the need for cosmetic surgery, then Facial Cosmetic Acupuncture may be for you. The freedom from post-treatment downtime and the experience of enhanced vitality contribute to the ever-increasing popularity of this Asian art. If you are willing to try something different and new, you may find that facial acupuncture is the perfect partner in your quest for rejuvenation and renewal.



**Dr. Luann Pham LAc, DOM, ECFMG Certified (MD France)**

*Dr. Loan Pham was an MD in France in Family medicine, graduated in Paris in 1989 and came to alternative medicine very early in her career path after personal struggles with upper respiratory infections which lead to asthma, chronic sinusitis, gastritis, and one day to an anaphylactic shock after conventional medicine treatment.*

*She decided back then to broaden her horizons with formal education in Acupuncture, Homeopathy, Western herbology, mesotherapy and implemented them throughout her 20 years of clinical work in France with noticeable success for herself, her family and patients.*

*In the USA, Dr. Loan Pham is an ECFMG (Educational Commission for Foreign Graduate) certified, an Oriental Medicine Physician NCCAOM certified, licensed in Florida. Her lifelong experience in both Western and Eastern medicine allows her to master a holistic approach in addressing patients' health conditions and ailments and she can effectively communicate your status and progress to your medical doctor, if necessary.*

*Among her different treatments, Dr. Pham offers acupuncture procedures, Chinese herbology, nutritional advices and other complementary nutritional supplements and therapies addressing anti-aging, pain management, digestive issues, sleep disorders, general health support and woman health: infertility, polycystic ovarian syndrome and heavy or irregular menstrual periods.*

*In addition, she offers to her clients a signature holistic facial rejuvenation treatment combining an acupuncture facelift procedure and injection of a homeopathic formula with Made collagen. This special acupuncture facelift procedure encompasses not only acupoints on the face but also those throughout the body in an effort to balance the energy, the Qi, flow in the entire body to restore facial youthful appearance. This has proven an excellent alternative to invasive facelift procedures or Botox and fillers with associated hazardous long-term side effects.*



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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.*





# Can Anyone Please Help My Painful Feet?

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

Every year more than a million patients visit their doctor due to heel pain! The most common foot and heel discomfort is caused by an excruciating disorder known as plantar fasciitis.

## What is plantar fasciitis?

The foot is comprised of many different bones, joints, tendons, and ligaments; these include the plantar fascia. The plantar fascia is a band of ligament tissue. It stretches from the heel of your foot to the middle, and it is responsible for reinforcing and supporting your arch. When this area becomes inflamed due to extreme tension on the ligament, pain erupts every time you take a step, and if left untreated, many people will even experience discomfort while at rest.

Because plantar fasciitis is one of the most common foot issues; one in ten people will experience it at some time in their life. Usually, the pain is concentrated in the heel area, and it is generally caused by small injuries that occur over an extended period of time. It's quite common for heel spurs, which are bony protrusions under the heel bone to coincide with plantar fasciitis.

There are many treatment options that you can do at home with the guidance of your podiatrist to try and alleviate the painful symptoms of plantar fasciitis. But, because of weight bearing, this area of the foot, in particular, is challenging to heal on its own, The key to getting your foot health back to normal, and you free from pain is to have medically based procedures provided by your podiatrist.

## What are my options?

### Laser Treatment

Laser therapy is one of the top methods to reduce your pain and inflammation. Deep tissue laser therapy uses a process called photobiomodulation, which penetrates deep into the muscles tissues using photon energy. This therapy increases cellular metabolism while decreasing inflammation and pain.



Collier podiatry sees great results in their patient's foot health with this treatment option. The best part is that there are no side effects, no harmful medications and more importantly, long lasting results.

### Stabilization

The second of the two mentioned treatment options is Stabilization. This option is achieved through a device such as a brace or foot support, which technically is an ankle-foot-orthosis or AFO.

### Ultrasound- Guided Corticosteroid Injections

This is an innovative treatment available from Collier podiatry. It allows the podiatrist to view the precise placement of the cortisone injectable via an advanced ultrasound machine to make certain that all of the pain and tension relieving material is placed accurately.

### Surgery

There is, of course, a more permanent stabilization option, which includes surgery of the foot and ankle, but not all patients need this. If your symptoms and pain are unbearable and not responded to traditional therapies within the specified amount of time, surgery is the most logical choice to get you back on your feet again.



The procedure is minimally invasive and requires cutting of the ligament to release the tension in the plantar fasciitis. It can be performed endoscopically with two small incisions on either side of the heel bone.

### At Home Care

There are many medical ancillary options that your podiatrists can prescribe, such as ankle braces, high top orthotic shoes, lace up supports and shoes made with a medial-lateral supportive base. It's important to be examined by an experienced podiatric professional if you're experiencing any foot pain.

Along with these treatment options, Collier Podiatry will provide you with personalized instructions on the necessary amount of rest, stretching exercises and home care to get you back to doing what you love.

Dr. Michael Petrocelli is available to answer your questions and make your appointment. Please visit their website at [www.collierpodiatry.com](http://www.collierpodiatry.com), or call them at (239) 775-0019.



**COLLIER PODIATRY, P.A.**  
**Michael J. Petrocelli**  
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# WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

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

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

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

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

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

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

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

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



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

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



## SOME OF THE SIGNIFICANT CHANGES ARE:

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

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

### Dr. Ralph Rodriguez

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



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

### Dr. Alejandro Blanco

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



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

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



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# 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 cr me de la cr me 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.

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

Mindy DiPietro  
CEO

Kathleen M. Marc, MD  
Medical Director



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# OSTEOARTHRITIS OF THE KNEE: ALTERNATIVES TO SURGERY

**C**urrently, an estimated 27 million people suffer from osteoarthritis, making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Knee replacement surgery may be necessary in advanced cases; however, there are non-surgical approaches to relieve knee pain and avoiding surgery.

## Causes of knee osteoarthritis

- Abnormal gait pattern
- Age
- Improper joint alignment
- Joint misalignment or postural in balance of
- Overweight
- Previous knee injury
- Repetitive strain or overuse
- Trauma

With knee arthritis, the cartilage breaks down and wears away leaving the bones rubbing together causing pain, swelling, stiffness, and limited range of motion in affected joints. With knee replacement surgery, once done, there is no turning back to a more conservative approach. A partial or total knee replacement is an extreme measure to take without considering all of your options.

Dr. Eric Narrell, D.C. and his team of highly trained healthcare clinicians offer a CUTTING-EDGE, Non-Surgical and Non-Invasive treatment that utilizes newly developed and top-notch medical treatments that can aid in resolving your chronic knee pain, but further can help in stabilizing and rehabilitating your knee as a whole.

We'll know during your first visit and more importantly YOU WILL know whether or not our unique knee pain program is going to help you or not! If we can help you, we will let you know and if we cannot help you, we will be glad to make a referral. Either way we guarantee you answers!

## LOW-LEVEL LIGHT THERAPY AND DECOMPRESSION

Our extensive training, unique approach, and highly specialized therapies give our patients a huge advantage in regaining their active and normal lives. The low-level light therapy and decompression technology we use is the best



available and many other doctors don't want to invest the kind of money it takes for the best equipment.

## ADVANCED KNEE REHABILITATION

A critical component of the continued success of our Knee Pain Relief System and our 2-Step Program is to ensure that the knee is stabilized and strengthened. We work with you to create a personalized program of rehabilitation with the use of our cutting-edge equipment and top-notch facility. This program and steps of rehabilitation contribute to your success now and continued relief over time. This is true for minor pain and the most debilitating pain, even more so when other attempts and treatments have not helped.

## WHOLE BODY VIBRATION

Using frequencies to detect disorders and pain, we scan the body using high-resolution vibrations at varying frequencies to alter the cell walls of disorders. The physician that invented the device based the concept on, opera singer's ability to shatter glass with certain frequencies. After years of researching which frequency worked on various cells, we now have precise measurements to help patients heal rapidly with this procedure.

## Are You A Candidate?

If you are experiencing knee pain that is chronic, please know that this particular condition is recognized in the health care profession as one of, if not the most, common and challenging painful situations to treat, manage or control. Our office has been working with patients who suffer from this ailment for over 10 years. We have found that many times, patients experience EXTREME relief, after just

a few office visits with us. We have had many patients share their success, and show us in office, how their condition has improved, swelling and pain has reduced, and they are gaining their life experiences back because of this groundbreaking treatment.

Dr. Eric Narrell, D.C.'s Knee Pain Treatment Succeeds Where Other Treatment Methods Fail If education, exercise, knee braces, and anti-inflammatory medications have not provided enough relief for you to live pain-free and reasonably active you may be a good candidate for knee decompression treatment – a safe, highly effective, option that can help you avoid knee replacement surgery.

*\* Disclaimer: Results may vary from individual to individual*



## Dr. Eric Narrell, Doctor of Chiropractic, Clinic Owner

Eric Narrell was inspired to become a Chiropractor when he began to experience severe, chronic back and neck pain at the early age of 15 after a weight-lifting injury and the only relief and answers came when he began seeing a Chiropractor. This series of events literally transformed his life which then took on a distinct, powerful direction as he learned the benefits of taking care of your spine through Chiropractic care. He then discovered the life changing principals of healthy living that, when coupled with Chiropractic care, ensured a much longer and more desirable lifestyle of being fit, healthy and disease free! His personal, very passionate mission is to live and teach these principals to any and all people he can reach in our community. He has helped radically transform tens of thousands of people's lives by helping them experience their greatest health potential.

*Over the course of Dr. Narrell's career he has:*

- Had one of the largest pediatric practices in Texas
- Adjusted over 1000 patients per week
- Has been coaching and training 100's of chiropractors for over 10 years

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# WRIST FRACTURES DEMYSTIFIED!

By Carmella Fernandez MD, MBA

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

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

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

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

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

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

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

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

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

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

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

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



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

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

## 7. What should I expect after surgery?

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

## CARMELLA FERNANDEZ MD, MBA

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



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# THE IMPORTANCE OF SEXUAL HEALTH IN BOTH MEN AND WOMEN

By Dr. Viviana Cuberos

**W**e've all heard the statistics that heart disease, breast, lung and prostate cancer are some of most common disease states in men and women, and if not treated, many times, they lead to untimely death, but we hear very little about the way sexual dysfunction can contribute to other health conditions. Sexual dysfunction affects both men and women. Women often succumb to vulvovaginal atrophy (VVA) and men have issues with ED.

In the case of VVA, due to the limited estrogen supply, the walls of the vagina start to thin out and degenerate, causing dryness, burning and inflammation. This mucosal impairment can make intercourse very painful and can cause urinary disorders that interfere with daily activities, such as walking, sitting, standing and exercising. For many women due to the extreme pain and discomfort that it can cause, vaginal atrophy is a major lifestyle disruption.

In the case of erectile dysfunction, a recent article published in Psychology Today states the following: "Psychological: Depression, anger, anxiety, low self-esteem, sexual self-doubt, and poor body image can all interfere with erectile ability, as well as general enjoyment of sex. Of course, erectile difficulties can also cause or worsen all of these. For some men (and their partners), one random bout of erectile difficulty can cause a downward spiral of performance anxiety, where every time after they worry about their ability to get an erection which then undermines their ability to get one, which reinforces that worry, etc.

Erectile Dysfunction (ED) is deeply related to vascular health. Many men that begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the "little blue pill," but this only masks the symptoms of ED and it definitely doesn't treat the cause.

Any man that is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician that not only understands the disorder but one that also offers the most advanced treatment to address your overall health.

## GAINSWave for Men

There is a better way than the standard of care by actually treating erectile dysfunction at its core. The GAINSWave is a revolutionary, non-invasive treatment that addresses the underlying causes of ED. GAINSWave uses scientifically proven technology through sound waves to stimulate blood circulation, tissue regeneration, and removes plaque build-up. Traditional treatments for ED, such as pills or injections, lose effectiveness over time and have to be used every time a man wants to engage in sexual activity. GAINSWave helps men to feel like themselves again and to enjoy their lives.



GAINSWave utilizes high frequency, low-intensity sound waves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results. Over 80% of Erectile Dysfunction (ED) issues are caused by poor blood flow. GAINSWave has developed a protocol to treat ED and Peyronie's disease as well as enhance sexual performance.

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ULTRA Femme 360 is a safe, non-surgical alternative to labiaplasty and vaginoplasty procedures. It provides a complete vaginal rejuvenation, including vaginal tightening and labia reduction, with a single device.

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The O-Shot process begins with harvesting PRP. A traditional blood draw is performed to collect a sample. The sample is then spun at a rapid rate in a specialized centrifuge. This isolates the golden plasma substance from the rest of the blood, and the PRP is prepared for an injection.

O-Shot injections are performed in the comfort in the office. There is little to no pain associated with the injection process, and a form of anesthetic may be available for your additional comfort. Treatment sessions are relatively short, and you should be able to return to your normal daily activities.

Results achieved with the O-Shot will vary for each person. While you may begin to notice some initial results, it is important to be patient as the PRP stimulates your natural growth processes. Additional follow-up treatments may be recommended to achieve and maintain the best results.

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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.

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## 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 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.



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# Abdominal Aortic Aneurysm: Are You at Risk?

**A**n aneurysm is a balloon-like bulge and is caused by a weakening of an arterial wall due to a localized area of enlargement, which can cause a bleeding issue or a rupture to occur. Regarding the abdominal artery, aneurysms can occur because of the pressure and blood flow needed for the legs and body, which can cause a great deal of damage over time.

Unfortunately, an abdominal aortic aneurysm (AAA) is common. The larger they grow, the more likely a rupture will occur. Approximately 200,000 individuals are diagnosed with an abdominal aortic aneurysm every year.

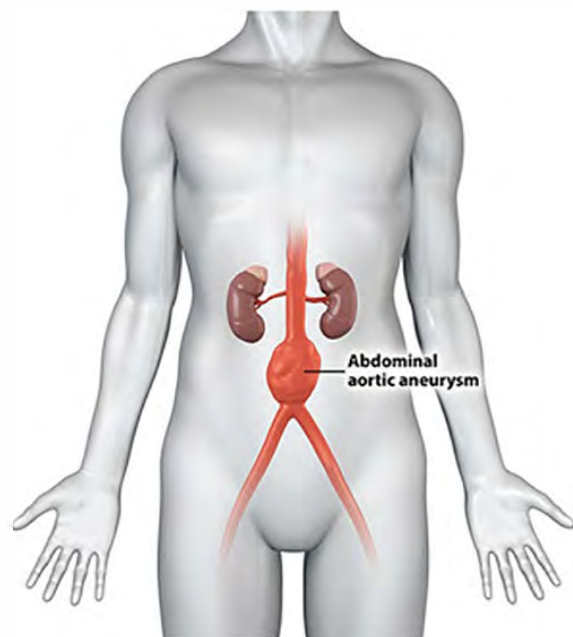
## AAA Symptoms

- Intense Abdominal pain
- Back pain
- Chest pain
- Flank pain
- Dizziness nausea
- Shortness of breath
- Belly button pulsations
- Foot feels cold to touch
- Black or blue toe
- Infection (fever, weight loss)

The first step to accurate diagnosis is an ultrasound, abdominal CT scan, or an angiography. Depending on the location of the aneurysm within the aortic artery and its size, the appropriate treatment can be decided and discussed with your physician. Large aneurysms or those that are proliferating will likely need surgical repair. Smaller, slow-growing aneurysms can usually be monitored every few months.

## AAA Risk Factors

- Arterial plaque (atherosclerosis)
- Hypertension
- Blood vessel disease or damage
- Family history
- Having an aneurysm somewhere else in the body
- Trauma
- Infection
- Smoking



Abdominal Aortic Aneurysms are life-threatening. In fact, they are the 15th leading cause of death in the U.S. in people over the age of 65, but it can happen to much younger individuals as well depending on their risk factors and lifestyle.

## Treatment

Lifestyle changes and monitoring symptoms are essential if you are at high risk and/or diagnosed with a weakened aortic artery.

## Surgical Procedures

- A vascular stent and graft can be placed to reopen and secure the damaged artery. This is typically done with open surgery for a graft and minimally invasive for a stent.
- An endovascular aneurysm repair is a surgical procedure to repair the aneurysm bulge in the aorta to prevent rupture or bleeding issues.

If you or someone you know is having symptoms of AAA, don't wait! See your physician immediately, or in the case of ruptures and emergencies, call 911!

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**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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# Maskne

By Anne Marie Tremaine, MD

**M**askne has been a recurrent topic of discussion since the onset of the Covid-19 pandemic. The medical term is acne mechanica, and it is not a new phenomenon. Those that wear masks have been plagued with this condition for as long as the mask has been around. This is a type of acne caused by heat, occlusion, and friction. Wearing masks for long periods mixed with the heat and humidity of Southwest Florida is the perfect storm for maskne and it can present in many ways, including pimples, pustules, redness, and itchy dry or raw skin.

You can help prevent maskne by wearing a clean mask. With each use, your oil, saliva, sweat, and nasal secretions build up on your mask. If your mask is disposable, you need to replace it regularly. If it is a cloth mask, then it should be washed daily with an unscented, mild detergent and rinsed well. It does appear that soft cotton fabrics are better for those suffering from maskne. In addition, avoid wearing makeup under the mask. The mask plus makeup, plus a moist environment is a haven for acne to thrive. Finally, wash your face once you can remove the mask. A mild cleanser and gentle massage with your fingertips is all that is needed to cleanse the skin.



If it is too late to prevent maskne, we have many treatment options. The first step is using topical agents to unplug pores, such as benzoyl peroxide, salicylic acid, glycolic acid, azelaic acid and retinoids. It is important to note that you can over do these acne treatments resulting in the skin becoming too dry. Therefore, I recommend just starting with one of these agents and making an appointment to create

a treatment plan. If the acne is severe enough, I sometimes use short courses of oral antibiotics. On the other hand, if the concern is more of irritation and allergy, rather than acne, other topical treatments are necessary.

Maskne is not an excuse to not wear a mask. The widespread use of facial masks lessens the spread of the coronavirus. We will help you get through the maskne while protecting yourself and your community.

## Anne Marie Tremaine, MD

Board Certified Dermatologist  
Harvard Cosmetic and Laser Medicine Fellowship

**Dr. Tremaine** is a board-certified dermatologist with fellowship training at Harvard Medical School in laser and cosmetic surgery. She has contributed as a dermatology expert for online and print magazines including *Family Fun*, *msn.com*, *menshealth.com*, and *ccn.com*. In addition, she frequently lectures to professional societies on her diverse research. For more information about skin care visit the Skin Wellness Physicians website at: [www.skinwellnessflorida.com](http://www.skinwellnessflorida.com)



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# Are Sunglasses a Critical Investment to Save Sight? What You Need to Know

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

The American Academy of Ophthalmology published an article, *Seven Myths About Sunglasses That Could Damage Your Vision*.<sup>1</sup> Below is the following information that Dr. Taba of Personalized Retina Care of Naples believes every patient should know to protect vision and ensure eye health during the sunny Florida days.

Did you know that too much sun on unprotected eyes increases the risk of eye disease? The good news is that prevention is simple: Wear sunglasses that block 99 to 100 percent of UVA and UVB radiation. But there are a lot of common myths about sunglasses and eye health. That's why the AAO is working to debunk the myths and offer tips to promote smart eye health choices.

#### Myth #1: Sunglasses are only for sunny days

False. UV light gets through clouds and haze. Regardless of the season, sun exposure can increase the risk of developing cataracts, growths on the eye surface and even eye cancer. Sun reflecting off ice and snow can also lead to photokeratitis, a painful eye condition sometimes referred to as snow blindness.

#### Myth #2: Babies and children don't need to wear sunglasses

False. Children are just as susceptible to the sun's harmful rays as adults. Start them on healthy habits early.

#### Myth #3: Cheap sunglasses don't offer protection

False. Sunglasses don't have to cost a lot of money to provide adequate eye protection. Less expensive pairs marked as 100 percent UV-blocking can be just as effective as more expensive options. Labels can sometimes be confusing. Some indicate sunglasses offer 100 percent protection from UVA/UVB radiation, others offer 100 percent UV 400 protection. Both block 100 percent of the sun's harmful radiation.

#### Myth #4: Size doesn't matter

False. The more coverage sunglasses provides, the less sun damage inflicts on the eyes. Consider oversized sunglasses or wrap around-style glasses, which can help cut down on UV light entering the eye from the side of the glasses. Wrap around glasses may also protect against dry eyes from the wind.



#### Myth #5: Polarized lenses offer more protection from the sun

False. Polarized lenses do not block more radiation; however, they can cut down on glare reflecting off cars, water or pavement, which can make activities such as driving or boating more enjoyable.

#### Myth #6: Darker lenses offer more protection from the sun

False. The darkness of the lens isn't indicative of protection. Make sure the label on the lens says 100% UV-blocking.

#### Myth #7: Tinted lenses offer more protection from the sun

False. Amber, green and grey lenses do not block more of the sun's harmful rays. However, tinted lenses do offer increased contrast for those who play sports, making a softball or a golf ball easier to see.

#### Personalized Retina Care of Naples

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

Personalized Retina Care of Naples provides incomparable diagnosis, medical and surgical treatment for retinal conditions and disorders.

**Katia Taba, MD**, is the board-certified ophthalmologist and fellowship trained in surgical and medical retinal diseases at Personalized Retina Care of Naples in Naples, Florida. Dr. Taba treats macular degeneration, diabetic retinopathy, eye floaters and flashes, and any other serious eye problems that can interfere with sight or steal your vision silently. Patients know Dr. Taba as an extremely friendly and welcoming eyecare provider. She has saved the eye sight and even the life of many patients through her professionalism.

Dr. Taba earned her medical degree at a leading medical school in Brazil and continued specialized vitreoretinal surgery training in the United States. She has trained and worked under the leading experts in the field of ocular disease in Florida, New York, California, Louisiana, and many other locations in the U.S.

To find out more, or to schedule your appointment, please call (239) 325-3970 today.

References:  
AAO, American Academy of Ophthalmology, Seven Myths About Sunglasses That Could Damage Your Vision  
July 24, 2020, <https://www.aao.org/newsroom/news-releases/detail/seven-myths-about-sunglasses-could-damage-vision>



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# BACK PAIN:

## Physical Therapy Offers Techniques to Not Only Alleviate Pain, But to Regenerate the Body

**T**he agonizing and sometimes debilitating discomfort from back pain can cause us to lose out on the important things, like spending time with our families, and being productive at work. Even the simplest daily activities can require monumental strength to muster through them.

### Common Causes of Back Pain

- Muscle strains and tears
- Ligament tears
- Bulging discs
- Ruptured discs
- Osteoarthritis
- Nerve dysfunction
- Being overweight
- Muscle Weakness
- Forward Positioned Head

### Permeating and Peripheral Pain from the Back

When the joints and disc cartilage begin to break down, often times, bone spurs will occur, which leads to nerve pressure on the spinal column. Nerve pain will cause numbness, weakness, pain and tingling in the arms, neck, and legs.

When pain medications, NSAIDs and other treatments fail to offer relief, patients often don't know where to turn. Physical therapy provides pain relief via several therapeutic factors, such as manual stretching, traction, retraining the muscles, and a custom-tailored program to not only reduce and alleviate pain, but to strengthen your muscles and regenerate affected tissues.

Surgery and addictive medications are not always the answer. You don't have to mask your pain, physical therapy can restore your body naturally, and it is an essential element to relieving back pain and reducing the likelihood of reinjury. If you often experience pain, stiffness, immobility or balance issues being proactive about physical therapy treatments and techniques can help to alleviate or lessen these circumstances. Mobile Rehab, LLC offers physical therapy at the home or location that's most convenient for the patient.



For patients suffering from pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

Additionally, Occupational Therapy is available to assist patients with chronic pain to adapt their performances, improve their function, and properly utilize ergonomics in all activities. This helps to reduce extra strain on the spine and reduce overall pain levels.

### MOBILE REHAB—CONCIERGE OUTPATIENT THERAPY

Mobile Rehab, LLC is currently serving Naples and Marco Island. Concierge Outpatient Therapy allows patients to receive a higher level of personalized care within the comfort of their own homes and communities. Chronic patients need higher quality therapy with the ability to work outside of traditional home health and outpatient restrictions.

**We are NOT HOME HEALTH.** We are set up like a traditional Outpatient Therapy provider. We bill Medicare Part B, but instead of requiring patients to travel to facilities, our therapists travel to the patient's homes and communities. This removes the burden of travel, decreases risk for infection, and increases patient compliance. Therapists are able to assess real conditions, design programs that can be utilized by the patient for more extended periods of time and provide more personalized care. Therapists are not limited to the intense restrictions of home health or profit margins of an outpatient setting. We believe that our clients are long term members of the Mobile Rehab family, and we care about their long-term success.

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# Taking the Emotions Out of Investing

By Nina Azwoir, First Vice President, Wintrust Investments

**E**motions help us in so many aspects of our lives – from deciding which color we want to paint our homes to what to cook for a large family dinner, we unknowingly use emotions to fuel decisions that we make. Oftentimes, our emotions help to intuitively guide us when logical reasoning doesn't readily present itself, however, in some situations, like investing, emotions can lead to more harm than good. Leaving your emotions at the door when investing your money saves you from making costly mistakes and can help keep you on track with your long-term goals.

Understanding how emotions influence our decisions and judgments when doing something as significant as investing can go a long way in ensuring that you keep a level-head when managing your money. Humans tend to respond emotionally in decisions when faced with uncertainty, a phenomenon known as Psychological bias, that can result in errors of judgement.

For example, emotions can lead you to take on more risks to prevent a sure loss, but when faced with a sure gain, we fail to take risks to maximize our profits.

The fact of the matter is that the more emotional an event happens to be, the less sensibly we respond. So, how can we prevent our emotions from clouding our judgments, and what alternative strategies should we utilize to ensure that the investments we make to guarantee future stability are well-reasoned and logically sound? Well, first, we need to look into the common emotional mistakes that people make when investing.

## Understanding Emotional Investment Mistakes

There are four main emotions that can impact how you invest your money but being able to recognize and combat them will prevent you from making common investment mistakes.

1) Impatience, which causes frequent trading to try and quickly enhance returns, can lead to higher trading costs, more taxes, and lower returns in the long run. To avoid falling victim to wanting to see results quickly, building and following an investment plan can stop you from getting distracted by short-term movement of the market and remain on-track with long term goals.

2) Overconfidence, like relying on "hot" investments to boost your portfolio's performance, can lead to lower performance and a higher risk of loss. Instead of following word-of-mouth, select investments based on research, not, and keep your portfolio diversified to generate more consistent returns in any market.

3) Another common emotion that can affect your investment decisions is fear. Fear of loss can result in becoming too hesitant to reenter the equity market, which in turn can prevent you from losing income by failing to capitalize on a market rebound. Rather than allowing fear to hold you back, try looking into casing into the equity market with an automatic investing strategy like dollar cost averaging. Fear and its byproduct, indecision, make you more likely to stay in cash to help protect your assets from market volatility. However, cash alone is unlikely to generate the returns necessary to achieve your retirement goals. Overall, this can lead to a loss of purchasing power over time. Monitoring your portfolio using the "3 Bucket Model" to review your asset allocation can help to offset the fears that inherently come with taking financial risks.

4) The final primary emotion that can impact how you choose to invest is panic. Say for example, one of your investments isn't doing too well. If you allow panic to control your decisions, you may think selling equities in down markets and moving to cash may help, but this only ensures short-term safety. Doing this leads to potential shortfalls in retirement income and can prevent you keeping the long-term growth necessary to reach your retirement goals. Instead of letting panic guide you, try staying calm and using history as a reliable tool to guide you in maintaining your long-term focus.

## Managing Emotions and a Trusted Advisor

It may seem overwhelming to try and keep all the various emotions listed above in check, but there are simple ways that you can manage your emotions when investing in order to help you yield the most effective returns.

First, make sure you understand how your investments will respond to different market conditions. Focusing on the key benefits and the potential pitfalls, such as how your investment is likely to perform in turbulent markets, will make you less likely to make emotional mistakes because you'll be able to understand the nature of the risks you take. Remember to always keep in mind that the more volatile your investment, the stronger emotions you may feel when dealing with them.

Another way to prevent your emotions from disrupting your long-term investment plans is to focus on strategizing rather than reacting. Building a diversified portfolio can not only generate consistent returns but can also offer a sense of stability when dealing with strong emotions.

Creating a withdrawal strategy can also give you the reassurance that your income will last for life.

Finally, seeking an outside perspective, like a trusted financial professional that suits your needs and availability, can help you navigate the ups and downs of the market. A financial professional's third-party objectivity and their ability to help guide you during difficult decisions reduces your risk of making emotional-fueled investment mistakes.

As humans, emotions are an invaluable tool we use when navigating through life, but when it comes to the world of investments, acknowledging, but not acting on them is your smartest and safest plan of action.

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**Nina Azwoir**

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# Think about putting your Little Furry Kids in Daycare? Why it's Critical to Talk to Your Veterinarian about Vaccinations and Boosters

**F**or most pet owners, their animals have been home with them throughout this pandemic for the past 7 to 8 months. As many people are now getting back to work outside of the home, our pets are having to either readjust to life alone for a majority of the day or heading to animal daycare or other boarding centers. This of course can be a fun-filled active day for them and allow them some good company instead of staying home alone for 8 to 14 hours a day.

If you plan to enroll your furry kids in a daycare, you'll need to make sure their vaccinations are up to date to avoid things like kennel cough, influenza and other illnesses or parasites.

## Dog Vaccinations and Up-to-Date Testing

- Bordetella
- DHPP
- Fecal Test
- H3N8 & H3N2 (Canine Influenza)
- Rabies

## Cat Vaccinations

- Fecal Test
- Feline Leukemia
- FeLV/FIV test negative
- FVCRP
- Rabies

Some of these illnesses spread rapidly, so it's important to speak to your veterinarian about when your pet is due and keeping them up to date. It's also wise to

make sure that the daycare or facility that you select is strict to adhere to these vaccination protocols for all pets that they watch over.



Animal Oasis Veterinarian Hospital believes that preventative care is one of the most important aspects of maintaining your pet's health. There are a variety of diseases that affect animals, so proper vaccination of your pet is vital in protecting them from the many types of illnesses to which they are susceptible to.

Vaccinations are vital to the health and protection of your pet and serve as a preventive measure in combating viral diseases like Parvovirus, Parainfluenza virus, Distemper, Lyme, Panleukopenia, Feline Leukemia Virus, and Rabies.

Common internal parasites include heartworms, roundworms, hookworms, whipworms and tapeworms. The most frequent external parasites include fleas and ticks. Your pet should be free from parasites, both internal and external.

Vaccinations are particularly important for puppies, kittens, and other young animals that have immature immune systems. Veterinary vaccinations generally

begin at 8 weeks of age and then receive boosters throughout your pet's life depending on the vaccine. Animal Oasis doctors will determine the appropriate vaccination plan for your pet.

If your pet is on any medications for other health conditions, it's important to have those on hand, and provide the daycare with instructions for your little guy or girl. Animal Oasis can work with you to make sure you have what you need.

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# The 7 Warning Signs That You Have Adrenal Fatigue

By Toni Eatros, MS, Dipl Ac, AP

**W**e all have had times in our life when we were under high stress for way too long. At first, we feel like we are handling it, but as we soldier on, often we start to feel like we are crumbling under the pressure. We start noticing a decline in energy and changes in mood, followed by anxiety and sleep issues. We become less active because we are stiff and our joints and muscles ache. The food cravings begin and the weight gain follows, especially around the abdomen. Our muscles start to disappear and we lose our sex drive. Suddenly, the foods we have always enjoyed start to bother us and we have allergies. Finally, our primary care physician tells us we are hypothyroid, pre-diabetic, and have high cholesterol.

This is the crossroads in our health journey. Option one is to take the handful of prescriptions that we will be on for the rest of our life. Why do I say the rest of our life? Because, if you stop the medication, the symptoms come back. That is suppressing symptoms, not fixing the cause of the symptom. We never really get better, just slowly circle the drain. Option two is to find the cause of the symptoms and correct it, thereby, eliminating symptoms, regaining health and avoiding side effects from medication.

The center of functional medicine is the stress response. Stress and lifestyle are the number one reason people get sick in the first place. If you are super stressed out and not eating as well as you should be, not getting enough exercise, not getting enough or good quality sleep and aren't meditating, you are feeding the stress response and the more of the seven signs of adrenal fatigue you will begin to experience.

When we are stressed and not taking care of ourselves, we will have a problem maintaining stable blood sugar and making energy inside of the cells. Carbohydrate metabolism will fall apart leaving us exhausted. The body thinks we have a tiger chasing us and needs quick energy, so it starts to break down bone excessively (osteoporosis), tendons, and ligaments faster than it should. Now it feels like the body is breaking down and the pain creeps in as tendonitis, bursitis, and herniated discs become chronic issues. Inflammation leads to heart disease and more pain conditions.

When the tiger is chasing us all day every day, we pump large amounts of cortisol. This cortisol seeps into the hippocampus and destroys brain cells. Now we have brain fog, learning and memory issues. When we are stressed, we don't sleep well and we don't feel great. This has a huge impact on the brain and the neurotransmitters leaving us depressed and anxious. The brain controls the hormones and now thyroid and blood sugar hormones are impacted. The ovarian hormones become profoundly affected and fertility can become an issue.

When we are stressed we have digestive problems, even if there are no digestive symptoms. This leads to leaky gut and leaves us susceptible to bacteria, parasite, yeast, and viral infections, which stresses the system more. Weight and fat distribution problems become noticeable. This leads to more fatigue and depression. The liver gets bogged down and toxins begin to accumulate. Often this manifests as digestive or skin issues. Food and environmental allergies become a daily issue and lead to more medication.

All of this is a big deal. When we are stressed, all of the other hormone systems start to collapse. When we rebuild these systems, symptoms disappear and we feel so much better. The seven signs of adrenal fatigue tell us so much. They are indicators that we want to test the adrenal system and correct the stress response.

Testing the condition of your fight or flight stress response system is easy. Start by scheduling a functional medicine new patient consult with me, [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com).

## Signs of Adrenal Fatigue



During that hour long appointment (telemedicine appointments are available) we will discuss, in detail, your health history. We will decide if testing is appropriate for you. If so, you will receive a salivary test kit to take home. Test results take about 2-3 weeks. If the test shows there is adrenal fatigue occurring, we will discuss ways to use lifestyle and short term vitamin protocols to correct the system. Treatment usually takes 4-6 months, but many start feeling better within the first month.

If you are really stressed out, and diet, exercise, meditation, and quality sleep aren't happening, you will go through a predictable series of health problems. It doesn't matter if you are coming in for osteoporosis, memory, pre-diabetes, infertility, weight, fatigue or pain. It doesn't matter what the constellation of symptoms is. It is imperative that we get to the center of this and address the stress response. That is the center of our world and the center of our symptoms. Call me today, (239) 260-4566, so we can get you feeling better and living life to the fullest.

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# Do You Have A Thyroid Disorder?

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

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

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

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

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

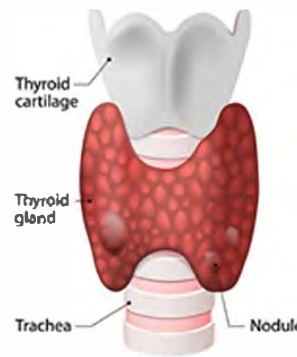
### Hyperthyroidism Symptoms:

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

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

### Hypothyroidism Symptoms:

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



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



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# Health Insurance – Medicare 2021 Annual Election Period & Individual/Family Open Enrollment is Coming Soon!

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

**Individual/Family** Health Insurance Open enrollment will start November 1, 2020, to December 15, 2020 for January 1st, 2021 effective. This deadline pertains to fully insured plans that meet the Affordable Care Act (ACA)/Obama Care Guidelines. \* Very important for people that have pre-existing conditions and or would qualify for government subsidies. There are additional lower cost options with National Insurance Carriers for people that are healthy and do not qualify for subsidy, these plans can be purchased year-round. You are NO longer penalized for not having health insurance that meets ACA guidelines.

You should really work with a local broker to explore all your options. Don't invite strangers into your house or give them your personal information over the phone. With Social Media, Facebook, WebEx solicitation if you do not know them please be careful. There are so many scams out there. Go or call a local agent, build a relationship and if in the future you have a question you can back and see them.

**Medicare Beneficiaries** who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) will be receiving their "Notice of Change" documents in September. These notices compare any plan changes from your current 2020 to your new 2021 plan. You will be automatically re-enrolled in your current plan if you do nothing and the new changes will take place January 1st, 2021. **OPEN ENROLLMENT for MEDICARE PLAN changes starts October 15th and runs through December 7th, 2020 for a January 1st, 2021 effective date.** The last plan you select during this period will be your plan for 2021.

Medicare can be very confusing so I would recommend that you meet with a licensed insurance broker that represents multiple insurance carriers. You should explain to them your current needs and concerns. Before choosing a plan, you need to check the network to make sure you can see your doctors and check your medications to make

sure they are in the plan's formulary. Having a local agent that specializes in Medicare Plans is important. If you have a question you should be able to reach the person who enrolled, you in your plan. If you go online or call a toll-free number chances are, they are not local and you won't be able to talk to them to clarify any questions later.

**Medicare enrollment is NOT the same as Social Security!** There seems to be a lot of confusion between the two.

**Social Security** - you can apply online at [www.ssa.gov](http://www.ssa.gov) for retirement benefits or benefits as a spouse if you:

- are at least 61 years and 9 months old;
- are not currently receiving benefits on your own Social Security record;
- have not already applied for retirement benefits; and
- want your benefits to start no more than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance.)

**Medicare** - you can apply online at [www.medicare.gov](http://www.medicare.gov) for Medicare benefits for yourself **3 months before your 65th birthday month.** Example, June 20th birthday you can apply as early as March 1st. If your birthday is any day of the month except the 1st, your Medicare will be effective the 1st day of your birth month. For the June 20th birthday example above, your benefits would begin June 1st. If your birthday is effective the 1st of the month then your benefits begin the month before, so a June 1st birthday your benefits would begin May 1st. VERY important: if you DO NOT take Medicare Part B & Part D when you are eligible, when you do take it there is a penalty for each month you did not have them. That penalty will last for the rest of your life or for as long as you take these services. If you have employer coverage (not cobra) this is a valid waiver. If you take these after you leave employment there is a special form your employer must fill out so that you are not charged a penalty.



**Both Medicare and Social Security** require you to be eligible by qualifying either through yourself or your spouse. Neither Medicare nor Social Security will ever call you, unless they are returning your call. So many scams do NOT give your personal information over the phone or even the mail if you do not know them.

Most people that have worked in the United States of America receive Medicare Part A at no monthly cost to them. This is because they have worked at least 40 quarters (approx. 10 years); this is based on a minimal earnings calculator (see [www.medicare.gov](http://www.medicare.gov) for more information).

Also remember when **moving** you may have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional, most of the time your first consultation is at no charge.



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With the ever-changing COVID-19 situation we want to assure you that Chefs For Seniors is committed to the health and safety of our clients, franchise owners, employees, and local communities.

At Chefs For Seniors, we continue to reinforce the highest standards of safe food handling practices as well as guidelines set forth by the CDC.

Our priority has been and continues to be, the health and safety of our chefs and clients. If a chef feels that they are putting a client at risk by servicing them, they have been instructed to notify their home location so that alternate arrangements can be made.

We ask that you notify your local Chefs For Seniors office if you have a scheduled appointment and are feeling ill so that we can protect our chef employees. Good communication is key during this time.

We are reinforcing existing operating procedures to ensure that your meals are prepared using the guidelines from the health department and that our chefs are following procedures for safe food handling.



We would like to also assure you that all of our franchise owners and chefs are licensed with their ServSafe certification. Our operating procedures for cleanliness and sanitation include:

- Checking temperature before going to the home
- Social distancing while in the home
- Wearing face masks
- Thorough hand washing throughout the service
- Cleaning the kitchen before and after the service
- Wiping down groceries prior to use

*For any questions, please contact your local Chefs For Seniors Office:*



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# HOW TO NAVIGATE PICKY EATING

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

**D**o you know a picky eater? 'Picky' eating is when a child (or adult) refuses foods often, or exhibits a restricted food repertoire, eating the same foods over and over. Picky eating usually peaks in the toddler and preschool years. Very temporary picky eating habits can be normal at these ages. As a general rule of thumb, your child should consume between 15-20 different foods by age three. Diversity of foods is crucial as well; it is critical that the child has at least 3 different foods in each food group (such as breads/grains, fruits, vegetables, meats) and these food selections not specific to brand or color.

In general, there are many techniques that a parent can utilize to lessen 'picky' eating. First, allow your child to accompany you to the grocery store to pick out produce and other food items. It is often empowering for little ones to choose their own food products, particularly fruits and vegetables. Next, allow your child to help you prepare meals (obviously within reason), perhaps allowing a child to stir a pot. Always attempt to link dinner with a positive experience, talking about fun and positive topics, rather than a time for a family argument. Also, model your willingness as an adult to try foods of differing colors, shapes, textures, and temperatures at meals.

Of note, a 'picky eater' differs from a 'problem feeder'. A child or adult with choking during mealtime, diagnosed with failure to thrive, and/or other significant medical conditions is not a 'picky eater.' A speech-language pathologist who specializes in feeding and swallowing disorders can provide and design a specialized treatment plan for both child and adults who are 'picky eaters' and 'problem feeders.'

Moreover, throwing food is a very common behavior amongst toddlers who are picky, often seeking attention from the table. It is critical to recognize why the child may be throwing food (perhaps portion size issues, texture/temperature aversion, attention-seeking, combination of these things, other reasons). There are many techniques to reduce food throwing in toddlers:

- Ignore the behavior. Difficult- YES, but any reaction will reinforce the throwing.
- Serve smaller portions. It is tempting to eat some food, and then throw some when the portion size is large, but when food is limited, there will be less food to throw.



- Provide a "Not right now" or a "No thank you" bowl. The child places the foods he/she is not interested in eating in this bowl. It keeps the food nearby (great exposure for picky eaters), gives the adult more control over the situation, and eliminates mess. Often, the child will even go back and eat things out of this bowl!

If you implement the strategies above, and the food throwing continues, end the meal: "Mealtime all done." Do something different, unrelated for at least a half hour. Re-offer the meal later, making it feel like a new event.

Please contact a speech-language pathologist, such as Christina Freise at Speech By The Beach Consulting LLC, who specializes in feeding/swallowing, if these aforementioned techniques have not proved to improve the picky eating situation.



**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.

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Females tend to experience an imbalance of estrogen, testosterone, and progesterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency. Bone loss in women can exacerbate stress fractures caused by osteopenia or osteoporosis.

Changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

In the U.S., Bio-identical Hormone Therapy (BHT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patients overall quality of life and dramatic changes in their hormonal symptoms are astounding.

Bio-identical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level. For example, a very popular synthetic estrogen cream that many physicians prescribe is made from a pregnant horse's urine. Most people can see why the body would not fully accept this substance.



Bio-identical hormones are made from plant sources and are easily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

Bio-identical progesterone will provide the most efficient way to mesh with the body's natural progesterone receptors. This is critical because body receptors are structure specific. A few of the benefits from bio-identical progesterone are proper embryo development and survival, increase in bone health, protection against breast cancer and endometrial growth, an antidepressant effect, controlling blood clotting and an increased sex drive. The side effects are fatigue and lack of energy or drowsiness.

On the contrary, Progestin (synthetic) doesn't have quite as many benefits. In fact, it has more negative effects, like, miscarriages, weight gain, decreased sex drive, increased risk of breast cancer, high risk of fractures and osteoporosis, increased blood clotting risks, anxiety, depression, migraine headaches and other health related disorders.

Opposite of what some uninformed physicians believe, women that have had a hysterectomy see just as many benefits with progesterone therapy. It's has been widely studied and proven that bio-identical, hormone replacement is just as important and beneficial for their health, even though they no longer have a uterus. For women, progesterone is essential for all of life's stages, and it provides beneficial results outside of the uterus because progesterone receptors are embedded in almost every cell in the body. Women without a uterus still need progesterone therapy.

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# Subspecialty Radiologists and Advanced Imaging Technology:

## Why This is Critical for Your Diagnosis

**T**his year, over 190,000 new cases of prostate cancer will be diagnosed. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body.<sup>1</sup> This year alone, it will take over 33,330 men's lives. But it doesn't have to be this way. Prostate cancer can be diagnosed and treated effectively. Early diagnosis is critical and achievable with the right steps. Due to accurate diagnosis, 3 million men in the US are prostate cancer survivors.

Dr. Kevin Kadakia is a Fellowship-Trained Radiologist with a subspecialty in Abdominal Pelvic Radiology. We spoke to him to find out more about prostate cancer diagnostic tools and how Radiology Regional diagnose cancer and other abnormalities at a more vigorous rate due to technological advances and subspecialty trained radiologists.

Dr. Kadakia explained, "Generally speaking, prostate issues predominately can be detected early if they take the right steps. Because one of the most common cancers for men is of the prostate, it's essential that they begin screenings at age 50 or sooner, depending on risk factors, symptoms and family history. If there is high risk or a family history of prostate cancer, it is recommended men start screening at age 40 to 45.

"The good news is that it is detectable and treatable if acted on quickly. At Radiology Regional, we have reduced the death rate significantly from years past by regularly screening individuals and doing so with advanced technology and expert in-house radiologists trained for abdominal pelvic abnormalities.

"After the age of 50, a PSA blood test is recommended to check levels, yet, sometimes these can be elevated due to a list of other issues, such as an enlarged prostate (typically due to aging), but this usually results in benign hyperplasia and is unrelated to cancer.

"Other issues can make your PSA levels go up as well like taking a daily aspirin or being overweight. If the PSA is over 2.5, or if you are at high risk, patients should receive additional screenings and be sent to a urologist. Urologists specialize in the urinary, prostate, and reproductive organs, and they will determine if a patient needs diagnostic imaging with MRI.

"Years ago, providers did not have the advancements that we do today, and prostate biopsies were done with numerous needles (approximately 30), which was done blindly. Most prostate cancer tumors are under 1 cm in size, so this blind, shooting-in-the-dark technique was, unfortunately, unable to detect most cancer.

"Today, with the advancements of MRIs, it's changed the entire field, but in saying that, you must have the right MRI. They are not all the same. Traditional MRI machines will not pick up the intricate size of many tumors or other abnormalities. It's imperative that patients ask their imaging center if they use a 3T MRI (3 Tesla). In southwest Florida, very few radiology centers have a 3T MRI. We are the largest center with 3T, and we do the majority of prostate screenings in the area, so patients can trust that we are the experts for quantity and quality. A 1.8T MRI is not going to detect the tiny areas that a 3T MRI will, so for patients getting screenings, they need to understand this technology is significant in their diagnosis, their treatment, and their survivorship.

"If caught early, prostate cancer treatment is minimal compared to the later stages, or if it's metastasized into other organs. Once we detect cancer, the urologist will have the patient come in for a biopsy that can be targeted specifically to the area of concern. This eliminates the guessing game. The biopsy is performed under guided-ultrasound, and the pathology results are typically back in 3 to 5 days.



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medical imaging.*

"The 3T MRI can also detect the tumor's size, if it has spread, metastasized, or if it's confined to an area in the prostate. If a patient does have an adenocarcinoma diagnosis, the treatment will be high-frequency ultrasound, radiation, or prostatectomy depending on the stage. It might also be untreatable if it's a late diagnosis, but those can often be treated with hormonal medications. Most people can lead a very normal life after diagnosis and treatment.

"I want to make sure patients know that they are getting a 3T MRI, and I want them to know who is reading their images. If it's not a trained subspecialist, it can be very challenging to get a proper diagnosis. The days of general radiology are over. It's virtually impossible to be a general radiologist that can specialize in the entire body; that's why Radiology Regional only brings on fellowship-trained radiologists and hires those that specialize in various areas of the body and brain. My family lives here in Florida, and I'm proud to be able to serve my community as an expert and provide the highest-level of care for our patients."

*Radiology Regional is a physician-owned, well-established imaging practice with over 30 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography,*

*Nuclear Medicine, PET Scans, and Siemens ultrasound. Radiology Regional is a premier diagnostic facility that takes pride in offering the highest quality healthcare to the community.*

At Radiology Regional, they take your health personally. They have a group of in-house, subspecialty, fellowship-trained radiologists that are experts in diagnosing and detecting conditions within the abdominal and pelvic areas, including the prostate. The machines they invest in are not standard; these are state-of-the-art, high-tech imaging equipment that can find even the most intricate details that would otherwise be missed.

Radiology Regional has a high-resolution prostate MRI to find small prostate cancers, a dynamic MRI to diagnose pelvic organ prolapse, MRI technique to accurately stage rectal cancer for surgical planning, specific protocol to best evaluate the ovaries and uterus and another MRI technique to focus on the bones and muscles, among several others. All imaging exams are not equal, and Radiology Regional goes above and beyond to offer high-quality studies to help guide medical management.

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**Kevin Kadakia, M.D., M.B.A.**

Dr. Kadakia graduated from the University of Miami with a Bachelor of Science in Microbiology/Immunology. He earned his M.B.A. in Healthcare Administration from the University of Miami School of Business in Miami, Florida. He attended the Miller School of Medicine at the University of Miami where he received his medical degree. Dr. Kadakia performed his internship at Jackson Memorial Hospital/Miami Veterans Affairs in Miami, Florida and went on to earn his residency in diagnostic radiology at University of Texas Southwestern Medical Center in Dallas, Texas. He completed a fellowship in body imaging at Stanford University Hospital and Clinics in Stanford, California. Dr. Kadakia is board certified by the American Board of Radiology and is a member of Lee County Medical Society.



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# Hope and Optimism

By Pastor Timothy L. Neptune

**H**ope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

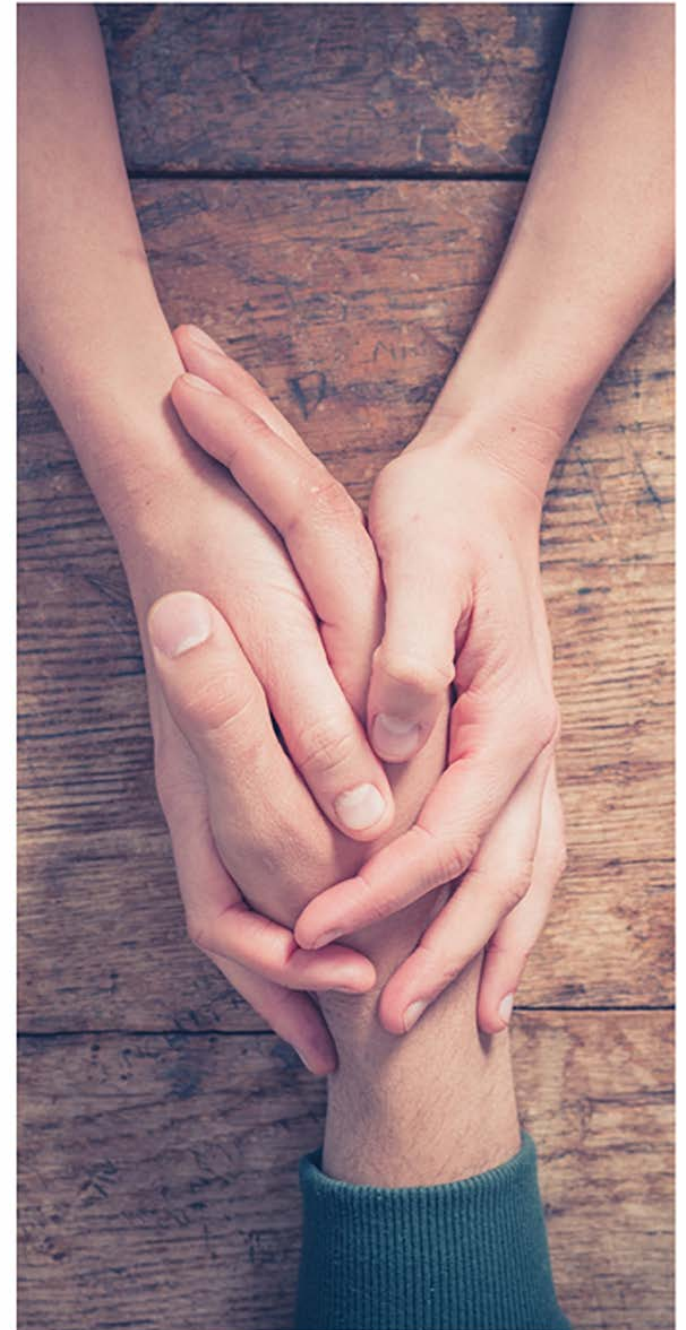
Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.


Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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



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