

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

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

October 2020

Collier Edition - Monthly

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WELLNESS  
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DURING COVID TIMES**

**CLINICAL STUDY  
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**THE IMPORTANCE OF  
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 **PHYSICIANS REGIONAL  
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**WELCOMING ADVANCED  
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**BADAR MUNEEB, M.D.**

**UNDERSTANDING  
BRCA GENES,  
BREAST CANCER,  
AND MELANOMA**





*Julian J. Javier,  
MD, FACC, FSCAI, FCCP*

*Leandro Perez,  
MD, FACC, FSCAI, RPVI*

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# contents

## OCTOBER 2020

6 Health and Wellness Checkups During COVID Times

7 Expanded Cardiac Center at Physicians Regional Collier Blvd. Campus

8 What Are the Copyright Rights?

9 Breast Cancer Awareness During The COVID-19 Crisis

10 Do I Have Circulatory Problems of My Legs?

11 Welcoming Advanced Gastroenterologist Badar Muneer, M.D.

12 Achieving Results Where Others Have Failed: Are You Tired of Living in Pain?

13 Urinary Incontinence

14 Small Intestinal Bacterial Overgrowth - What Is It?

15 A Groundbreaking Implant to Alleviate Pain From Arthritic Conditions of The Big Toe

16 iLASIK-All You Ever Wanted to Know

17 Health Insurance - Medicare 2021 Annual Election Open Enrollment

18 Curb Appetite Hormones and Lose Weight

19 Are Your Bladder Leaks Disrupting You from Living a Normal Life?

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20 ARHI: Clinical Study on COVID-19

21 A New Procedure Available at ATC can Help Patients Avoid Pricey Cosmetic Surgery

22 Stinging Nettle and Functional Medicine

24 The Pandemic Has Been Especially Challenging for the Hearing Impaired!

27 It's October! Join the #notmy8 Challenge and Schedule a Mammogram

28 Bonita Springs Most Complete Wellness Studio Is Now Open at Our New State-of-the-Art Facility!

30 Senior Living Communities Offer Peace of Mind for Both Seniors & Caregivers

32 Medication Discrepancy Risk Factors The #1 Factor: Low Social Support

33 Lifelong Florida Friends Say "I Do" at a VITAS IPU Wedding

34 Breast Cancer Awareness: The Importance of Screening and Genetic Testing

36 Maharaj Institute of Immune Regenerative Medicine

37 Peripheral Neuropathy: Alternative Treatment Options

38 Hope PACE: A Lifeline for Seniors - Innovative Program Offers All-Inclusive Care and Services

40 What You Should Know About Medical Marijuana

42 Misir Pharmacy Now Offers Medical Equipment and DME Products

43 Keeping Our Clients Safe at Home During COVID-19

44 Osteoarthritis of the Knee: Alternatives to Surgery

45 Saltwater Intoxication: What You Should Know About Keeping Your Pet Safe

46 The Correlation of Hypercholesteremia and PAD

47 Understanding BRCA Genes, Breast Cancer, and Melanoma

48 How Much Do You Know About Eye Health?

49 Treating Depression with SPRAVATO™ (Esketamine)

50 Having Issues with ED?

51 A New Body Contouring Procedure

52 Goodwin Law Goes Tobacco Free

53 Do You Have A Thyroid Disorder?

54 Spiritual Wellness: Cancer.

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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/pubmed/30261602>

2. In addition to the 2018 study mentioned above, a 2016 study showed that when compared to another leading laser, the Catalys laser showed significantly higher cumulative dispensed energy and photocoagulation power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pubmed/26501726>



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# Health and Wellness Checkups During COVID Times

By Neetu Malhotra, MD

**T**he COVID-19 pandemic has completely changed all of our day to day life. There's no handbook to guide the challenges of living through a pandemic. Pandemics usually last 12 to 18 months. That may not seem like a super long time, but imagine if everyone stopped seeing their doctors for regular checkups or postponed referrals to specialists? It could mean missing a diagnosis, finding the diagnosis when it's too late or even worse.

The virus has definitely changed how we do things, but it does not alter the importance of regular check-ups to maintain your overall health. Staying healthy means checking in regularly to ensure your health is in the right direction. Imagine postponing a mammogram only to find out you have stage 3 or 4 Breast Cancer. Another example, imagine postponing your referral to a nephrologist only to find out that you need dialysis because the biopsy that was postponed now shows end stage kidney disease from an autoimmune condition that could have been treated if found early?

It's important to continue to practice the 3 C's- avoid close contact setting staying 6 feet apart , cover you mouth and nose with a mask, and avoid crowds. I would add the fourth C which would be to continue regular checkups with your doctors. All of these practices will help keep your immune system in the best possible shape during this or any pandemic. One has to learn how to live in a pandemic and adapt.

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# EXPANDED CARDIAC CENTER AT PHYSICIANS REGIONAL COLLIER BLVD. CAMPUS

**A** brand new fully equipped Cardiac Catheterization (Cath) Laboratory is opening at Physicians Regional Collier Blvd. this month. For those who are not familiar the Cath Lab provides emergency and elective treatments by highly trained cardiac care specialists to patients with serious heart events. This new location will allow easier and faster access to the highest standard of cardiac care, as well as more immediate and potentially lifesaving diagnosis and treatment for residents of the East Naples and Marco Island area.

The new lab will help save lives by providing faster intervention for serious heart events such as myocardial infarctions (heart attacks). A delay in restoring blood flow through an artery increases the likelihood for significant damage to the heart. By allowing physicians to open a blocked artery, without having to transport a patient to a facility located farther away from their community, damage to the heart can be minimized and heart failure may be prevented.

The Cath Lab is staffed with critical care nurses and highly trained technicians who assist during the procedures and provide care in the new unit. This new Cath Lab has sophisticated imaging and computing found in the most advanced facilities, including:

- Fluoroscopy equipment- which allows physicians to visualize the coronary arteries during the procedure.
- Advanced, highly specialized computer capabilities which allow critical care staff to measure pressure inside the chambers of the heart or lungs, allowing physicians to make diagnostic and treatment assessments.

In the event a patient needs further treatment or surgery, they can be transferred to Physicians Regional's sister facility on Pine Ridge Road.

In addition to the Cath Lab, the newly remodeled unit at Physicians Regional's Collier Blvd location will include a space for their cardiac rehabilitation program. You may be asking yourself what exactly is cardiac rehab and what all does it entail?



Cardiac rehab includes an individualized and personalized treatment plan, including evaluation and instruction on physical activity, nutrition, stress management and other health related areas highly recommended to patients with heart disease. The main goal for patients in cardiac rehab is to educate and assist them with lifestyle changes to prevent future events, control heart disease symptoms, stop or reverse the damage done to the heart, improve stamina and strength, improve confidence and lessen the physical and emotional effects of heart disease. Recent studies have shown that patients who complete a cardiac rehabilitation program can increase their life expectancy.

*For more information on the Physicians Regional Cardiac Rehab Department at both Pine Ridge and Collier Blvd campuses or to inquire further about the program please call (239) 348- 4467 or (239) 348-4012 or visit [PhysiciansRegional.com/cardiac-care](https://www.physiciansregional.com/cardiac-care) for more information.*

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## WHAT ARE THE COPYRIGHT RIGHTS? AND DO I NEED TO REGISTER MY COPYRIGHT?

By Zach Lombardo, Florida Business Attorney

### WHAT ARE THE COPYRIGHT RIGHTS?

A copyright comes with certain rights that you hold as the owner of the copyrighted work.

To understand what the copyright rights are, it is helpful to understand the shortfalls of the regular rules of property when it comes to artistic, intellectual property.

Consider a book and the copies of that book. If an author writes a book, under the normal rules of property rights, that artist owns the exact copy of that book the author just created. This means the paper, the binding, etc. The normal rules of property rights do not stop someone else from copying that book, printing tons of copies, and making money selling those copies. This is an example of a problem copyright law aims to solve. Copyright law allows the author to control the copying, reproduction, and distribution of his or her book.

Another potential problem is what copyright law refers to as "derivative works". If an artist paints a painting that prominently features a man holding a pitchfork and a stern woman standing to his side, the artist, under the normal rules of property rights, owns an exact copy of that painting. This means the paint, the canvas, etc. But the normal rules of property rights do not stop someone else from copying that painting and putting a Mickey Mouse Hat on the man holding a pitchfork and then making money selling that new work based on the popularity of the previous work. This is another example of a problem that copyright aims to solve. Copyright aims to allow the author to control the creation of derivative works or works primarily based on the original copyrighted work.

Yet another example is context. If a musician writes and records a song, that musician owns that song, under the normal rules of property rights. But the normal rules of property rights do not stop someone with whom the musician disagrees, for example a politician, from using that song as their campaign theme song. This is another example of a problem copyright law aims to solve. Copyright law allows the musician in this example to control how, when, where, and under what circumstances his or her song is used.

These examples only scratch the surface when it comes to the unique challenges that stem from artistic, intellectual property.

Nevertheless, to solve problems like those in the examples, copyright grants creators 6 exclusive rights. Specifically:

- (1) to reproduce the copyrighted work in copies or phonorecords [defined as an object such as a CD from which sounds can be perceived];
- (2) to prepare derivative works based upon the copyrighted work;
- (3) to distribute copies or phonorecords of the copyrighted work to the public by sale or other transfer of ownership, or by rental, lease, or lending;
- (4) in the case of literary, musical, dramatic, and choreographic works, pantomimes, and motion pictures and other audiovisual works, to perform the copyrighted work publicly;
- (5) in the case of literary, musical, dramatic, and choreographic works, pantomimes, and pictorial, graphic, or sculptural works, including the individual images of a motion picture or other audiovisual work, to display the copyrighted work publicly; and
- (6) in the case of sound recordings, to perform the copyrighted work publicly by means of a digital audio transmission.

17 U.S.C. § 106.

The above copyright rights are exclusive, meaning only the copyright owner has the rights. For example, only the copyright owner can authorize displaying the painting at an art gallery. Additionally, only the copyright owner can make copies of the painting and sell those copies. If anyone breaches any right that is exclusive to you, that act is called "copyright infringement".

Thanks to copyright law, the problems discussed in the examples, and many more are solved. Arguably, some problems are also unaddressed or over addressed to the point that there are new problems created. Regardless, copyright law is the effort to address the problems.

### DO I NEED TO REGISTER MY COPYRIGHT?

What is registration? And do you need to do it? Registration with the U.S. Copyright Office is not required for ownership of a copyright, but is required, among other things, to take full advantage of the enforcement of your copyright rights. For

example, if it turns out that someone has copied your painting, and is selling those copies, you must register your work before you can sue for copyright infringement. 17 U.S.C. § 411.

Registration involves submitting an application to the U.S. Copyright office for approval. The entire process can be done online. The Copyright Office divides all copyright-able works into the following categories:

- Literary Works
- Other Digital Content
- Performing Arts
- Motion Pictures
- Visual Arts
- Photographs

Each type of work has its own unique application. Generally speaking, what is required for registration is a completed, correct application, some sort of copy of the work itself (usually 2 copies), and a filing fee.

Timewise, the options for registration include standard track, which can take over 6 months, and "special handling" which can sometimes take as little as 2 weeks. Look at U.S. Circ. 10. Once the Copyright Office reviews and approves the application, the Copyright Office will issue a certificate of registration backdated to the date of application. At that point, the copyright is registered. In Florida, and in the remainder of the 11th Circuit, that certificate is required to institute a lawsuit based on a copyright infringement.

Interestingly, you may register your work years after creation and that will not affect the fact that you created the work earlier and already own the copyright. Making the determination, however, of when and if to register, or even to pre-register, is fact dependent. To learn more about if you have a copyright and whether and when you should register, you should reach out to a knowledgeable and experienced intellectual property attorney.

### ABOUT THE AUTHOR

**Zachary W. Lombardo, Esq.** at Woodward, Pires & Lombardo, P.A. has experience in copyright law matters. If you find yourself needing assistance in this area, please contact a lawyer knowledgeable in copyright law to discuss your situation.



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# BREAST CANCER AWARENESS DURING THE COVID-19 CRISIS

Regardless of age, race, or family history, all women – and about 1% of men – have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors, such as obesity and alcohol use, which can be moderated through healthy lifestyle choices. Today, there are many types of effective treatments for breast cancer, including surgery, chemotherapy, radiation, and hormone therapy, to mention a few. Research is ongoing to bring more promising treatment options to patients.

## Importance of Early Detection

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients. Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40, with no family history of breast cancer, should get a mammogram once a year; for women under 40 a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts.

## Impact of COVID-19 on Breast Cancer Screenings

During the coronavirus crisis, many women are wondering if it is safe to go to certain medical appointments, including scheduled mammograms. Screening mammograms – at every age – are one of the best ways to diagnose breast cancer early, when it's most treatable. Women will need to make an informed decision with their physician as to whether to get a mammogram during COVID-19.

Remember – even if you are diagnosed with breast cancer, it does not necessarily increase your risk of having more serious complications if you do get COVID-19; however, for people in active treatment for breast or any type of cancer, there may be a higher risk for serious complications from COVID-19 if your treatments cause you to become immunocompromised (have a weakened immune system) or have lung problems.



## Screening Guidelines for Women 55 to 75

The American Cancer Society (ACS) screening guidelines recommend that women ages 55 to 75 at average risk for breast cancer, with no family history, can be screened every one to two years. If you are between 55 and 75 and had a normal mammogram within the last year, you could choose to have your next mammogram up to 24 months after your last one, so that you don't have to be screened during the pandemic.

## Are Mammograms Necessary for Women Over 75?

Considering that older people have a higher risk for COVID-19, some are questioning whether mammograms are even necessary after the age of 75 for women with no family history of breast cancer, and a record of normal mammograms. The ACS recommends that women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer.

One study, cited by BreastCancer.org, confirmed the benefits of regular mammograms and emphasized that there is no upper age limit for mammograms.

## Can Breast Cancer Be Inherited?

Certain types of breast cancer do seem to run in some families; however, it is important to understand that what is inherited is the abnormal (mutated) gene that could lead to breast cancer, not the cancer itself.

The most common genetic risk factors for breast cancer are in women who have changes to the BRCA1 and BRCA2 genes. Women with this inherited gene mutation have up to an 80% chance of developing breast cancer during their lifetimes. If you have a close relative (mother, sister, daughter, etc.) with breast cancer, you should speak with your doctor about genetic testing.

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

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For more information, visit [FLCancer.com](http://FLCancer.com)

# DO I HAVE CIRCULATORY PROBLEMS OF MY LEGS?

By Julian J. Javier, MD, FSCAI, FACC, FACP and Leandro Perez, MD, FACC, FSCAI, RPVI

One of the most common conditions for people over 55 years old is vascular problems of the legs, known to many as circulatory problems. Many risk factors like overweight, type of work that required long periods of standing or sitting, family history, hypertension, high cholesterol, smoking, age, amount of pregnancies in women, and others can lead to arterial or venous disorder of the legs that can cause significant disruption of our daily activities and quality of life.

It is estimated that one out of two people over 55 years old will suffer from circulatory conditions of their lower extremity in the United States. Symptoms can start very subtle, and many blame age and weight as the causes of it. Simple symptoms like heavy legs, cramps at night, dark spots, restless legs, burning sensation, ankle swelling can be signs from venous or arterial disease. Vascular problems can progress quickly and lead to serious problems like chronic ulcers, debilitating legs, and sometimes leads to leg amputations.

Although we refer to circulation problems as a whole, arterial and venous diseases present differently. For instance, for vein problems, the initial symptoms will be the appearance of small varicose veins call spider and reticular veins, then will develop heavy and burning sensations of the legs, dry skin, achy legs, night cramps, and ankle swelling. Not all symptoms are present at the same time. As venous disease progresses, the appearances of bulging varicosities will show, followed by hardening and darkening of the skin called lipodermatosclerosis. Venous disease, unlike arterial disease, is a slower, more insidious onset, unless you develop clots in the large veins of the legs, known as deep vein thrombosis or DVT which, if left untreated, can lead to pulmonary embolism and death, most venous problems of the legs will develop over several years. Bulging varicosities is one of the most common presentations of venous disorders and easy to detect; although bulging varicosities are very common in women with a 3:1 proportion to men, men can develop painful varicose veins. Varicosities are not only esthetically unpleasant; they can also cause pain, discomfort, and affect people's daily life. Arterial disease is a more acute problem and, if not treated on time, can lead to painful ulcers and, on occasions to limb amputation.



Arterial disease of the legs is most commonly seen in current or former smokers, diabetics, hypertensive, and those with high cholesterol. The most common symptoms are pain with exertion, most of the time, the pain is in the calf, but it can be anywhere in the extremity and sometimes in the buttocks. Pain can present as cramps or sharp and usually relieved by resting—most people complain of cold or numb feet or loss of hair, and some experience weak legs.

Diagnosis is confirmed by performing a detailed physical examination of the legs, checking for pulses, and corroborated using ultrasound and Doppler; with arterial disease; we also add an Ankle-Brachial Index or ABI, which measures the blood flow in your extremities. These tests are simple to perform and done in an office setting.

Once diagnosis is confirmed, then there are multiple treatment options and can be conservative or invasive; it all depends on the severity of the condition.

For more advanced conditions, invasive treatment is needed. Until recently, invasive treatments were mostly surgical, very traumatic with days of recovery in hospital post-surgery; however, in the last decade, the introduction of percutaneous non-surgical techniques procedures has shifted the treatments from surgery to catheter-based interventions that do not require blades or general anesthesia. The same techniques used to open arteries of the heart without surgeries using catheter-based therapy are now the method of choice for the treatment of venous or arterial disease of the legs. The introduction of catheter-based techniques has now caused a shift from a surgical technique to a percutaneous technique that can be done in the comfort of an office without the need of hospitalization, all done under local anesthesia as an outpatient procedure.



**Julian Javier, MD and Leandro Perez, MD**

Dr. Julian J. Javier and Dr. Leandro Perez are Cardiac and Vascular specialists with a special emphasis on limb preservation and venous disorder. Dr. Javier and Dr. Perez are board certified in cardiovascular disease and are well known nationally and internationally, authors of multiple articles in prestige peer review journals and book chapters on venous and arterial disease. They are affiliated with Physicians Regional Medical Center and Collier Regional and are accepting new patients.

**To Schedule your appointment with Dr. Javier, please call (239) 300-0586.**



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# WELCOMING ADVANCED GASTROENTEROLOGIST BADAR MUNEEB, M.D. TO PHYSICIANS REGIONAL MEDICAL GROUP



Physicians Regional Medical Group is excited to introduce their newest Gastroenterologist Badar Muneer, M.D. to the Southwest Florida area! Dr. Muneer is board certified in Gastroenterology and Internal Medicine, and specializes in advanced gastroenterology, liver diseases, and colon cancer screenings, as well as esophageal, stomach, and pancreaticobiliary diseases.

**H**is specialties also include the management of general gastroenterology, hepatology and advanced gastroenterology procedures. These include the management of liver, biliary and pancreas diseases, as well as in the treatment of esophageal and colon problems. Dr. Muneer also performs general gastroenterology procedures, including upper and lower endoscopy, capsule endoscopy, endoscopic ultrasound and endoscopic retrograde cholangiopancreatography.

With three fellowships under his belt Dr. Muneer is well versed in advanced gastroenterology. In his own words, "I became a doctor as I like to help people and that gives me a lot of satisfaction."

After graduating from Nishtar Medical College in Multan, Pakistan Dr. Muneer went on to complete fellowships at the following institutions: fellowship in gastroenterology at Case Western Reserve University Hospitals in Cleveland, Ohio, fellowship in transplant hepatology at Baylor University Medical Center in Dallas, Texas, and finally an interventional gastroenterology fellowship at Carilion Clinic in Roanoke, Virginia.

Dr. Muneer's philosophy is simple, "I want to treat my patients underlying medical conditions, not just their symptoms. My hope is to diagnose their problems properly and then treat them with the most advanced, latest and best treatment options

available. That way I can provide them relief from whatever they may be experiencing. The most rewarding thing about my job is to cure my patients, and not only improve their health, but their life."

One resource Dr. Muneer is excited to bring patients is the endoscopic ultrasound (EUS). This technique is needed to diagnose and stage esophageal, gastric, pancreatic and rectal cancer. In addition, EUS helps diagnose many other benign conditions, which then helps differentiate benign conditions from more serious malignant conditions.

The endoscopic ultrasound also assists in many interventional procedures, such as draining large fluid collections or abscess drainage after pancreatitis. This allows Dr. Muneer to provide celiac plexus block for patients with abdominal pain from chronic pancreatitis or pancreatic cancer. The EUS also helps in draining gall bladder or bile duct in selected cases, as well as endoscopic liver biopsy or biopsy of many mediastinal or abdominal masses.

In his spare time, Dr. Muneer likes to spend time with his family and friends. This includes his parents, beautiful wife, who is a dentist and three lovely children. Dr. Muneer is currently accepting new patients and has same day appointments available.

*For more information or to schedule an appointment please visit  
PhysiciansRegionalMedicalGroup.com  
or call (239) 348-4221.*

 **PHYSICIANS REGIONAL  
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# Achieving Results Where Others Have Failed: Are You Tired of Living in Pain?

Dr. Bryan Hunte, D.C. - Advanced Spineworks

**D**r. Bryan Hunte and his team at Advanced Spineworks mission is to help you avoid surgery, get pain relief, heal naturally, and emerge stronger than ever!

Similar to physical therapy, chiropractic care delivers powerful pain relief and restored function, movement and balance, but it focuses on spinal manipulation, also without drugs or surgery. By properly aligning your body's musculoskeletal structure, chiropractic treatment can enable your body to heal itself. Along with chiropractic care, Dr. Bryan Hunte's practice invest in groundbreaking devices and techniques that have helped numerous patients find relief from their chronic pain, inflammation and many other conditions.

#### Advanced Spineworks

Advanced Spineworks provides a multidisciplinary approach using chiropractic and physical rehabilitation makes us your one-stop source for effective pain relief, rehabilitation and results.

#### Advanced Spineworks provides optimal outcomes:

- A rapid return to normal activities
- Custom exercise routines for faster pain relief and recovery
- Restoration of flexibility & strength
- Improved fitness levels
- A conservative approach to many musculoskeletal conditions
- The ability to prevent future episodes
- Education about injury prevention
- An outside referral to a caring network of doctor's if needed

#### Dr. Bryan Hunte's Mission is to Help Patients Get Back to Living the Highest Quality of Life

At Advanced Spineworks Dr. Hunte is in the business of breaking the pain cycle and avoiding future surgery. Because of his ongoing research and unique approach he's often able to succeed where others have failed.



Dr. Hunte elaborates on his approach to advanced care, "What makes our facility unique is that we take a highly scientific approach to rehabilitation. We don't just stop at relieving pain. We also focus on the corrective phase of care using equipment that cannot be matched by traditional approaches."

"When the musculature is injured, the corrective phase of care is what restores the area and provides pain relief. I highly recommended it, even post surgically. Our equipment has a unique way of restoring this support even in the most severe of cases. It's rewarding to see the patient find pain relief and able to enjoy life again. Two of these advanced corrective devices, include the MCU machine and the Eccentron™.

#### MCU

Advanced Spineworks offers patients the Multi-Cervical Unit (MCU), and it's the most effective and innovative system for pain relief. A system for the assessment of the weakness which becomes the rehabilitative solution for patients suffering from neck injury, whiplash, and general cervical spine disorders. Its advanced technology helps us perform objective evaluations and standardized treatment.

#### The MCU provides many benefits including:

- Decreased neck pain
- Improved daily function
- Improved range of motion
- Lasting results
- Improved neck strength
- Less headaches or vertigo

#### ECCENTRON™

Advanced Spineworks brings cutting edge technology from BTE, a company that has brought state-of-the-art technology into clinics worldwide, such as the Eccentron™. Dr. Bryan Hunte has incorporated this cutting edge equipment into the practice for all his patients ranging from the athlete trying to perform to the elderly patient trying to avoid surgery. The Eccentron™ takes advantage of the way the body truly builds strength; through focusing on the negative.

#### What are the benefits of using the Eccentron?

- Improved balance - Safely increases strength and stability for improved balance, mobility, and decreased fall risk
- Cardiopulmonary - Provides measurable strengthening for those with low cardiac output
- Easy on the body - Allows you to make major improvements without high impact exercises
- Specificity - Elderly and Extreme Athletes can all strengthened on the same equipment
- General rehab - Controlled treatment and single leg tracking
- Enhances overall athletic performance – strength, power, reaction, and agility
- Builds muscles for long-endurance - builds fast twitch muscles used in powerful burst movements, and boosts spring quality with high load, high repetition eccentric training

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239-221-6200

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Bonita Springs, FL 34134

# Urinary Incontinence

**H**aving an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.

Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel.



A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (239) 465-4157.



**239.465.4157**  
www.advancedurologyinstitute.com

1035 Piper Blvd., Suite 101, Naples, FL 34110



**Jonathan Jay, M.D.**  
*Board Certified Urologist*  
Dr. Jonathan Jay is Board Certified in both Female Pelvic Medicine & Reconstructive Surgery (FPMRS) and Urology, a Diplomat of the American Board of Urology and a Fellow of the American College of Surgeons.



**Spencer Land, M.D.**  
*Board Certified Urologist*  
Dr. Spencer Land is a Board Certified Diplomat of the American Board of Urology and is an active member of the American Urological Association, and American Society of Reproductive Medicine.



**Rolando Rivera, M.D.**  
*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.

# Small Intestinal Bacterial Overgrowth

## WHAT IS IT?

By Svetlana Kogan, M.D.

If you have been suffering with vague abdominal discomfort, feeling bloated and distended, and having issues with bowel movements – you may be struggling with Small Intestinal Bacterial Overgrowth. As a holistic medical doctor, I commonly see patients with this ailment, and the subject is worth exploring a little in this article. Aside from feeling the abovementioned symptoms, patients often complain of either diarrhea or constipation. In either scenario, the problem stems from uncontrolled overgrowth of bacteria in the small intestine. There are two common situations predisposing patients to this: One is a diminished amount of acid in the stomach. This happens with aging, H.pylori infection, or the chronic use of H2 blocker or PPI medications. The second predisposing risk is having a motility defect in the small intestine. Normally, after the food moves from the stomach into the small intestine, it goes through a well-coordinated series of muscular contractions and relaxations to propel the food forward. When this propulsion becomes irregular or weak – bacteria starts to overgrow. This often happens after a viral infection, or with chronic diabetes, chronic kidney disease, or with a bunch of auto-immune conditions.

In addition, any kind of gut surgery violates the original intestinal anatomy and predisposes a person to bacterial overgrowth. Unfortunately, some GI diseases like Diverticulitis, Crohn's disease, and Celiac to mention a few – can also increase your risk for bacterial overgrowth in the small intestine. Finally, if none of these are applicable to you, it may be just the use of the antibiotics (and who has not had those?) that prompted the bacterial overgrowth. Interestingly, patients who have been diagnosed with Irritable Bowel Syndrome often have concomitant small intestine bacterial overgrowth but the jury is still out on this chicken and egg situation.

Aside from the physical and emotional discomfort caused by this disease there may be some unpleasant complications. One of them is fat malabsorption and this can lead to weight loss and deficiency of some vitamins, such as A, D, E,



and K. Another common complication is carbohydrate and protein malabsorption, and these often manifest as weight loss and edema (body swelling). Finally, the inflammation and disruption of the normal small intestinal lining can disrupt the absorption of vitamin B12 and lead to neuropathy, fatigue and anemia.

Now, let's look at how small bowel bacterial overgrowth can be diagnosed. The golden standard of diagnosis would be to perform endoscopy and take a sample of the small intestinal contents for a culture to grow in the Petri dish. However, this is not done very often. Most of the patients are diagnosed with the so-called 'breath test'. This type of noninvasive test measures the amount of hydrogen or methane that you breathe out after drinking a mixture of glucose and water. A rapid rise in exhaled hydrogen or methane may indicate bacterial overgrowth in your small intestine.

Now, let's say that the diagnosis of Small Bowel Intestinal Overgrowth has been made. What to do now? The best thing to do from the holistic perspective is to treat the root of the problem. So, first you have got to optimize the pre-existing condition. If it's diabetes – get your sugar under control. If it's Celiac disease – get on a strict gluten-free diet. If it's pancreatitis you are suffering from: stop drinking alcohol, get on the strict diet and take care

of your gallstones if you have any. Whenever possible, you want to address the underlying problem which is causing bacteria to overgrow. If you don't do it – all of your subsequent treatments will fail as your body will remain a perfect breeding ground for the recurrence of bacterial overgrowth.

I usually like to work in tandem with a Board Certified GI specialist on small intestine bacterial overgrowth. First of all, the GI doc is instrumental in making the correct diagnosis, whether it involves endoscopy or the breath test. Also, there are some prescription medications for certain types of bacterial overgrowth that GI doctors have excellent expertise with, such as the medications which help to activate food propulsion in the intestines.

On my end, I make sure that the patient's vitamin levels, as well as calcium and magnesium levels are optimized. As part of the treatment, I will often use a short course of special prescription antibiotics, followed by a long course of herbal anti-inflammatory agents which act as natural antibiotics. I place everyone with small intestinal bacterial overgrowth on a special customized diet, which excludes certain triggers and this is very individual, and we do it in a step-wise fashion. Small bowel bacterial overgrowth is not an easy condition to tackle – it requires a change in lifestyle and nutrition. However, we almost always achieve a complete resolution and it feels wonderful and liberating to all patients.



*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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# A Groundbreaking Implant to Alleviate Pain From Arthritic Conditions of The Big Toe

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

**B**unions are a form of arthritis and can cause painful, red, boney, growths; consequently, bunions can also be hereditary and run in families, especially in females. More women than men experience the painful boney growth on their big toe, known as a bunion, or Hallux Valgus. More often than not, bunions hurt more when wearing shoes. Wearing shoes causes pressure on your toe joint, which in turn starts to ache, become fluid filled and can have boney growths. We all need to wear shoes, so is there anything that really works to heal bunions?

## Non-Surgical, Conservative Approach

For a conservative approach, many individuals will start out trying to alleviate their pain by wearing more comfortable shoes, or by wearing gel toe inserts that help keep the toes in the proper alignment. Icing the foot can help to tamp down inflammations, as well as taking NSAID's (ibuprofen) as needed to lessen the discomfort. However, this is usually not beneficial. **Because most bunions fail to heal on their own, surgery is usually recommended.**

In traditional bunion surgery, the toe bone is cut in half, and part of the bone is removed. In many cases, there is a need to relieve tension on surrounding ligaments and tendons to try and realign the joint and bones. The total recovery can take a few months, but initially, you will be in a protective boot or cast for the first two to four weeks.

**A groundbreaking Hallux Joint Implant can alleviate arthritic pain from bone on bone friction. It allows pain free movement of the joint.**

## There is a Cutting Edge Procedure called CARTIVA® SCI

Joint resurfacing with CARTIVA® SCI is simple, does not require significant removal of healthy tissue, and typically results in nominal surgical trauma and rapid recovery. It's minimally invasive and uses unique instruments to deliver the synthetic cartilage to the damaged joint.



The CARTIVA® Synthetic Cartilage Implant (SCI) device is comprised of an organic hydrogel polymer made of polyvinyl alcohol and saline. CARTIVA® SCI has a high water content, and its elastic and compressive mechanical properties are similar to articular cartilage. The device is intended to replace focal areas of painful damaged cartilage thereby reducing pain and maintaining range of motion in the first metatarsophalangeal (MTP) joint.

CARTIVA® SCI is the first implant that behaves like the natural cartilage of your joint to relieve pain and improve mobility for patients suffering from big toe arthritis. **WHY CARTIVA® SCI?** Unlike fusion surgery, CARTIVA® SCI reduces joint pain without sacrificing your foot's natural movement

Your big toe joint is uniquely designed for movement and provides most of the force needed for walking and running. Unlike fusion surgery, which locks the joint in place, CARTIVA® Synthetic Cartilage Implant (SCI) reduces pain while also allowing your joint to move how it's supposed to.

## Quick Procedure & Quick Recovery

Implanting CARTIVA® SCI is 40% faster than the alternative fusion surgery. There are no casts or crutches required. Patients can typically bear weight immediately after receiving CARTIVA® SCI.

## Long Term Results

CARTIVA® SCI is proven to provide long-term pain reduction and increased foot mobility, with 97% reduction in pain demonstrated at almost six years post-procedure.

## Collier Podiatry

Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers. If you are experiencing any foot pain or foot conditions, please contact Collier Podiatry. Their kind and well-trained staff are ready to answer your questions and concerns and get you back on your feet again.

Contact Collier Podiatry to make your appointment. Please visit their website at [www.collierpodiatry.com](http://www.collierpodiatry.com), or call them at (239) 775-0019.

Source:  
<https://www.cartiva.net/what-is-cartiva/why-cartiva/>



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

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# iLASIK—All You Ever Wanted to Know

**iLASIK** 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, iLASIK 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.



**iLASIK & MED SPA**  
**Grand Opening in October!**

The iLASIK team at The Q LASIK & MED SPA will consist of Dr. Duane Wiggins and Dr. Emmanuel Kai-Lewis who are both highly experienced iLASIK and refractive surgeons. Board certified ophthalmologist and fellowship trained iLASIK surgeon, Dr. Wiggins brings more than 20 years of experience in iLASIK 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 iLASIK, 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 iLASIK 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 iLASIK stand for?**

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

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

iLASIK 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 iLASIK, 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 iLASIK 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 iLASIK?**

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

#### **Who should not have iLASIK?**

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

#### **What if I had a prior iLASIK 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 iLASIK 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 iLASIK procedure itself.

#### **Are there other options than iLASIK?**

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 iLASIK procedures.

#### **What is the next step?**

If you are considering iLASIK, 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 iLASIK 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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239-466-2020 | [www.quigleyeye.com](http://www.quigleyeye.com)



# Health Insurance – Medicare 2021 Annual Election

## Open Enrollment Starts October 15, 2020 Individual/Family Open Enrollment is coming soon!

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

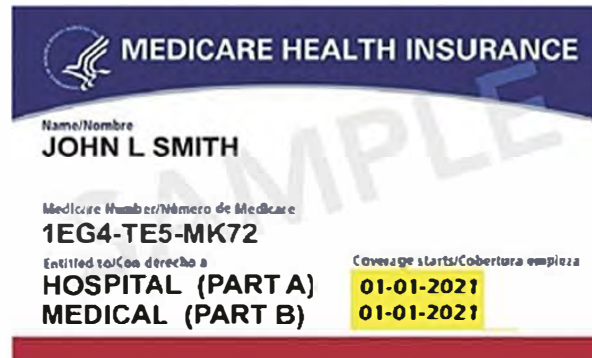
**Medicare Beneficiaries** who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) will have received their "Notice of Change" documents in September. These notices compare any plan changes from your current 2020 to your new 2021 plan. You will be automatically re-enrolled in 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 will not 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).

**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.

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.



**Dee Merritt**

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

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

Dee Merritt

Logical Insurance Solutions

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

239-362-0855

Dee@Logicalinsurance.com

HDQ 2365 West First Street, Fort Myers, FL 33901

Local Agents – Marco Island, Naples, Bonita Springs, Fort Myers, North Fort Myers

\*We also do a complimentary homeowners review

# Curb Appetite Hormones and Lose Weight

By Cederquist Medical Wellness Center

**M**any people think male vs. female whenever they think about hormones. But your body sends messages in more hormonal forms than just estrogen and testosterone. There are many key hormone players on your weight management team, and we'd like to introduce you to some you may not be fully acquainted with yet.

The importance of controlling appetite with regards to weight loss is undeniable and unavoidable. When you are chewing on your erasers and pulling your hair out in an effort to resist cravings, something must be sending the wrong signals from your middle! Why would your body want to eat more instead of burning some of that stored energy?

Some of the hormones that control appetite can suppress it (like leptin and CCK) or stimulate it (like Neuropeptide Y).

However, in order for these to work properly, your brain-gut communication must be in sync.

You have a 'satiety center' as well as an 'appetite center' in your brain, located within the hypothalamus. Unfortunately, for those of us looking to curb food intake, the feeding center is always active, unless the satiety center is suppressing and inhibiting it. One of the hormones that play on the satiety team is cholecystokinin (CCK). When this hormone (produced in the gut) is present in significant levels, signals of fullness and satiety are sent to the brain, and food cravings can be turned off. When your stomach stretches from food, the signal of CCK to your brain to stop eating is enhanced. A higher feeling of satiety can be achieved by incorporating higher fiber foods as well as unsaturated fats, like those found in nuts, avocados, olives, and oils.

## How It Works

Fats increase the amount of CCK released in the gut, while fiber ensures that CCK stays in the bloodstream longer. This keeps the feeding center suppressed after eating. Protein is also very important for that full feeling. Protein is slowly absorbed, and your body releases hormones that travel to the brain telling it that you are satisfied. It is also helpful to eat more slowly, so that these hormone signals have time to reach the brain and register that you are full, even if there are a few bites still left on your plate.



## Your Options

Many people have cravings that cannot be controlled, and so to keep patients from overeating and to regulate appetite, some doctors will recommend an appetite suppressant. Some drugs have been developed that have appetite controlling properties, such as meridia, phentermine, orlistat, and sibutramine. Other drugs, such as Alli, bind to fat in the gut so that it simply passes through the body instead of being absorbed. Researchers are busy looking to develop drugs that may block the inactivation of CCK, and keep you feeling fuller, longer.

A better way, though, to keep appetite levels normal is to make sure you have protein at every meal or snack, and to control the amount of carbohydrates in your diet. The Cederquist Program promotes meals that provide a balance of macronutrients (protein, carbohydrate, fat) that stabilize blood sugars throughout the day, helping to control cravings and allowing the hormones that keep you satisfied to work longer.

If you'd like us to design a meal plan specifically for you, give us a call. We'd be happy to help.

*We are pleased to announce that Amanda Schultz, PA-C recently joined our team. Amanda has been serving women in the community for almost 20 years, most recently with Southwest Florida Women's Group. Her wealth of experience adds a level of depth to what we do here at Cederquist Medical as we help women and men lose weight and get healthy.*



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# Are your bladder leaks disrupting you from living a normal life?

**Do you get sudden, strong urges to urinate and are unable to control it? Do you go to the restroom 8 or more times a day? Do you have accidental leakage before you make it to the restroom? If you answered “Yes” to any of these questions, you may suffer from overactive bladder or urinary incontinence.**



## What causes bladder leaks and incontinence?

**B**ladder leakage, urinary incontinence or overactive bladder symptoms are not a normal part of aging. Millions of people worldwide suffer from these life-altering symptoms.<sup>1,2</sup> These symptoms may occur because of abnormal communication between the brain and the bladder. This may lead to the feeling of an urgent need to urinate and an unwanted bladder contraction. You may also experience a need to rush to the restroom and leak or lose urine before you make it in time.

The good news, there are treatment options available to help regain control of your bladder.

The Doctors at Florida Bladder Institute are now offering Axonics® Therapy, a long-lasting solution that is clinically proven to regain bladder control and deliver clinically meaningful improvements in quality of life\*.

## What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that is clinically proven for treating symptoms of overactive bladder (including urinary urgency incontinence), fecal incontinence and urinary retention.<sup>1</sup>

Axonics Therapy works by providing gentle stimulation to the nerves that control the bladder and bowel, which can restore normal control and result in symptom improvement.

If you and your doctor believe you are a candidate for Axonics Therapy, you will first try the therapy for a brief test period that allows you and your doctor to see if the therapy provides satisfactory reduction of your symptoms. If it is determined that the therapy is right for you, you will have an outpatient procedure where a miniaturized Axonics implant is placed just beneath the skin in the upper part of your buttock.

## What are the benefits of Axonics Therapy?

Axonics Therapy provides the possibility of saying goodbye to bladder leaks!

**Long-lasting symptom relief:** Designed to provide therapy for at least 15 years, providing a long-term solution for your symptoms

**Relief without compromise:** An implant that will not limit your access to full-body MRI's\*.

**Clinically proven results:**

- 89% of treated patients achieved clinically significant improvements at 1-year<sup>3</sup>
- 93% of patients were satisfied with their therapy<sup>3</sup>

\*50% or greater reduction in symptoms

### References:

1. Coyne KS, Sexton CC, Thompson CL, et al. The prevalence of lower urinary tract symptoms (LUTS) in the USA, the UK and Sweden: results from the Epidemiology of LUTS (EpiLUTS) study. *BJU Int.* 2009;104(3):352-360.
2. Census Reporter website. <https://censusreporter.org/profiles/01000us-united-states/>. Accessed July 19, 2019.
3. Benson K, et al. *NeuroUrol and Urodyn.* 2020

Important Safety Information: Implantation and use of the Axonics System incurs risk beyond those normally associated with surgery, some of which may necessitate surgical intervention. Results and experiences may vary and are unique to each patient. No promise or guarantee is made about specific results or experiences. For more information about safety and potential risks, go to: [www.axonics.com/fsi](http://www.axonics.com/fsi). Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician.  
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## It's time to regain control!

Take the first step towards symptom relief. Call us at 239-449-7979 to schedule your Axonics Therapy consultation today.

“ ”

Brilliant. Amazing staff. Incredible results. Totally life changing. I am going to retire and work on my bucket list instead of settling for 'I have issues'.

— Tricia M., Patient —

## Dr. Joseph Gauta

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



Nicole Houser, PA



Joseph Gauta, MD



Amber Thompson, PA-C



239-449-7979

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

Naples: 1890 SW Health Pkwy., Suite 205

[info@floridabladderinstitute.com](mailto:info@floridabladderinstitute.com)

# ARHI: Clinical Study on COVID-19

ARHI (Advanced Research for Health Improvement) is participating in a comprehensive trial for COVID-19 in the areas of diagnostics, treatments and vaccinations. The Covid-19 clinical trials are underway here in southwest Florida through ARHI, which will be the leading research site for those studies that will commence at the end of October. These trials will be done in collaboration with major pharmaceutical companies and NIH as part of "Operation Warp Speed."

Each day, we learn new facts, figures, and protocols concerning COVID-19, and while there are practical treatment options those are not perfect, and we still do not have a cure or a vaccine. The FDA is investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. To create a viable vaccine or treatment; however, we need further research and testing.

Viruses need a host to proliferate and mutate. Once they invade the body, they need the body to continue to live or the virus dies if it does not move into another host. One way that we as hosts to viruses can either ward it off, or fight it aggressively is through a bolstered immune system. COVID-19 is an RNA virus, which is not DNA, but rather encoded RNA. DNA viruses have limited mutation capabilities, while RNA is an unstable molecule that can replicate and mutate quickly depending on their need to survive, and they spread hastily as well. We need medications that will impede these actions in RNA viruses and create a biological environment that inhibits the replication of the virus. Drug interventions will need to focus on building the body's immune response and help fight the disease and infection. The vaccine will focus on stimulating the immune response to destroy the virus before it infects the body.

## Vaccines

A vaccine is a biological preparation that provides active acquired immunity to a particular disease. A vaccine typically contains an agent that resembles a disease-causing microorganism and is often made from weakened or killed forms of the microbe, its toxins, or one of its surface proteins. The agent stimulates the



body's immune system to recognize the agent as a threat, destroy it, and to further recognize and destroy any of the microorganisms associated with that agent that it may encounter in the future. Vaccines can be prophylactic, or therapeutic.

## What You Should Know About Clinical Trials

Clinical trials or medical research studies offer a way for researchers to bring new therapies, medications, vaccines, and devices quicker to patients that need them. When a trial is held, rigorous protocols are always in place to protect the patient's best outcome. Before phase one of any medical trial is brought to humans, they conduct thorough laboratory testing.

The IRB (Institutional Review Board) monitors all clinical trials to make certain that patients are protected. This independent committee of medical professionals and advocates keep track and make sure that federal regulations, ethics, and patient's rights are upheld throughout the process.

## How Clinical Trials Help

Disease states, illnesses and disorders are able to launch innovative and the most advanced treatments when clinical trials show positive outcomes. The average clinical trial allows advanced treatment options to be implemented in patient therapy protocols in an advantageous manner. Clinical trials also have helped countless individuals stave off disease states while under medical care during their researched disorder.

## Diagnostics | Treatments | Vaccines

At Advanced Research for Health Improvement (ARHI), they believe that clinical studies will advance medicine and help people live better lives. With this mentality, they strive for greatness in each area of work that they do.

## Current Studies

Are you interested in participating in a clinical trial? ARHI is currently accepting participants for multiple studies including COVID-19.

To find out more, please contact them today at, 239-230-2021, or email them at [info@arhiusa.com](mailto:info@arhiusa.com).

### ARHI—Clinical Studies for the Advancement of Medicine & Improvement of Lives.

At ARHI, we believe that clinical studies will advance medicine and help people live better lives. With this mentality, we strive for greatness in each area of work that we do.

### Are you interested in participating in a clinical trial?

We are currently accepting participants for studies in the areas of Heart Failure, Pediatric Vaccines, Crohn's Disease, Covid-19 Diagnostics, Treatments and Vaccines Prevention.



### Advanced Research for Health Improvement, LLC

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# A New Procedure Available at ATC can Help Patients Avoid Pricey Cosmetic Surgery

It's evident that that lotions and potions are never going to correct the underlying weakening of the facial, neck and décolletage muscles and collagen fibers. When sagging skin, dullness and lack of elastin are taking a toll on maturing faces, Alma Lasers ClearLift™ is the answer many people have been waiting for.

## The Virtually Painless Alternative to Skin Resurfacing

ClearLift™ is a non-ablative approach to laser skin resurfacing. ClearLift providers are able to offer patients skin resurfacing treatments that are fast and virtually painless with visible results and no downtime.

The innovative technology delivers a controlled dermal wound deep beneath the skin, (up to 3mm in depth). The outer layer of the skin is left undamaged. All stages of healing and skin repair occur under the intact epidermis.

### ClearLift Offers Numerous Advantages:

- **Fast Treatment Time** - no topical numbing is required and treatments can take as little as 20 minutes.
- **Virtually Painless** - patients report a comfortable, skin resurfacing experience.
- **No Downtime** - after a ClearLift treatment, patients can immediately return to their daily life.

Alma Lasers introduced ClearLift to serve the thousands of patients who desired the results of skin resurfacing without the usual post treatment recovery time and pain associated with traditional skin resurfacing.

ClearLift patients report visible improvement in their skin's appearance in as little as one treatment.<sup>1</sup>

#### References

1. Alma Lasers, Clearlift, The Virtually Painless Alternative to Skin Resurfacing, Buffalo Grove, ILL, 2017 [almalasers.com](http://almalasers.com)

# ClearLift™



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As a leader in the industry, ATC always offers the latest technology in skin and body care. By combining their expertise through industry leaders, innovative procedures, and cutting-edge products, you will always receive remarkable results within the serene, inviting atmosphere of the Aesthetic Treatment Centers.



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Mindy DiPietro  
CEO

Kathleen M. Marc, MD  
Medical Director



# STINGING NETTLE AND FUNCTIONAL MEDICINE

BY DR. LINELL KING

Imagine you are hiking through the dense green undergrowth beside a gently babbling creek when you abruptly notice a sharp stinging sensation on your shin. Your skin starts turning bright pink and you quickly run back to the house for some hydrocortisone cream and a cold compress.

Once the pain begins to subside, you do the next practical thing: return to the creekside location where you were stung and attempt to identify the culprit. Once discovered, you will undoubtedly avoid any future run-ins with the perpetrator of this searing sting. With a quick survey of the foliage lining the creek, and after a quick Google search, you suspect stinging nettle. Can you guess what is found growing all along the creek?

Functional medicine uses similar concepts; understanding that creating the environment for optimal health requires looking deeper to find the root cause of discomfort and disease. Symptoms will provide clues about what needs to be addressed, and oftentimes there are simple solutions. Identifying that which prevents you from embodying your healthiest self can feel daunting, but taking a few small steps to learn more about what your body needs can dramatically improve your health and quality of life for the long term. Empowered with this information, you can take greater control of your health and create a sustainable plan personalized for you.

## Where To Begin?

First, identify your goal: is it more energy, mental clarity, weight loss, pain management, hormonal balance, greater overall health, all of the above? Once you decide you're ready to make a change, let us help you create a realistic and achievable plan to reach your goals safely and effectively.

## Food Is Medicine, But Not all Food...

Some commonly known food allergens are gluten and dairy, but there are countless other foods and herbs (even some traditionally recognized as "healthy") that can cause inflammatory responses in



the digestive systems of otherwise healthy individuals. Each person has their own unique allergy and sensitivity profile. Continually ingesting unknown "allergens" can cause a low-level and persistent immune response that can drain the body's resources needed to stave off other truly dangerous pathogens. Symptoms of poor gut health can range from skin problems and impaired immune function, to poor sleep, chronic pain, and fatigue. Our team at Naples Vitality can help you discern if what you're eating is working to enhance your health, or actually creating additional challenges for your body.

## Water, Water Everywhere

Three-fourths of Americans are not drinking enough water...but there are 3 different kinds of dehydration! Dehydration not only exacerbates a variety of problems and affects your overall health and wellness, it can be difficult to troubleshoot. Dr. King and his associates can help you manage the right hydration plan for your specific needs.

## Zzzz

Memory issues, mood changes, trouble with concentration, weakened immune system, weight gain, and increased risk for heart disease are all health problems associated with sleep deprivation. But getting enough quality sleep can be challenging. Understanding why you are having trouble sleeping (or identifying that you are not sleeping well) can be a great starting point on your path to greater health.

Improved health and vitality is possible if you take the time and make the commitment. Naples Vitality will work with you to identify the root causes of your health challenges. Together, we can make a plan to put the pieces together and create positive change. If you are tired of just treating stings, take a walk down to the creek and find those nettles!

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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# THE PANDEMIC HAS BEEN ESPECIALLY CHALLENGING FOR THE HEARING IMPAIRED!

By Hoglund Family Hearing and Audiology Services

As wearing face masks becomes the new normal across the country, one group of people is adapting to a unique set of mask-related challenges: the hearing loss community.

**T**hese challenges disproportionately affect older adults: In the U.S., almost 25% of people ages 65 to 74 and 50% of people ages 75 and over have what's considered to be disabling hearing loss, and now Social Distancing and protective face coverings are making communication more challenging for those with even Mild-to-Moderate Hearing Loss. Since masks are an important way to protect against the spread of the coronavirus, and older adults are at higher risk of developing severe illness from COVID-19 to begin with, finding strategies to hear better during times of widespread mask use is imperative.

Here are three of the mask-related obstacles that people with hearing loss can face, plus tips on how to overcome them.

### 1. Fewer facial cues to help decode conversations

Often, people with hearing loss try to compensate for any deficit by using facial cues to help them understand what others are saying.

That is because facial expressions are an important clue to the tone of a conversation, offering signals about the essence of what a person is trying to communicate. Are they being sarcastic, or are they serious? Something as simple as a smile can help a person with hearing loss fill in these gaps when they can't hear every word. With masks covering noses and mouths, those facial cues are obscured.

### 2. An inability to rely on lip reading

In addition to using facial cues, some people who have hearing loss learn to rely on lip reading to understand their conversation partners. Even when they are doing it subconsciously and don't realize it, *lip reading can help discern and distinguish difficult words.* Here, too, face masks prevent those with hearing loss from using this critical skill.

### 3. Muffled voices

As if covered faces did not present enough challenges visually, masks can often muffle people's voices, too. Due to this phenomenon, people who already had trouble hearing before the pandemic are finding it more difficult than ever to hear well. Even people with early stage hearing loss may suddenly notice that they are struggling to understand speech more than usual.



Face masks can lower volume by up to 12 dB making speech more difficult to understand.

### TIPS FOR OVERCOMING MASK-RELATED HEARING CHALLENGES

While the three types of hearing challenges above vary, many of the tips that can help people overcome them are the same. If you or someone you love is struggling to hear because of face masks, try the tips below:

- **Get a hearing aid if you have hearing loss, and/or wear your hearing aid more often.** If you've simply lived with hearing loss and haven't sought out a hearing aid until now, you may find that *now is the right time to consider getting one.* Call any of our **Hoglund Family Hearing and Audiology Centers** and schedule a **FREE HEARING TEST** to learn whether a hearing aid might be right for you. If you already have hearing aids but don't use them all the time, please begin wearing them more frequently! If they are not functioning properly, call for a **FREE** performance check! *We are offering **FREE WARRANTY REPAIRS** on all manufacturers' products whether you are one of our Patients or not, as a public service during these trying times!*



John and Patricia Hoglund  
LHAS, BC-HIS, ACA

- **Ask family members to consider selecting masks that interfere with hearing the least.** If muffled sounds are a major source of frustration for you, keep in mind that some masks block high-frequency speech sounds more than others, making it more difficult to hear the people wearing them — especially words that contain sounds like “f”, “s” and “th.” Hoglund Family Hearing and

Audiology Centers clinics offer special masks that have a clear portion in the middle which makes it easier to read lips.

- **Make sure the programming on your hearing aids is set to your current needs.** Many people have not had their hearing aids adjusted since the Pandemic began back in February. Your hearing needs may have changed over time and a simple reprogramming session may dramatically improve your understanding. You may also find that wax related problems have caused your hearing aids to underperform. Please schedule a service appointment to see if we can help! *Our Audiology Centers may also be able to set up an additional program in your hearing aids that offers a stronger “signal boost” when you are speaking to people wearing masks.*

**YOUR HEARING IS ESSENTIAL, and your safety is our primary concern!**

We have adopted strong CDC Sanitation Protocols for your protection, and for your peace of mind.

We also offer alternative service options including telemedicine sessions and remote programming options for those who are especially high risk or self-quarantined.

We even have a “curbside drop-off” option to get your hearing aids repaired without any interaction with others!

**PLEASE CALL TODAY TO SEE HOW WE CAN HELP YOU IMPROVE YOUR HEARING!**

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1. Schedule a mammogram.
2. Challenge 8 of your friends to do the same.
3. Create a social media post with a photo or video of your bra hanging anywhere, to show the world you have accepted the challenge.
4. Tag 8 of your friends and post to social media with the hashtag #notmy8.

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### NICK BALKENBUSCH

Nick Balkenbusch has been my personal trainer at CoreFit since January 2020. He is patient, kind, works my butt off (literally) and has kept me injury free. I truly went from a couch potato to a gym rat. I highly recommend Nick. ~ Emma H.



### PAUL CALIFANO

I have been training with Paul for almost 9 months at CoreFit and have made great progress getting in shape. I have lost some weight and gained muscle. I am not ready for the Boston marathon or a bodybuilding competition but am feeling better about myself. I have more energy and look forward to my sessions. With Paul's help, I have made fitness a part of my life! ~ Mark N.



### BRETT RICHARD

We were members of another Gym before Covid, did not feel comfortable going back. Joined CoreFit and have been training together as a couple with Brett! We are extremely happy we made the switch! Clean facility, with a very friendly and knowledgeable staff! ~ Joe & Donna S.



### TIM SHEVLIN

I have trained with Tim Shevlin for about 3 months. My goal was to gain more overall strength with a focus on areas that improved my golf game. Core, balance, and flexibility have definitely been the workouts and are effective. Tim has continued to add new exercises, which helps minimize the redundancy. He is also very knowledgeable. ~ Dennis



### KRISTEN WAITE

Kristen has been really great to work with. With my many joint issues due to arthritis, she knows exactly what exercises I need to allow me more flexibility and strength. We work on my weaknesses and plenty of core exercises. She is very encouraging and upbeat. ~ Rita W.

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**Reduction in Cellulite Appearance:** Thermal shock is a non-invasive procedure that impacts the causes of cellulite including protrusion of fat into the lower dermis. Using mechanical energy and micro-massage, thermal shock eliminates excess liquids through lymphatic drainage resulting in a smoother skin surface.

**A Youthful Facial Appearance:** When used around your face and neck, thermal shock triggers the production of collagen which smooths out facial lines and wrinkles and reduces puffiness around the eyes. Dead cells get released from the body while healthy skin cells activate resulting in a more youthful appearance.

**Toned and Tightened Skin:** Similar to collagen production, thermal shock also effectively improves skin elasticity thanks to significantly increased micro circulation triggered by the application of hot and cold procedures. Ideal for restoring loose, aging skin, thermal shock promotes a more toned and tightened appearance.



**Pain Relief and Injury Recovery:** In mere minutes, thermal shock has been shown to stimulate the natural process of pain reduction and activate anti-inflammatory processes. In a case study of 98 patients with muscle and tendon disorders, 72.5 percent reported a total reduction in pain and improved movement capability with 100 percent of participants reporting a positive perception of treatment.



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# SENIOR LIVING COMMUNITIES OFFER PEACE OF MIND FOR BOTH SENIORS & CAREGIVERS

By Greg Pascucci

According to the “2020 Caregiving in the U.S.” report compiled by AARP and the National Alliance for Caregiving, more than 1 in 5 Americans are caregivers. Most are adult children caring for a parent or parent-in-law (50 percent) or a spouse or partner (12 percent).

Though caregiving can be an extremely rewarding experience, it may also be stressful and lead to caregiver burnout. This can have devastating long-term consequences for both the caregiver and the person receiving care. Recent studies have found feeling overwhelmed for extended periods can lead to depression, which is associated with heart disease and more debilitating outcomes.

“At The Carlisle Naples, a luxury retirement community, our team understands the stress and emotional toll caregiving can create. Our independent and assisted living campus offers a wealth of supportive services and amenities to help older adults flourish while easing day-to-day caregiver responsibilities,” said Executor Director Bill Diamond. “The assisted living program provides options for residents who may need additional services and still prefer to remain in a familiar, residential setting. Our extended congregate care (ECC) license also allows The Carlisle to provide additional supportive and nursing services to residents who would otherwise need to transition to a skilled nursing facility. They, along with their families, have peace of mind knowing supportive care services are available should their needs change.”

Research shows many older adults often thrive upon moving to a senior living community. Seniors receiving assistance from spouses and/or adult children may often experience feelings of guilt or fear they are preventing the caregiver from living a more active life. With these mental roadblocks removed, they can better focus on their overall well-being and make positive strides.



*Here are a few tips for balancing being a dutiful caregiver and taking care of your own needs:*

#### **Take care of yourself**

Remember to keep your doctors’ appointments and schedule annual screenings. Try to eat well and rest whenever possible. Put off for tomorrow what you cannot get done today. Be kind to yourself.

#### **Ask for help**

It’s okay to ask a family member to fill in whenever possible. It doesn’t make you selfish to ask someone to help out for a few hours so that you’re able to take a break; it makes you human.

#### **Seek out support groups**

It’s always nice to know you’re not alone. Find a support group specific to your situation. Local churches, hospitals and senior living communities may offer ongoing support groups – in-person and online – for both those dealing with an illness and their caregiver.

#### **Set realistic goals**

The Mayo Clinic suggests breaking large tasks into smaller steps that you can do one at a time. Prioritize, make lists and develop a daily routine. Sample caregiver action plans are available online to help you establish clear, attainable goals.

#### **Entrust the care of your loved one to a professional**

The team at reputable and well-established senior living communities understands the stress and emotional toll caregiving can create. They strive to help caregivers flourish while easing day-to-day responsibilities. The Carlisle Naples, for example, is especially well suited for older adults seeking a supportive retirement

lifestyle with quality care, services and safeguards. The community features 24-hour access to a team of well-trained professionals and assistance with activities of daily living (bathing, dressing, medication assistance, etc.). And, without the day-to-day stress of providing care, families now have more time to spend on what matters most: enjoying quality time together.

“Caregiving can be difficult for even the most patient, loving person,” added Diamond. “The Carlisle Naples provides a comprehensive menu of licensed assisted living care services that blends freedom and peace of mind into an affordable lifestyle. It’s a win-win for both residents and caregivers.”

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. The community is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an important distinction that provides residents with the assurance that the highest standards of quality care, services and safeguards are maintained. For more information about the community, please call 239-221-0017 or visit [www.TheCarlisleNaples.com](http://www.TheCarlisleNaples.com).



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## MEDICATION DISCREPANCY RISK FACTORS THE #1 FACTOR: LOW SOCIAL SUPPORT

### The Bad News:

Despite much attention in recent decades, medication discrepancies still present a prevalent danger for patients. Across various care settings and patient groups, the prevalence of medication discrepancies has ranged from 14% to 86%. (1-5)

One of the latest entries into this body of evidence is the work of Elizabeth Manias and colleagues, measuring an unintentional medication discrepancy rate of 39.7%. (6) Among these patients with medication discrepancies, 68% were readmitted to the hospital within six months. Interestingly, Manias and colleagues examined their data to reveal risk factors for medication discrepancies. Knowing these risk factors can help with care planning.

In the current study, researchers examined the medical records of 426 patients, age 65+, who were admitted to any of five hospitals through the emergency department. They followed the patients across various acute and subacute care settings and through to discharge to home. Their data established the following risk factors for unexplained medication discrepancies:

- No Social Support: This increased the risk 171%. This was defined as having no partner, informal caregiver, or formal caregiver.
- Multiple Transitions: Transitions here refers to care settings such as the ED, cardiac ward, intensive care, nursing home, etc. More than four transition points increased the odds 148%.
- Multiple Pre-Existing Prescriptions: Each prescription that was already in place at presentation to the ED increased the risk 13%.

No social support turned out to be the largest modifiable risk factor in medication discrepancies. The presence of a risk factor can serve as a red flag that additional support may be warranted.

### The Good News:

When patients need improved social support, doctors, discharge planners and families can recommend private duty home care. The private-duty home care and nursing available through McKenney Home Care can provide the social support needed to modify this risk factor as well as

skilled nursing for at-home medication reconciliation. Adding a home visit to the medication reconciliation program detects 62% more medication discrepancies - even after pre-discharge medication reconciliation and post-discharge reconciliation by phone.(7)

When you refer patients or loved ones with potential medication adherence problems, McKenney Home Care can send nursing assistants to provide medication reminders and assist with self administered medication. McKenney aides can pick up medications for clients at the pharmacy, examine medication containers to evaluate adherence, and report adherence problems to nurse supervisors for further interventions.

If forgetfulness, impaired judgment, or physical limitations are impeding your patients' ability to adhere to their medication instructions, it is highly likely that other health-related activities of daily living are suffering. Order an in-home assessment by McKenney Home Care to help ensure that all your patient's needs are being met, so elderly patients can stay in their own homes with greater convenience, safety, and health.

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7. Costa L, Poe S. Challenges in post hospital care: nurses as coaches for medication management. *J Nurs Care Qual*. 2011; 26 (3): 243-251.

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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# Lifelong Florida Friends Say “I Do” at a VITAS IPU Wedding

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

For 35 years, Donn Allen and Charla Lancaster have been lifelong friends, steadfast companions through life in a non-romantic-but-always-close relationship on Marco Island.

In early 2020, Donn was diagnosed with brain cancer. In May, he was admitted to the VITAS® Healthcare Inpatient Hospice Unit (IPU) at Solaris HealthCare Imperial in Naples. One day in June, as Charla visited her dear friend, the two discussed Donn's last wishes.

“He'd never been married before and never had any children,” says Laura Bellmore, the IPU team manager and a VITAS hospice nurse for 10 years.

“Donn's wish was to be married before he died, and we caught wind of it when they began talking one day about how to make a wedding happen.”

Knowing the couple had already decided on pink pineapple-themed shirts for the groom and his wedding party, the VITAS team sprang into action.

Home Care Chaplain and Rabbi Donna Mesite Levy coordinated the Jewish wedding ceremony and provided prayer shawls. Deanna Fitzgerald, director of market development, arranged for a pink-accented Gerber daisy wedding bouquet and a single daisy to adorn Charla's hair.

Other team members provided a wedding cake, and Music Therapist Hannah Faletiny stepped up as the musical accompanist. The IPU's gazebo was transformed into a chuppah, the traditional wedding canopy of Jewish matrimony.



On a Friday in June, Donn's IPU care team carefully dressed him, positioned him in his wheelchair, and escorted him to the chuppah to meet his waiting friend and bride. Pink rose petals lined the walkway.

“Charla was really taken aback by the fact that we paid such special attention to their request and provided all the little touches,” said Deanna, who attended the wedding with VITAS General Manager Robert Johnson, IPU nurses, and staff.



Pastor Thomas Boeck of Marco Lutheran Church presided over the ceremony, and the two lifelong friends sealed their vows with a kiss and applause under sunny Florida skies.

Thirteen days later, Donn was discharged from the IPU to hospice care at home with his bride.

“I'm not a wedding planner,” says Laura, “but it's always been my motto that there are no do-overs in hospice care. We have to get it right the first time. This was a perfect example of why we do what we do – honoring someone's last wish to be married.”

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# BREAST CANCER AWARENESS:

## The Importance of Screening and Genetic Testing

Breast cancer affects 1.4 million worldwide, and although it is most commonly thought of as a female condition, it also affects men. Early diagnosis is critical, that's why medical professionals emphasize the importance of regular screenings; however, there are genetic risk factors that indicate increased probabilities and allow better diagnoses and monitorization if a person receives a genetic blood tests for the BRCA1 and BRCA2 genes.

### Should you Have BRCA Genetic Testing?

Do you have personal or family history of breast and or ovarian cancer? Do you have a personal or family history of uterine, colon, stomach, brain, thyroid, or prostate cancers? These are often risk factors for both women and men, and you may qualify for genetic testing? If you qualify, most insurance will cover the testing.

### Genetic Testing Details

Genetic testing is a cutting-edge medical technique that looks at your unique genetic makeup and that can be used to see how your DNA might shape your health over the course of your life. A sample of DNA is collected via a small sample of blood, which is then analyzed in a lab to look for evidence of genetic disorders or vulnerabilities to some diseases. For example, people with certain gene mutations might develop some cancers earlier in life, or at a higher rate, than the general population. The information gathered from genetic testing is a powerful tool that can help tailor medical care and treatment personalized for you.

Getting lab work done can be inconvenient and time consuming, and in our current pandemic situation, no one wants to be in a crowded waiting area. Many labs are trying to cut back on the number of visits per day, which can make scheduling and finding time slots very difficult for patients. That's why EXPRESS MOBILE PHLEBOTOMY is the convenient, safer answer for your lab testing needs.

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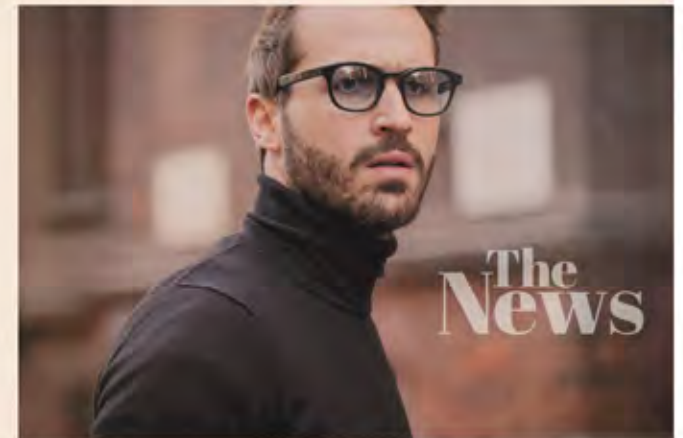
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**Dr. Raborn**



# PERIPHERAL NEUROPATHY: ALTERNATIVE TREATMENT OPTIONS

By Richard Hiler, DABCN

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

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

## Symptoms of Neuropathy

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

## Neuropathy Causes and Treatment

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

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

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

## Proactive, Groundbreaking Peripheral Neuropathy Treatment

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

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

## Treatment Benefits

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

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- Disc bulge or herniation, sciatica, or stenosis
- Auto Accident, Whiplash Injuries

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

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Hope PACE®, a Program of All-Inclusive Care for the Elderly, provides Southwest Florida seniors with the coordinated and comprehensive care needed to age in place, wherever they call home.

With a mission of maintaining quality of life and mobility for Lee, Collier and Charlotte county residents at risk for nursing home placement, Hope's team develops an individualized plan of care that is customized for each participant's needs and practical challenges.

Throughout the pandemic, Hope has maintained an excellent level of clinical care in fully equipped, state-of-the-art Hope PACE Care Centers, where participants continue to receive medical and dental care, laboratory and diagnostic services, as well as care from specialists. Occupational, physical and speech therapy are available for those with special needs. Personal care, prescription drugs, and medical supplies are also included.

Free transportation is provided to the Care Center where the Hope PACE program offers nutritious meals and the opportunity to socialize and make new friends. When Covid-19 permits, activities are planned throughout the day that address each person's body, mind, and spirit. Gentle exercise helps keep bodies in motion, while trivia and word games help keep participants' minds active as well.



**Hope PACE participants ride to the Care Center in colorful Hope Mobiles that provide safe, convenient transportation at no charge for those who enroll.**

The creative arts are integrated into the program through crafts and performances by visiting musicians.

Hope PACE recently received a heartwarming letter of gratitude from Gladys Jarvis of Fort Myers, who shared: *"This note is to let you know your program is working well. I am 80 years old, do not drive anymore, but do not feel alone or lost because I have Hope PACE and the wonderful angels giving me help with cleaning and shopping. Through this whole mess of the coronavirus pandemic, we have felt VERY comforted having you all only a phone call away. Many of our friends who do not belong to PACE tell us of the problems of not getting their doctor for answers or even unable to get their meds. Someone from PACE has called me every week checking to make sure all is fine or asking if I need anything. Some friends have even felt stranded, but not us PACE members. Bless you all for taking such good care of us. We don't feel forgotten."*

Hope PACE is truly unique from other health care programs by using an innovative, personal approach to ensure seniors receive the care and comfort they deserve. Engagement and interaction are extremely important for aging adults, and PACE provides extra special opportunities for connection. The program is often considered an emotional lifeline by many people in Southwest Florida.

Hope PACE Centers are located in Cape Coral, Fort Myers, Lehigh Acres, Naples, and Port Charlotte. To be eligible to enroll in Hope PACE, which is free of charge for participants with dual Medicare and Medicaid coverage, you must be at least 55 years old and a Lee, Collier or Charlotte county resident. You must also have health problems that qualify you for nursing home care. Visit [www.HopePACE.org](http://www.HopePACE.org) or call 239-985-6400 to learn more about Hope PACE's all-inclusive care.



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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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**Featured Article**

**"The Other Side of Parkinson's Disease"**  
By Ramon A. Gil, M.D. - Medical Director, Parkinson's Disease Treatment Center of SW Florida  
Parkinson's disease (PD) is traditionally recognized to be the motor signs that typically bring the patients to the physicians for medical evaluation. Tremor, rigidity, slowness of movements and changes in their gait pattern, associated later on with balance problems. These problems are due to...

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# Misir Pharmacy NOW OFFERS MEDICAL EQUIPMENT AND DME PRODUCTS!

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

## Misir Pharmacy Now Provides:

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

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

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



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

- Blood sugar monitors
- Blood sugar test strips
- Canes
- Commode chairs
- Continuous passive motion machines
- Crutches
- Enteral nutrition supplies & equipment
- Glucose control solutions
- Lancet devices & lancets
- Nebulizers & nebulizer medications
- Suction pumps
- Traction equipment
- Walkers
- Wheelchairs

## Misir Pharmacy's Difference and Dedication

When you call Misir Pharmacy, a 'real' person will answer. The key difference between Misir Pharmacy and large corporations is that large corporations services care primarily about their corporate profits, while Misir Pharmacy cares about their patients and the quality of care they are receiving.

## Free Delivery Service

As well as online services, independent pharmacies can also make your life easier through additional options. For example, we can deliver your medication and DME products right to your house. If it's challenging for you to get to the pharmacy, you don't have to.

## Your Local Pharmacy

You can always feel better about shopping at a locally owned and operated store. When shopping at big-box stores, your money increases a high-level executive's already immense salary. By shopping at a local business, your money will help put food on a family's table or send their kids to camp. In other words, your money is recycled into your own community.

At independent pharmacies, you'll gain all the benefits of getting to know your pharmacist, and your pharmacist getting to know you. Misir Pharmacy's staff always takes the time to greet you by name, hear your story, and answer your questions. Having a dedicated pharmacist who knows you and your needs also means there's less chance of an error occurring. At independent pharmacies, the main goal is to help you and make sure your visit to the pharmacy is a positive experience.

## Misir Pharmacy Compounding

When you partner with Misir Pharmacy's independently owned and operated pharmacy, you get the personal touch of a neighborhood pharmacy and the strength, resources, an array of services.

Misir Pharmacy has a singular focus on service, collaborating with their patients and their physicians to develop products and services that will help us provide the best quality of care, control cost, and remain compliant with the ever-changing healthcare.



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# KEEPING OUR CLIENTS SAFE AT HOME DURING COVID-19

Dear Chef For Seniors Community,

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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# 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!



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## 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*

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# Saltwater Intoxication

## What You Should Know About Keeping Your Pet Safe

**A**long with beach walks and swimming, taking your dog on the boat and watching them dive into the water is something many pet owners enjoy. They feel it creates a bonding moment and helps their pet get some well-needed activity and exercise, but what many people are unaware of is that it can be deadly.

With just a small amount of ingested saltwater, pets can become lethargic and have gastrointestinal upset like diarrhea and vomiting, but when large amounts are gulped down, it's a matter of life and death. It can cause swelling of the dehydration, kidney failure, comas, brain swelling, seizures, and death.

The body will attempt to balance the level of salt in the blood. This attempt to empty the blood and rid it of salt can cause the brain to swell rapidly, which triggers seizures.

If your pet is experiencing excessive thirst, lack of appetite, GI disorders, lethargy, or seizures, it's imperative to seek emergency veterinary care immediately.

There is a drug that, if administered quickly, can help the brain, and IV fluids can also help to balance out the electrolytes. It's best to seek care urgently because these situations are delicate and escalate rather quickly.



*Animal Oasis Veterinary Hospital* wants to spread the word on the importance of keeping your pets safe. Dogs don't know the difference between fresh and saltwater. They lap up the water, and before their owner knows it, they are extremely ill. These situations are dire, and it's often best to keep your furry children home when you're boating or visiting the beach. There are also many incidents of shark attacks on dogs, so keeping them cool and hydrated in the safety of their home environment is optimal in most cases. If you think making them drink freshwater will balance out the salt intake, it does not. The only thing that ensures their wellbeing is not to take them in saltwater.

### **Animal Oasis Saltwater Intoxication Treatment Details**

Oxygen, IV fluid therapy and electrolytes will be administered to manage dehydration. It's imperative to gradually bring down the salt level to avoid heart attacks and long term brain disorders. It can take several days to rebalance the salt and electrolytes in

the blood. Sometimes enemas are used to help achieve optimal results. Brain swelling can be improved by a few different drugs, such as Mannitol and Dexamethasone. It will take a few days of care in most cases.

Again, it's best to avoid all saltwater play with your pets, and equally as important to avoid feeding your pets salty foods for the same reasons.

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

**Animal Oasis Veterinary Hospital** in Naples offers the most up to date and progressive veterinary services for your pets. Ranging from laser surgery, ultrasound, dental X-rays, radiology, full pharmacy, and in house diagnostics, Animal Oasis Veterinary Hospital provides your pets with the necessary options for treatment.

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# The Correlation of Hypercholesteremia and PAD

**W**e all know that uncontrolled cholesterol can lead to heart attacks and stroke, but it can also create blockages in the peripheral arteries known as PAD (peripheral arterial disease).

Cholesterol is a fatty substance that the body needs, but when it's in excess, it can begin to build up and leave a sticky substance in the arteries. Uncontrolled, high cholesterol damages the arterial walls, which raises a person's risk for peripheral arterial disease. PAD affects arteries throughout the body, but commonly cause severe symptoms and issues in the legs. If you have PAD, your blood flow is blocked, and your arteries are encountering damage.

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

## PAD Symptoms

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

Maintaining a healthy diet is critical to keeping your lipid levels in proper balance, coordinately it will assist in supporting the vascular structures through nutrient and antioxidant-dense foods. The Vascular Center of Naples, typically, recommends a low-fat diet full of healthy fruits, vegetables, and

lean protein. Preventing atherosclerosis, or the hardening of the arteries due to plaque buildup can be achieved through medications as well. However, if the blockage from PAD is severe and life-threatening, a medical procedure will be necessary to open and repair the artery to allow blood to flow normally again.

## CONSERVATIVE TREATMENT OPTIONS

### Healthy Lifestyle Changes

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

### Medications

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

## PROCEDURES FOR PAD

### Peripheral Vascular Stent

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

### Angioplasty

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

#### Sources:

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



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**(peripheral arterial disease) Profile Screening.**

### Atherectomy

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

### Bypass Grafting

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

### Worst-Case May Require Amputation

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

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

If you have symptoms, don't ignore them. The sooner you're diagnosed, the better your outcomes. Contact the Vascular Center of Naples today.



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# Understanding BRCA Genes, Breast Cancer, and Melanoma

By DR. DANIEL WASSERMAN



October is when American cities will begin adorning public landmarks with the signature pink color for Breast Cancer Awareness Month. While October and May are breast cancer and melanoma awareness months, respectively, few people are aware of the relationship between breast cancer and this form of skin cancer.

It is well known to the public and professional communities that cancer can run in families. As science continues to march forward, we are able to understand these genetic patterns more and more. The most well-known association between breast cancer and genetics is the BRCA1 and BRCA2 genes. Angelina Jolie

famously brought light to this when she opted for a double mastectomy when she tested positive for BRCA1, so that she could avoid the fate of her mother who passed away from breast cancer. These mutations are rare in the general population—with a rate of 1 in 400 to 1 in 800 people in the United States. Some groups, however, such as Ashkenazi Jews, have a much higher rate at 1 in 40. You can see why family history is so important in understanding breast cancer risk.

What few people in the public know is that these BRCA1 and BRCA2 mutations also confer an increased risk for both skin and retinal melanoma (BRCA2 for the latter). Data

for BRCA2 suggests a 2.6 increased risk for melanoma in this population of individuals, while the data on BRCA1 is less clear. In regard to melanoma risk, official recommendations for individuals with known mutations in BRCA1 and BRCA2 are to have annual skin and eye exams with board-certified dermatologists and ophthalmologists, respectively, and to notify them of your genetic risk factors. Hopefully during this year's breast cancer awareness month, we can identify friends and loved ones who may benefit from this knowledge pearl.

For more information about skin cancer, especially melanoma, call Skin Wellness Physicians at (239) 732-0044.

**Daniel I. Wasserman, MD**  
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Fellowship-trained Mohs Surgeon  
Board Certified Dermatologist

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

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# How Much Do You Know About Eye Health?

By: Susanne Medeiros

Study after study has shown that people fear vision loss more than they fear cancer, stroke, heart disease and other serious ailments. But while most adults assume they're well versed in vision facts, few actually are. And that lack of knowledge only increases their risk.



## Protecting sight, empowering lives

Ophthalmologists – physicians who specialize in medical and surgical eye care – can diagnose eye diseases earlier and treat them more effectively than ever before. But these advances are meaningless for patients with undiagnosed disease. Nor can they help patients who remain unaware of the seriousness of their disease.

It's important to get help before it's too late. Far too often, ophthalmologists witness the consequences of patients entering their office too late to avoid severe vision loss.



## Personalized Retina Care of Naples Katia Taba, MD

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 offers state-of-the-art diagnostic tools to provide the best available treatment options for your eye condition. Same-day appointments are often available.

To find out more, or to schedule your appointment, please call (239) 325-3970 today or request an online appointment at [www.retinaples.com](http://www.retinaples.com)

Source:  
AAO, American Academy of Ophthalmology, How Much Do You Know About Eye Health? Apr. 22, 2020. <https://www.aao.org/eye-health/tips-prevention/survey-eye-health-vision-loss-blindness-facts>



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**81%** of Americans say they are knowledgeable about eye/vision health, BUT



**only 1 in 5** were able to correctly identify the three main causes of blindness in the U.S.: **glaucoma, age-related macular degeneration (AMD) and diabetic eye disease**

**Y**ou might be surprised by these findings from an online survey of 3,512 American adults conducted by The Harris Poll for the American Academy of Ophthalmology in 2019.

## What you don't know about eye health could harm you

Most people are unaware of basic facts that could protect them from vision loss. For example, only about one-third of Americans know that eye diseases can steal your sight before you notice symptoms. That's because your brain adapts to vision loss, making it difficult to notice the decline – something that less than half of adults realize.

### Did you know:

- Many forms of glaucoma have no warning signs. You may lose most of your vision before you realize you're affected. That's because the disease begins so gradually.
- People with diabetic retinopathy may not notice vision problems at first. But eventually this disease can cause blindness.
- Sudden blurriness or trouble seeing colors and fine details can signal age-related macular degeneration (AMD). Symptoms usually appear suddenly and worsen rapidly.

### Are you at risk of vision loss?

Did you know that certain groups have a higher risk of eye problems than others? If so, you're a step ahead of most adults.

If you're in a high-risk group, make sure to get regular eye exams so that your doctor can catch disease early.

About one-third of Americans develop some form of vision-reducing eye disease by age 65. But you might be surprised to know that vision loss is not always part of growing older.

Fortunately, there are steps you can take to protect your eyes as you age.

## Top 5 Ways to Protect Your Vision as you age

You may still need reading glasses as you age, but these measures can help prevent sight-threatening eye disease



**Eat a healthy diet,** including leafy greens such as spinach or kale, and maintain a healthy weight



**Wear sunglasses** that block out 99% to 100% of UVA UVB rays



**Quit smoking** or don't start



**Get regular eye exams**



**Know your family's eye health history**

## Vision loss affects more than just your eyes

Vision loss in adults increases the risks of injury and death, a fact that more than half of Americans know. But the impacts of vision loss are underappreciated by most Americans, the survey reveals.

Few people realize that declining eyesight can worsen the effects of other chronic illnesses. And only 1 in 4 adults know that vision loss is tied to psychological problems such as social isolation and depression.



# Treating Depression with SPRAVATO™ (Esketamine)

## What is SPRAVATO™ (Esketamine)?

SPRAVATO™ is the trade name for the prescription medicine Esketamine. Unlike regular Ketamine that is usually administered Intravenously (IV), SPRAVATO™ is administered intra-nasally. SPRAVATO™ was FDA approved in March of 2019 for Treatment Resistant Depression and on August 3, 2020 was approved in adults with Major Depressive Disorder with acute suicidal ideation or behavior. Because SPRAVATO™ is FDA approved, it's covered by many commercial insurance carriers. It is used in conjunction with an antidepressant taken by mouth and may only be administered in certified healthcare settings.

SPRAVATO™ targets the N-methyl-D-aspartate (NMDA) receptor and is believed to work differently than currently available oral antidepressants.

## Ketamine works to reverse symptoms of depression by re-fueling your brain.

Glutamate is the primary fuel source of the central nervous system. Mood disorders, in part, may be the result of our central nervous system (CNS) not having enough glutamate.

The N-Methyl- D-Aspartate (NMDA) receptor is like a dam for glutamate. In mood disorders, the NMDA receptor may be dysfunctional and may remain open, allowing glutamate to flow freely in a very uncontrolled state. This decreases the amount of



glutamate upstream the NMDA receptor. When glutamate levels drop to a critical level, the AMPA receptor stops functioning correctly. The AMPA receptor is responsible for neurogenesis (the formation of new nerve cells), neuroplasticity (the correct alignment of neurons), and controlling inflammation in the CNS. As the AMPA receptor frequently turns off, neurons begin shriveling up and dying off, and inflammatory processes become rampant.

Ketamine is a medication that works to slow down or stop the NMDA receptor from allowing the uncontrolled flow of glutamate through it. Ketamine selectively blocks the NMDA receptor, which allows the CNS to fill back up with glutamate.

## SPRAVATO™ Risk Evaluation and Mitigation Strategy (REMS)

Because of the risks for sedation, dissociation, and abuse and misuse, SPRAVATO™ is only available through a restricted program called the SPRAVATO™ REMS Program. SPRAVATO™ can only be administered at healthcare settings certified in the SPRAVATO™ REMS Program and to patients enrolled in the program.

## Alleviant Health Centers of Naples is certified as an official SPRAVATO™ REMS Healthcare Setting.



*Stephen Durand moved to Naples 14 years ago to attend Wolford College where he received his training as a Certified Registered Nurse Anesthetist (CRNA) and simultaneously earned a Master's degree from Florida Gulf Coast University. During his training, Stephen developed a love for obstetric (OB) anesthesia and decided to specialize in it. He also has been a clinical instructor for Wolford College for the past 12 years. It was during this time of working in OB that Stephen became very familiar with ketamine's efficacy as a pharmacological agent for surgical pain.*

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References: 1. Janssen Neuroscience, About Spravato, Janssen Pharmaceutics, Inc. 2019 spravato.eom

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# HAVING ISSUES WITH ED?

## There is a Groundbreaking Procedure that Regenerates Lost Function Naturally

By Dr. Viviana Cuberos

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

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

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

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

### ***Not All Stem Cells are Created Equal***

#### **Umbilical Cord Stem Cells (Wharton's Jelly)**

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

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



#### **P-Shot (Priapus Shot)**

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

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

#### **How to Get Started?**

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

***There are Viable Alternative Treatment Options that WORK.***

***If you or someone you know could benefit from the P-Shot procedure, please contact Orchidia Medical Group today at 239-333-8809, or visit their website at [orchidiamedicalgroup.com](http://orchidiamedicalgroup.com).***

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

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

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

#### **Dr. Carolina Young Ortiz**

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

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

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

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

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## 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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# Goodwin Law Goes Tobacco Free

## *Goodwin Law joins national trend*

**G**oodwin Law, is a law firm that handles estate planning for simple and complex estates, as well as real estate closings and escrow services for buyers and sellers of real estate. Goodwin Law has joined the ever-growing number of employers that have not only adopted a tobacco free grounds policy, but who have also included language regarding Electronic Nicotine Delivery Systems (ENDS) in their policy. With the implementation of their tobacco free policy and the addition of ENDS language, Goodwin law has further enhanced its commitment to support its employees' efforts to cease the use of tobacco.

“Smoking tobacco can affect nearly every organ in the body and is the single most preventable cause of disease and death. Not only does smoking tobacco harm the individual, but also exposes others to secondhand smoke,” said Cris Labra, Tobacco Prevention Program Manager at the Florida Department of Health in Collier County. “Seeing that more worksites are implementing policies such as these validates that our outreach efforts are truly working and that the community is becoming more receptive to these policies”.

As a part of their tobacco free policy, Goodwin Law will be posting signage at their location, which will notify clients and employees of the tobacco free policy that is in place. These signs will be a reminder to clients and employees to not use tobacco products, including e-cigarettes, in or near the law firm.

To learn more about Goodwin Law visit  
<https://flestatelaw.com/>

For more information on how to make your business tobacco free, contact your local Tobacco Free Florida representative at (239) 252-6852.



### About the Florida Department of Health

The Department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

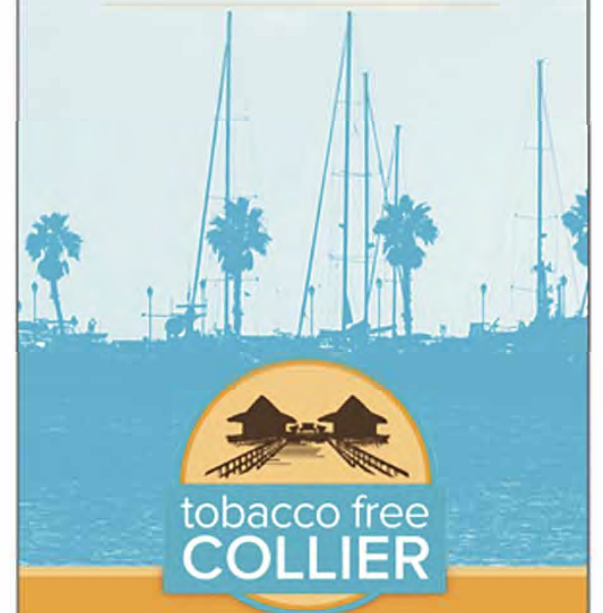
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### About Tobacco Free Florida

The Florida Department of Health's Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Since the program began in 2007, more than 234,000 Floridians have successfully quit using one of Tobacco Free Florida's free tools and services. There are now approximately 451,000 fewer adult smokers in Florida than there was 10 years ago, and the state has saved \$17.7 billion in health care costs.

To learn more about Tobacco Free Florida's Quit Your Way services, visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) or follow the campaign on Facebook at [www.facebook.com/TobaccoFreeFlorida](https://www.facebook.com/TobaccoFreeFlorida) or on Twitter at [www.twitter.com/tobaccofreefla](https://www.twitter.com/tobaccofreefla).

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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.

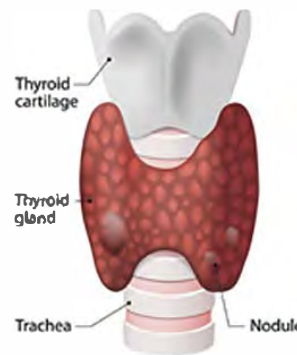
### Hyperthyroidism Symptoms:

- 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.



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

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# Cancer.

By Paula Swift, CHTP

**J**ust one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best things that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!

**LIVING FROM CANCER**

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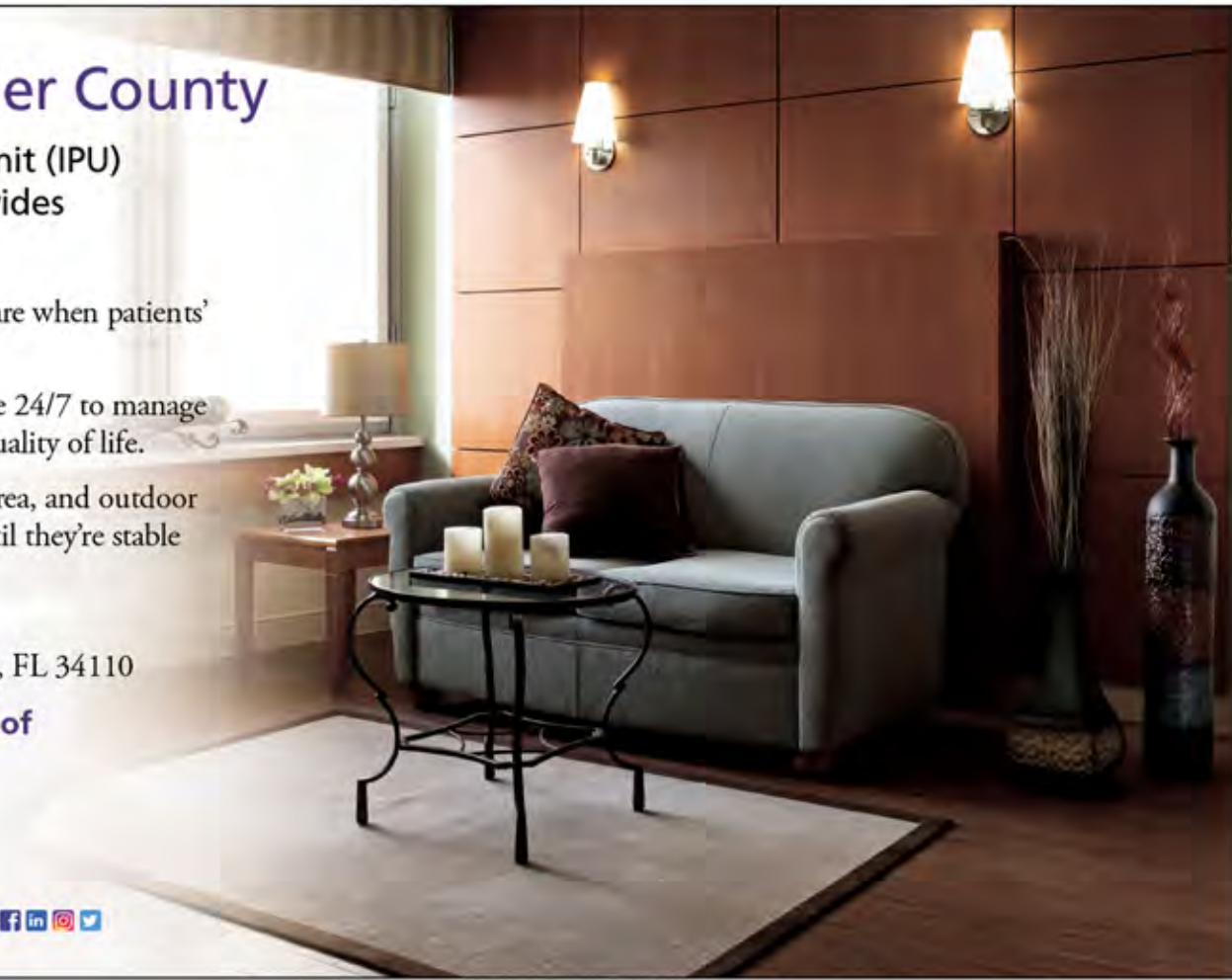
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