

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

Health & Wellness[®] MAGAZINE

November 2020

Collier Edition - Monthly

FREE  

www.swfhealthandwellness.com

**THE Q i LASIK & MED
SPA GRAND OPENING**

**MEDICARE OPEN
ENROLLMENT**

**IT'S TIME TO REVIEW AND
MAKE CHANGES TO YOUR PLAN**

**UNDERSTANDING
REGENERATIVE
MEDICINE FOR
KNEE PAIN**

**AM I SUFFERING
FROM POLITICAL
STRESS?**

**DIABETES
CAN LEAD TO
CARDIOVASCULAR
DISORDERS**

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

**INTRODUCING
DR. SHIRLYNN ALTHEA CHU**





**Fighting
cancer is
personal.**
Your treatment
should be, too.

We are bringing forward new technologies that will transform cancer care creating modern, effective and safe treatments designed around you. Our center in Naples is proud to now offer Ethos™ therapy, exclusively at GenesisCare, the first of its kind in the state of Florida. Experience world-class cancer care, close to home. To learn more, please contact us at (239) 593-3030.

genesiscare.com/USA



Regenerative, Physical, & Preventative Medicine

FEEL AMAZING

SPINE & JOINT INSTITUTE



**Regenerative
Medicine
May Now Be
Covered By
Medicare!**

"Comprehensive programs for spine, joints, neuropathy, and wellness."

- Stem Cell Allografts
- Platelet Rich Plasma
 - Exosomes
 - Ozone
 - Peptides
- Chiropractic
- Nutritional IVs
 - Massage
 - Float

239.330.1000

3031 AIRPORT PULLING RD. N.
NAPLES, FL 34105

FEELAMAZING.COM

CONTENTS

NOVEMBER 2020

6 COVID-19: New Challenges in Kidney Transplantation

7 Understanding Regenerative Medicine for Knee Pain

9 Introducing Dr. Shirlynn Althea Chu

10 COVID Spelled Backwards is D-I-V-O-R-C-E

11 Diabetes Can Lead to Cardiovascular Disorders

12 Regenerative Medicine: Dr. Maharaj Makes House Calls Virtually

14 The Q i LASIK & Med Spa Grand Opening

15 Health Insurance - Medicare 2021 Open Enrollment

16 Am I Suffering from Political Stress?

17 Did You Know Not All Primary Care Doctors Treat Auto Accidents?

18 Preventing Falls With Physical Therapy & an Advanced Machine That Measures Strength & Imbalance

19 Should I Get Screened for Prostate Cancer?

20 The Keto Diet

21 Demystifying Medicare

22 Living With Lewy Body?

23 National Hospice Month: What You Should Know About End-of-life Care

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR
Lisa Minic



Southwest Florida's Health & Wellness Magazine can be found in over 1,000 Southwest Florida medical facilities including, hospitals, doctors, chiropractors and dentist offices. Find a copy of your FREE Southwest Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

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

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SWFL Health & Wellness Magazine. SWFL Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SWFL Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

Morgan Stanley

One Size Doesn't Fit All



The Calleja Group
at Morgan Stanley

Jorge Calleja
Senior Vice President
Portfolio Management Director
Wealth Advisor
International Client Advisor

8889 Pelican Bay Boulevard N
Suite 300
Naples, FL 34108
jorge.calleja@morganstanley.com
https://advisor.
morganstanley.com/
the-calleja-group

You don't want off-the-shelf advice for your personal wealth plan. Not all advice is the same. As Morgan Stanley Financial Advisors, we can help tailor a strategy that fits you. We can work with you to align your goals with your plan, adjust it as the markets change and measure your progress over time.

Call us at 239-449-7892 to learn more.

More than 20 years of experience serving local, national, and international clients.

© 2020 Morgan Stanley Smith Barney LLC. Member SIPC.
FAS012 CRC 3293541 10/20 CS 9921848 10/20

ASSOCIATES IN NEPHROLOGY

Welcomes Dr. Gautham Mogilishetty



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

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

His areas of expertise include:

- Kidney transplant care of immunosuppressed patients
- Cardiovascular outcomes in kidney recipients post-transplantation
- Living kidney donations with long-term outcomes

Now Accepting
New Patients
(ages 18 and older)

239.939.0999
associatesnephrology.com
Most major insurances accepted.

CAPE CORAL
1320 SE 8th St
Cape Coral, FL 33990

FORT MYERS
7981 Gladiolus Dr
Fort Myers, FL 33908

BONITA SPRINGS
9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

Providing comprehensive kidney care & transplant services since 1984.

24 How Stress Affects the Skin

25 How The Quality of Sleep Affects Our Health

26 Don't Let Incontinence Interfere with Your Sex Life

27 Diabetic Wound Healing: Why is it so Challenging to Treat?

28 ARHI: Clinical Study on COVID-19

29 Men's Health: Why You Need to Stay on Top of Your Medical Exams

30 Accreditation Matters: Choosing a Senior Living Community

36 A New Procedure Available at ATC Can Help Patients Avoid Pricey Cosmetic Surgery

37 What You Should Know About Medical Marijuana

40 Medicare Open Enrollment: It's Time to Review and Make Changes to Your Plan

42 Inflammation: When the Truth Hurts

44 Diabetic Eye Disease: Why Do You Need a Dilated Eye Exam?

45 Treating Depression with SPRAVATO™ (Esketamine)

46 An Ounce of Prevention Could Mean More than a Pound of Cure With ED

47 A New Body Contouring Procedure

48 What Does Your Prediabetes Diagnosis Suggest?

49 Solutions for the Turkey Neck

50 What is a Thoracic Aortic Aneurysm?

51 Physical Therapy for Orthopedic Rehabilitation

52 November is National Pet Wellness Month

53 Ready To Sell Your Home?

54 The Great American Smokeout: It's time to QUIT Smoking

55 Do You Have A Thyroid Disorder?

56 TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

57 Misir Pharmacy Compounding Skincare Customized Specifically For You

58 Is it My Memory ... or Is it My Hearing?

59 How to Avoid Holiday Heartburn

60 Build a Strong Immune System with Acupuncture

61 Cleaning Tips to Keep the Flu Virus at Bay and Out of Your Home

62 Osteoarthritis of the Knee: Alternatives to Surgery

63 Spiritual Wellness: What's Your Diet?

Introducing A SUPERIOR LASER FOR CATARACT SURGERY¹

Technology Leaders in Eye Care, Quigley Eye Specialists is proud to be the first and only private practice in Southwest Florida to offer patients the next generation laser for cataract surgery. Introducing the Catalys® Laser System. When compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes. (Khodabakhsh & Hobauer, 2018)²

Built from the ground up specifically for cataract surgery, the Catalys is more gentle on the eye and opens the door to laser cataract surgery for patients with glaucoma. If you suffer from cataracts or any other eye condition, **call Quigley Eye Specialists today.**

Our exceptional medical team specializes in

- Dry Eye
- Glaucoma
- Cornea
- LASIK
- Retina
- Laser Cataract Surgery
- Bladeless Eyelid Surgery
- Routine Eye care



**Quigley Eye
SPECIALISTS**
YOUR EYES, OUR PASSION!

Duane A. Wiggins, MD
Board Certified Ophthalmologist
Cataract & Refractive Surgeon

Schedule your cataract evaluation today!

239-360-9633

Visit QuigleyEye.com or any of our 8 Convenient Locations

BONITA SPRINGS | CAPE CORAL | FORT MYERS | LEHIGH
NAPLES | PORT CHARLOTTE | PUNTA GORDA | SUMMERLIN

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/3017261>
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/26517265>



www.swfhealthandwellness.com



COVID-19: NEW CHALLENGES IN KIDNEY TRANSPLANTATION

By Gautham Mogilishetty, MD

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

He treats patients 18 years of age and older.

239.939.0999

associatesnephrology.com

Most major insurances accepted.

ASSOCIATES IN NEPHROLOGY

BONITA SPRINGS

9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

FORT MYERS

7981 Gladiolus Dr
Fort Myers, FL 33908

CAPE CORAL

1320 SE 8th St
Cape Coral, FL 33990



UNDERSTANDING REGENERATIVE MEDICINE FOR KNEE PAIN

By Richard Hiler, DABCN

Unlike traditional knee surgery, which can be intimidating and unnecessary for many patients, regenerative, minimally invasive procedures are proving effective for numerous individuals that suffer from knee arthritis, injuries and degeneration. These therapies can alleviate pain, and also restore and regenerate tissue.

Standard medicine often only masks pain and symptoms with addictive drugs and corticosteroid injections, and many times unnecessary surgery is recommended. At Feel Amazing Institute, they specialize in treating knee and joint pain to give patients remarkable results and regeneration.

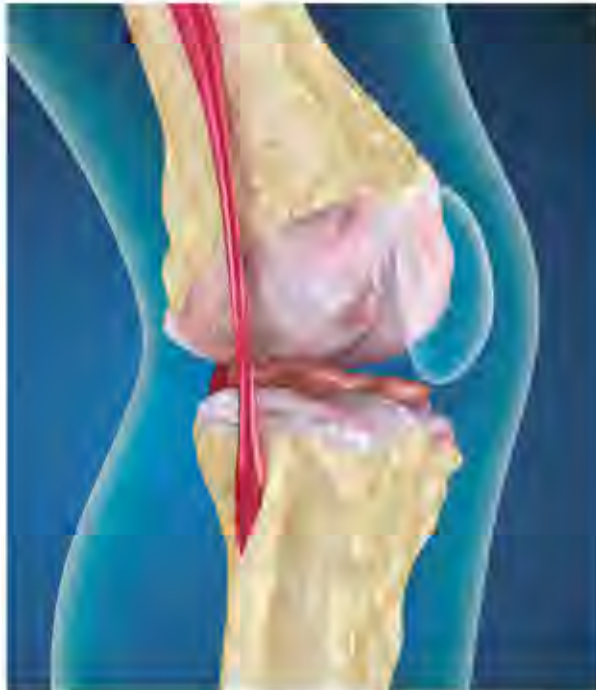
REGENERATIVE MEDICINE FOR KNEE AND JOINT PAIN

Hyaluronic Acid Injections

When all else has failed, it's important to know that there are other treatment options available. One such option is hyaluronic acid injections. These injections are essentially a form of knee and joint pain treatment that are often used when other options, like pain relievers, have been proven ineffective. *Insurance will often cover these injections.*

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

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



Stem Cell Therapy/Allografts

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

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

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

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

OTHER OPTIONS

- **PRP (Platelet-rich Plasma)** speeds natural healing, reduces pain and inflammation.
- **Ozone Therapy** - Injections of ozone/oxygen to the joint, promotes regenerative healing
- **Insurance will often cover viscosupplementation**
- **Manual therapies** and/or exercises
- **Bracing and kinesiotaping**
- **Medicare** may also regenerative allografts

Feel Amazing Institute

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

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

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

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



**FEEL AMAZING
INSTITUTE**

239.330.1000

3031 Airport Pulling Rd N
Naples, FL 34105

FEELAMAZING.COM

For Life After

Naples Best Medical Care After Motor Vehicle Accidents



Headaches

When **headaches** arise after an accident, be it an injury sustained during a **car crash** or from a fall, it has to be assessed more closely.



Lethargic

After an accident, the emotions of shock, anxiety, or depression can cause you be **lethargic**.



Back Pain

The **back pain** you may be experiencing after a **car accident** is likely due to a condition called **discogenic** pain.



Numbness

Herniated discs are often caused by the trauma of an **auto accident** and can result in altered sensation.



Dizziness

Some typical causes of **dizziness** after a **car accident** include whiplash and concussions.



Cervicalgia

Cervicalgia or **neck pain** can arise after **car accident** leading to **whiplash**. Severe neck pain can also lead to headaches or dizziness.

YOU HAVE 14 DAYS AFTER A CAR ACCIDENT FOR INSURANCE TO COVER YOU, BUT YOU NEED TO SEE A DOCTOR THAT DEALS WITH CAR ACCIDENT.



ACCIDENT DOCTOR NAPLES

FREE CONSULTATION

239-596-8804

www.accidentdrnaples.com

Naples First Choice Physician



Dr. Alejandro Blanco

INTERNAL MEDICINE
PARTNERS

1726 MEDICAL BLVD SUITE #201
NAPLES, FL 34110

INTRODUCING DR. SHIRLYNN ALTHEA CHU

Written by Gabrielle Sellitti

Choosing a primary care physician can be one of the most important health decisions one will make for themselves and their family. Board Certified in Family Medicine and the newest primary care physician at Physicians Regional Medical Group, Dr. Shirlynn Althea Chu, understands this importance.

Dr. Chu believes every visit is unique to each patient. "I want the patient to leave my office with the confidence that I am in their corner, to help them to the best of my ability to navigate the intricacies of their own health and well-being."

Dr. Chu has had a long journey before settling back in Naples, FL. She was originally born in the Philippines; and in her early childhood immigrated to the United States, growing up in both Mississippi and Naples. Although Dr. Chu was raised here in Naples with her family, her choice to pursue a career in the medical field led her to do a little bit of traveling along the way. Before completing medical school, Dr. Chu received her undergraduate degree in Molecular Biology from the University of Central Florida in Orlando. She then continued on to Ross University School of Medicine in Portsmouth, Dominica, West Indies. "I am returning to Naples after completing medical school in the Caribbean and residency training in Freehold, New Jersey." She finished her residency at Rutgers Robert Wood Johnson's Family Medicine at CentraState in Freehold, NJ.

Although Dr. Chu enjoyed the change of scenery she missed being near her family in Naples. "I enjoy the beach and the beautiful, clean scenery Naples has to offer." Naples has grown immensely since Dr. Chu left 11 years ago, but she explained she still felt welcomed back into the community when returning.

Dr. Chu's interest in the medical field began at a young age. At first, she was fascinated by child birth and wanted to deliver babies. "I thought as a young child, that all doctors created miracles. As I grew older, I realized they do create miracles, big and small, by helping others navigate their health. I wanted to help as well."

From there, Dr. Chu dove into her studies happy to find that she enjoyed treating the whole family from children to those children's grandparents. "I wholly enjoy preventative medicine and getting to know each individual patient, young or old."

Dr. Chu treats her patients using three main focus points:

1. Prevention – A major part of Dr. Chu's everyday routine with patients is preventative care. She specializes in wellness exams for men, women, and children of all ages, including annual PAP smears. She handles prevention issues such as immunizations, routine lab testing, as well as managing acute and chronic conditions. In addition, she specializes in annual physicals and screenings for all major health-related conditions. Many chronic diseases are preventable and preventative care can help significantly reduce your chances of serious illness or moderate some symptoms.

2. Treatment – Not everything can be prevented, which leads to our next focus, treatment. Treatment is important to help manage and improve your quality of life. By following preventative care, physicians can then seek treatment quickly, decreasing risk factors that come with delaying care. Dr. Chu provides treatment for hypertension and diabetes, preventative medicine, and chronic disease management.

3. Education – Dr. Chu believes that education is an important part of primary care services. Educating patients on their conditions helps improve their overall outcomes. Making sure the patient understands their diagnoses, medications, and recommendations all help them leave the office with less stress.



Dr. Chu feels passionately about these three main focuses as she begins her career at Physicians Regional Medical Group. However, when she is not helping patients live a healthier lifestyle, Dr. Chu enjoys other things outside of the office. "I enjoy spending time with my family, playing tennis, traveling (pre-COVID times), and tasting new foods." Luckily, Naples has some delicious choices!

Dr. Chu's office is located at Physicians Regional- Pebblebrooke Center, 15215 Collier Boulevard, Naples FL 34119.

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

**PHYSICIANS REGIONAL
MEDICAL GROUP**

(239) 348-4221

PHYSICIANSREGIONALMEDICALGROUP.COM



COVID SPELLED BACKWARDS IS D-I-V-O-R-C-E

By J. Christopher Lombardo, Marital and Family Law Attorney

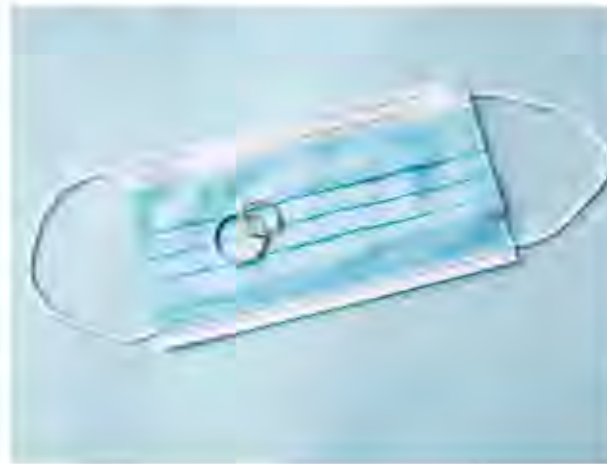
There is a second pandemic occurring during COVID: The Divorce Virus. One of the side effects of COVID is a significant negative impact on relationships. The divorce rate in this country has increased by over 34 percent since the advent. There are a series of contributing factors causing that effect. Increased stress, homeschooling children, financial challenges, increased mental illness, rising unemployment, fear of the unknown and unseen and captivity (the dreaded quarantine) have all taken their toll on marriages and relationships. Ask any divorce attorney and we will tell you it is no surprise that when children are sent home from school, parents are put in charge of educating them, restricting parents ability to work and placing the whole family together and with each other 24/7. The fallout is an increase in the failure of marriages.

Beyond the Divorce Virus

Paralleling the divorce rate is an increase in domestic violence as well. Domestic violence is up by 30 to 40 percent. Historically, domestic violence increases in times of economic distress. During the recession there was a noticeable increase in domestic partner violence. Of greater concern is the fact that now children are more likely to be witnesses to domestic violence or even victims because they are home. Moreover, because children are attending virtual school, they are unable to seek help from the school mental health professionals. The long-term effect of a child witnessing a physical fight between the child's parents is profound and permanent. Sadly, children who witness domestic violence have a greater likelihood of being involved in domestic violence as an adult, either as a victim or a perpetrator. It is important to remember that children model parents' behavior. If the norm established in childhood is one of violence and disrespect between parents, then that chaos oddly becomes their comfort zone, their norm, as an adult. If as an adult who experienced domestic violence as a child, realizes their personal challenge, they are likely to experience a lifetime of counseling to be able to preserve their future relationships.

I Do, But I Don't

Interestingly enough, the segment of the population that seems to be hit the hardest are newlyweds. The rate of divorce for newlyweds has almost doubled



during the pandemic. One could surmise that it is because they just haven't had time to develop coping skills or maybe it's just that COVID forced a sudden end to the honeymoon. One might even conclude that divorce itself is viral. We have a rash of divorces in geographic areas or in close proximity of each other. Misery loves company. The cost however to divorce not only causes emotional but also financial ruin. It also increases one's stress which has adverse impact on health. As to your children, what your children learn while modeling your behavior is that combat is how you resolve disputes. So, do not be surprised in ten or so years from now when we see another rise in the divorce or domestic violence rate and if we are not careful, we will have a generation of adults who are incapable of dispute resolution without high conflict.

An Opportunity to Unite

So rather than see COVID as a negative, try to use your best efforts and convince your family to see it as an opportunity. It is an opportunity to reunite. It is an opportunity to spend time with each other. Give that time positive purpose together. For instance, taking up a new hobby or learning a new sport as a family. Taking the time to appreciate nature. Learning how to have your family function better together, could be the upside of COVID. Taking your family on a nature hike, learning how to enjoy each other's company and developing a tolerance for each other's idiosyncrasies. You should not socially distance from your own family. Besides, it is not social distancing that is required, it is physical distancing. It is still vitality important to maintain close relationships.

Unifying the family and avoiding divorce may sound like strange advice coming from a divorce attorney, but from my advantage point, it is truly hard to watch families implode. Recognize we are all experiencing a higher level of stress and challenge. Use this moment to strengthen your relationships, improve, resolve and learn how to cope rather than allow it to overwhelm and be destructive. Divorces are expensive, time consuming, all-encompassing and devastate more than just the husband and wife. So, before you decide that your children are animals and your spouse is a narcissist, take the time to examine yourself. Make sure you are not being reactive. Pause and examine your own behavior and ask yourself how they perceive you. Use your best efforts to be patient and tolerant and take a long walk on the beach and breathe fresh air. And here's an observation (from a divorce lawyer): If you absolutely must argue with your spouse go outside, separate, take off your mask and talk it through. What I have seen is arguing through the mask increases your frustration. It prevents the other side from being able to read you properly. It inhibits your breath which increases your stress. Do your best to avoid allowing your family and your children to become yet another one of the distressing COVID statistics.

ABOUT THE AUTHOR

Chris Lombardo, partner at Woodward, Pires & Lombardo P.A., is Board Certified in Marital and Family Law by The Florida Bar. He has over three decades of experience practicing law in Florida. In addition to family law, his practice areas include civil litigation, commercial litigation, appellate practice, securities, and personal injury. In addition to his legal practice, Mr. Lombardo has served as the North Collier Fire Commissioner since 1999 and is on the Board of Directors of Golisano Children's Museum of Naples.

WPL WOODWARD, PIRES & LOMBARDO, P.A.
ATTORNEYS AT LAW

EST. 1971

NAPLES OFFICE:
239-649-6555

MARCO ISLAND OFFICE:
239-394-5161

WWW.WPL-LEGAL.COM

DIABETES CAN LEAD TO CARDIOVASCULAR DISORDERS

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

High blood sugar and cardiovascular disease are interconnected. In our country, nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's critical that you see a cardiologist because it's not a matter of, "will I have heart and vascular issues," but rather "when."

Heart disease and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant, causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart and vascular disorders.

In recent years, metabolic syndrome has become a commonly identified risk factor for cardiovascular disease because a vast number of Americans are overweight, and their bodies become inflamed; this inflammatory response affects the vascular structures. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

Unfortunately, sugar and simple carbohydrates (crackers, cookies, and bread) have become a significant staple in the American diet. The normal fasting blood sugar levels should be around 70-99 mg/dl. The normal A1C, which measures the blood glucose level should be below 5.7%. With diabetes and even prediabetes, these levels are at an unhealthy height and can be very hard to lower without major intervention with medication, exercise, dietary changes, and a lifestyle overhaul.

Metabolic Syndrome is caused by high lipid counts, high blood sugar, being overweight, eating a poor diet (sugar cravings), abdominal fat, high blood pressure (greater than 130/85 mmHg), and a lack of exercise. The risks associated are heart disease, diabetes, and stroke. Once you have metabolic syndrome, you must lose weight, lower your lipid levels, and reduce hypertension and combat stress. At this point, merely lowering your blood glucose is not enough. This is precisely the reason why so many people with diabetes that reduce their blood sugar, still are at high risk for cardiac episodes.



PAD and Diabetes

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

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

Symptoms of PAD

- Claudication (leg and calf pain while walking)
- Weak pulse on ankle or foot
- Hair loss on legs and feet
- Leg pain while standing or sitting, which subsides after resting for an extended period of time
- A sensation of tightness & burning may occur in the leg or foot
- Swelling of the calves, which dissipates after elevation
- Dark veins
- Dry, itchy skin
- Ulcers can occur near the ankle and are often painless, but may have a dark rim
- Shortness of breath

Treating PAD

Treatment for PAD traditionally consists of reducing and preventing symptoms. This approach is usually taken in a bevy of different ways. There are several levels of treatments. First, come lifestyle changes.

If necessary, your doctor may also prescribe high cholesterol or blood pressure medications. And, should your PAD continue to progress, there are several non-invasive procedures that can alleviate symptoms as well.

Lifestyle Changes

Very often, PAD is targeted with several lifestyle changes and an exercise regimen. However, if you currently smoke or use tobacco, then you should cease and consider smoking cessation counseling. This will also help any co-morbid diseases that come with PAD, such as Coronary Heart Disease, Hypertension, Hypercholesterolemia, etc.

More than this, making the right food choices and walking or other forms of cardiovascular exercise will go a long way in controlling PAD. Taking an aspirin or other anti-platelet medications will also ease any ongoing symptoms of PAD and help prevent any complications from arising.



Julian Javier, MD | 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 or Dr. Perez, please call (239) 300-0586.

Naples Cardiac and Endovascular Center
www.heartvein.com

1168 Goodlette-Frank Rd N Naples, FL 34102
(239) 300-0586

REGENERATIVE MEDICINE: Dr. Maharaj Makes House Calls—Virtually

Stem cells have a remarkable ability to exacerbate healing and they provide multiple anti-aging mechanisms. Numerous studies and patients purport healing of joints, soft tissue disorders, improved range of motion, diminished pain, and antiaging results.

With the Maharaj Institute you not only receive optimal care, but you can achieve optimal results due to the unprecedented training and experience level of Dr. Maharaj and the practitioners.

Along with excellence in care, the Maharaj institute has implemented several "house call" services for their patient's exclusive needs.



As a member of the Maharaj Institute of Immune Regenerative Medicine, You have distinguished access to regenerative medicine—wherever you are—remotely!

Virtual Visits

Remote Tele-Health can be accessed by phone and by web video chats. A simple click on a link and you can see the doctor face-to-face, ask questions, get answers, review test results and talk about next steps.

Home Deliveries

Along with virtual visits, Dr. Maharaj's office is also able to deliver supplements to your door. If you're running low on your supplements? Have them auto shipped to your front door or location of your choice today! Ordering is easy, and shipping is fast!

Tests in the Privacy of Your Home!

A host of tests can be shipped directly to your home for quick and easy use and results!

Regenerative Medicine

Stem cells can help to regenerate new cells and replace diseased cells. At the Maharaj institute, they have helped numerous individuals with cancer, diabetes, autoimmune disease, dementia and Parkinson's reverse the signs of these disorders. The first step is to make an appointment to get your immune

system tested. The second step is to have a customized plan for your specific needs mapped out, and of course, receive any treatment that you might need. The final step is to bank your stem cells.

Stem Cell Cryobank: Why should you collect your peripheral blood adult stem cells?

Collecting your peripheral blood adult stem cells today is like creating a time machine for your immune system. It's a bit like a computer back up; by banking your stem cells, you have a "backup" to help restore the bone marrow and a compromised immune system through adult stem cell therapy if ever needed.

All body cells age, including the stem cells. The pool of stem cells in the bone marrow is continuously undergoing a process of self-renewal and differentiation. During this process, there is always the risk of genetic damages and/or other cellular damages.

Just the act of aging is enough reason to collect and store your stem cells in a cryogenic bank. As people age, so does their immune system, thereby increasing the risk of infections and the potential development of cancer and other chronic diseases.

Another reason why stem cells should be collected and stored is that with aging, the number of functional stem cells decreases. Further, as people get older, their stem cells also tend to lose their ability to differentiate into new cell lines, including much-needed immune cells.

The good news? By collecting and banking your stem cells—especially while you are healthy—you are collecting a large number of stem cells and an array of differentiated cell lines, including the ones committed to form immune cells. Banking those cells provides the assurance that those frozen cells will not age and they will be available for you at a later date should you ever need to reset your immune system.

The Maharaj Institute of Immune Regenerative Medicine

10301 Hagen Ranch Rd., Suite 600,
Entrance C
Boynton Beach, FL

561-752-5522

www.stemcellimmuneregenerative.com

THEREFORE, HARVESTING AND STORING YOUR HEALTHY IMMUNE SYSTEM FOR LATER USE, OR FIRST BOOSTING IT, THEN STORING IT CAN BE THE BEST INSURANCE FOR LATER IN LIFE. SOME OF OUR CRYOBANK CLIENTS HAVE SAID, "IT'S LIKE HAVING YOUR YOUNGER TWIN ON STANDBY TO HELP"!

About The Maharaj Institute

Through a science-based approach, The Maharaj Institute focuses on helping all people—the healthy and those facing health issues—in the following ways:

- Providing everyone the opportunity to monitor, adjust and manage the health of their own immune system through a Wellness Anti-Inflammatory Program in the interest of living healthier and longer lives through health preservation.
- Giving those at risk today the means to battle disease and potentially avoid it tomorrow, including those who are cancer survivors but are at higher risk of future bouts with the disease.
- Measuring and developing strategies to improve immune dysfunction which occurs in patients suffering from cancer, recurrent infections, chronic diseases such as Parkinson's disease, Alzheimer's disease, Chronic Fatigue Syndrome, stroke, scleroderma and other autoimmune and chronic illnesses as well as disorders associated with aging and frailty.
- Helping the seriously ill regain their natural immune ability to fight and overcome aggressive diseases such as cancer and chronic inflammatory diseases.
- Preservation of Stem Cells/Immune Cells of healthy individuals by Collecting and Storing in a cryogenic bank adult and cord blood stem cells for future use.
- Educating health care professionals and conducting research to improve survival and quality of life of patients.

As we move into the new paradigm of personalized and precision medicine, the Maharaj Institute is uniquely positioned to combine years of clinical and laboratory experience with new innovations in Immunotherapy, Cellular Therapy and Regenerative Medicine, all while giving patients the highest level of compassion, professionalism and respect.

Become a Maharaj Institute Patient—Experience World Class Care Virtually or in-office—Schedule Your Appointment Today!

MAHARAJ INSTITUTE OF IMMUNE REGENERATIVE MEDICINE

#IMMUNITY POWER

I was diagnosed in February of 2010. I was told there was nothing that could stop the progression. Instead I chose to try adult stem cell treatment. IT WORKED! Exactly 2 weeks into treatment I woke up feeling great! I felt like myself. I could do little things that we all take for granted like rummaging in my purse with my left hand, pull a towel with both hands to dry my back, walk with a swing in my left hip in a normal way. I have a whole list of improvements, and they are still happening! I don't want anyone out there to think there is not a treatment. There is. I am still amazed at what has happened, and even more amazed that somehow my pathway led me to this." -L. Parker



“

“Being knowledgeable in cutting edge medical field, this to me is the current peak of advances in the future of medicine, NOW! To collect and store one's own immune system for later use for whole body organs, tissue and system renewal. Regeneration at a later date is like a miracle in action today. I would highly recommend it to everyone, who will see that the best is yet to come. Join the Stem Cell therapy revolution!”

— J. GONZALEZ, MD



WHAT'S YOUR PLAN TO KEEP YOUR FAMILY HEALTHY?

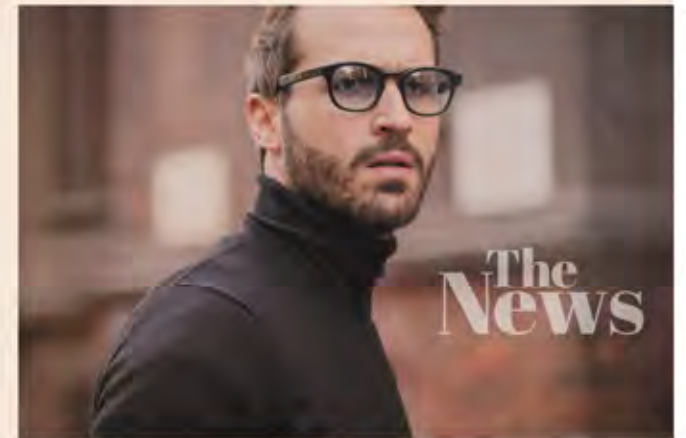
10 POINT PROGRAM EMPOWER YOUR IMMUNE SYSTEM TODAY!

For more information:

The Maharaj Institute of Immune Regenerative Medicine
10301 Hagen Ranch Road, Suite 600, Entrance C, Boynton Beach, FL

<https://www.stemcellimmuneregenerative.com>
561.752.5522

“



“Dr. Maharaj is the real deal when it comes to immune regenerative medicine. He knows the science better than any anyone. Finding ways to harness the power of the immune system to treat – and better yet, prevent – disease has been his life's work. In addition to helping patients suffering from blood diseases, we are seeing advances in using stem cells to improve the condition of Alzheimer's, Parkinson's and ALS patients everyday, and Dr. Maharaj is right there at the forefront of all of it.”

Dr. Raborn

The Q iLASIK & MED SPA Grand Opening

Technology leaders in eye care, Quigley Eye Specialists, is one of the nation's leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, and routine eye care. They recently added an aesthetic and cosmetic center aptly referred to as "The Q" to their 14 eye care locations and numerous specialties and services.

Quigley Eye Specialists opened the first-of-its-kind iLasik and medical spa in Naples on October 5th, which provides advanced aesthetic services, the area's first dry eye spa, and the new iLasik procedure all under one roof. Board-certified and fellowship-trained facial plastic surgeon Dr. Stephen Prendiville was appointed Medical Director.

Aesthetic and Cosmetic Services

The luxurious 2,000 square-foot iLASIK & Medspa offers advanced anti-aging procedures including leading-edge lasers, facial contouring, injectables, medical facials, and peels as well as the new Virtue RF Micro-Needling that stimulates the production of collagen to reduce fine lines and wrinkles. Dr. Prendiville also offers consultations for surgical procedures such as facelifts, neck lifts, rhinoplasty, brow lifts, and eyelid surgery.

NOVEMBER IS HEALTHY SKIN MONTH

Along with surgical and injectable procedures, The Q offers cutting-edge facial rejuvenation techniques. Two of those innovative procedures are receiving notable news due to their remarkable results and regenerative levels with little to no downtime.

Hydrafacial

HydraFacial uses a unique, patented Vortex-Fusion delivery system to exfoliate, extract, and hydrate skin, and the spiral design delivers painless extractions. Only HydraFacial uses patented technology to cleanse, extract, and hydrate. HydraFacial super serums are made with nourishing ingredients that create an instantly gratifying glow in just 30 minutes with three steps:

STEP 1 - CLEANSE + PEEL: Uncover a new layer of skin with gentle exfoliation and relaxing resurfacing.

Step 2 - EXTRACT + HYDRATE: Remove debris from pores with painless suction. Nourish with intense moisturizers that quench skin.

Step 3 - FUSE + PROTECT: Saturate the skin's surface with antioxidants and peptides to maximize your glow.

VIRTUE RF

VIRTUE RF is a truly ageless radio frequency (RF), micro-needling procedure. It is used as a preventative and a corrective treatment for patients of varying ages, skin goals and skin damage. It can also be used on light to dark skin types.



One of the many benefits of RF microneedling is that the collagen you build is your own so results are natural, immediate and will continue to improve with time. It can take up to 4-6 weeks until the full benefits are apparent.

Microneedling works by applying sterile microneedles deep into the dermis of the skin. These needles

1. create microscopic channels deep within the dermis to stimulate the natural production of collagen and
2. deliver radio-frequency heat energy at the desired depths to promote remodeling of collagen and elastin that tightens and lifts the skin.

THE Q'S NOVEMBER GRAND OPENING INCLUDES SPECIALS AND GIVE AWAYS

The grand opening will be celebrated with a month-long celebration in November with tours offered every Wednesday and Thursday with prizes, giveaways, and drawings for free products, services, and a free iLasik procedure to correct near-sightedness or far-sightedness valued at \$3,500.

All COVID precautions will be observed during the tours, including social distancing, limited attendance and face masks.



The Q
iLASIK & MED SPA
675 Piper Blvd., Naples, FL 34110
239-466-2020 | www.quigleyeye.com

Dr. Prendiville explained, "The Q iLASIK & MED SPA is the first med spa to offer aesthetic injectables such as fillers, Botox, and laser treatments, in addition to offering iLASIK, a dry eye spa and a range of other elective services. One of the greatest concerns for aesthetic patients is to receive the best treatments available based on their activity level, social life, and future goals. Comprehensive aesthetic consultations will help prospective patients look good, look natural, and feel good."

Contact the Q Today

Located at 675 Piper Boulevard in North Naples next to the Quigley Eye Specialists ophthalmology clinic, The Q iLASIK & MED SPA is accepting appointments and offering early booking specials by calling 239-329-theQ.

For more information, call 239-466-2020 or visit QuigleyEye.com.

Sources:
<https://hydratfacial.com/the-treatment/>
<https://virtuerf.com/learn/>



Dr. Stephen Prendiville

Dr. Prendiville is the only Fellowship-trained facial plastic surgeon in Fort Myers who is certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology – Head and Neck Surgery. Dr. Prendiville graduated with his M.D. degree with high honors (Alpha Omega Alpha) from Georgetown University School of Medicine in Washington, D.C., and served his residency at Georgetown University. Awarded a Fellowship in Facial Plastic and Reconstructive Surgery at St. Louis University in Missouri, Dr. Prendiville was a clinical instructor in the St. Louis University Department of Otolaryngology.

Dr. Prendiville is recognized nationally as a facelift expert with more than 20 articles published in medical journals and has served as guest editor for Facial Plastic Surgery Clinics of North America. His interests include all areas of minimally invasive and surgical areas of facial plastic and reconstructive surgery. He has been in practice in SWFL for 20 years.

In 2015, Dr. Prendiville was selected as one of 100 doctors in the nation to receive the prestigious "RealSelf 100 Award" from RealSelf, the leading online community that helps people make confident choices in elective cosmetic procedures. Dr. Prendiville has a particular interest in facial rejuvenation techniques, particularly facelift surgery, injectable fillers, and in Rhinoplasty surgery.

Health Insurance – Medicare 2021 Annual Enrollment

October 15 – December 7th; Individual/Family Open Enrollment

November 1st – December 15th both January 1st, 2021 Effective Dates

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 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 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 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
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

"Am I Suffering from Political Stress?"

- A holistic doctor point of view.

By Svetlana Kogan, M.D.

Being a holistic medical doctor makes you a confidant to a lot of people. You cannot help it but notice trends and patterns as people speak their minds and vent their frustrations to you day in and day out. Over the years, I have seen elections come and go and people reacting to political climate in various ways. Naturally, there is always a dichotomy: someone is rejoicing and someone is upset. What I have never seen before, curiously enough, is the intensity of the negative emotions projected by some patients and the consequent chronic stress affecting the quality of their life.

Political stress can lead to significant biochemical shifts in our mind and body, and can disrupt homeostasis. One of the many things it causes is that more cortisol is secreted continuously, which promotes hypertension, diabetes, and obesity, to mention a few illnesses. At the same time, there is an underproduction of dopamine, serotonin, and body's natural endorphins, creating a perfect milieu for depression, anxiety, and insomnia. But the damage does not just stop there. It has been demonstrated by various large randomized studies that prolonged stress leads to cancer, autoimmune diseases, in which the immune system attacks the person himself, and chronic fatigue syndrome. Chronic stress also has a tendency to beget psychosomatic conditions, like pain syndromes, gastric ulcers, irritable bowel diseases and many other mind-body syndromes, whose pain is very real.

People affected by political stress are often feeling sad, disempowered, and angry. Most people expect the doctor to solve their health problems by whipping out a prescription pad and writing a script for a miracle pill that will put an end to all of their suffering. Unfortunately, this is not how you get to the root of the problem called political stress. You can treat the superficial symptoms with medications but on the profound level the person will remain unbalanced, conflicted, and now thanks to all the tranquilizers they have received – numb to reality. So, how do we get to the source of the problem and make the stressed person feel whole again?



It is possible to cope with stress and achieve happiness without relying on medication. My recommendations for the 'do it yourself at home' de-stressing call for engaging as many of your five senses as possible, because as I described in my book 'Diet Slave No More!' new habits are wired more strongly and effectively if you see, hear, smell, touch and feel the material you are working with.

Here is the thing: we, humans, love feeling worthy and great, capable of grand accomplishments. The easiest way to derive these positive emotions is by communicating with beings that are:

- Small
- Weak
- In need

The two things that come to my mind, which meet all of these requirements are Children and Pets. Both are innocent and fragile and cause us to feel unconditional love. I find either one to be a great emotional pill – an antidote for chronic political stress. Kids and pets living with us or around us, they come without the side effects of medications, and the benefits last longer. It turns out that when we care for the weak and the helpless children or pets, we make chemicals in our brain, such as oxytocin, which trigger powerful happy emotions.

Music is another powerful de-stressing modality. Listening to relaxing and tranquil music has been shown to decrease blood pressure and heart rate and create a peaceful state of mind. In the December 5th CBS special on healing effect of music on insomnia, I mentioned that fact that we are over 70% water and music effectively changes water structure, with soothing music producing a harmonizing effect on the structure of water crystals.

People aggravated by political stress will also benefit from spending more creative time in the kitchen. Cooking can be extremely therapeutic. It engages areas of the brain responsible for planning, strategizing, and coordination to mention a few. Chopping, tossing, and seasoning those veggies, meats, and fish, will effectively divert your mind from anger to productive activity of making something healthy, delicious and visually beautiful.

If you are experiencing political stress and are glued to TV all the time – you will have a very hard time breaking away from the root of the problem, unless... you start watching more comedy and romance and less news and politics. Laughing and making jokes and listening to them have been demonstrated to release dopamine – one of the brain's happy chemicals. As the Bible says, "a merry heart doeth good like a medicine." (Proverbs 17:22)

There are endless ways to replace the daily routine of angry resentment with peace and forgiveness. It does not matter which of the activities proposed by me suits you best, whether it is planting a tree, or tending to your garden, or visiting the grandmother you have not seen in years – whatever you choose to do, just make sure to invest as much of yourself into it as possible: see yourself doing it, smell it, listen to it, taste it, and touch it. Revisit the happy activity over and over, until you feel whole again, and all that's left is love. By caring for someone or something, you are really fixing yourself, and that kind of remedy can never be matched by a pill.



Svetlana Kogan, M.D. is a Board Certified Medical Doctor with 20 years of experience. She has appeared as a health expert on FOX, ABC, CBS, and NBC prime time TV, and has authored hundreds of publications for internet and print. She moved her Concierge Internal Medicine practice from Manhattan NYC to Naples, where her focus is on fusing traditional medicine with holistic approach to illness and prevention.

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



DID YOU KNOW NOT ALL PRIMARY CARE DOCTORS TREAT AUTO ACCIDENTS?

By Dr. Alejandro Blanco

Accident victims have only 14 days from the time of an accident to see a doctor if you want insurance to cover your medical fees. Internal Medicine Partners of Naples can help walk you through the process and get you a detailed report of your medical condition.

Common Injuries After Motor Vehicle Accidents

Car accidents can cause a variety of serious personal injuries and even death. Most people hurt in a car crash suffer impact injuries, from slamming around inside the vehicle upon collision. Some are even injured by being hit by unsecured articles & cargo that become airborne in a crash.

After most minor accidents, you might feel fine, but these symptoms should not be ignored:

- Headaches
- TBI (Traumatic Brain Injury)
- Lethargy
- Back Pain
- Neck Pain
- Broken Bones
- Numbness
- Dizziness
- Cervicalgia

A common condition related to vehicular accident is unfortunately, Traumatic Brain Injury

Persons involved in automobile accidents may have hit their head on the steering wheel. When the head hits an object, it comes to a direct stop, but your brain continues momentum and strikes against your skull. When your brain bluntly hits against the skull bones, it most likely will be bruised or possibly produce bleeding disorders.

In any brain injury accident scenario, you can think of your head and brain as a raw egg. If the egg is thrown into a wall, the shell hits, and fractures, while the raw egg inside sloshes forward causing significant damage. If your brain injury is caused by a vehicular accident, some laws need to be reviewed about the vehicle's crashworthiness, which tests its crash capabilities for safety. If you were involved in any act of violence, sports injury, or any other trauma to the head that took place, there are also specific laws to coincide with each of the related traumatic experiences.



An MRI or CT scan should have been performed on you after your trauma to detail the initial specific amount of damage your brain endured. More medical testing may be needed to evaluate your overall condition.

Essential Steps to Take

- Get medical attention
- Speak to a Personal Injury Attorney
- Keep a record of your injuries
- Write down and date any new symptoms (radiating pain, sleep disturbances, hearing loss)
- Update your physician in writing with every new symptom that you endure

If you've been in an accident, getting medical treatment is crucial

Even if you don't have symptoms, getting a thorough diagnosis via physical examination, diagnostic testing and imaging, medical treatment and follow up are all critical to your wellbeing, and essential if you plan on pursuing legal damages.

Whether you show symptoms of injury or not, it's imperative to have a check-up to rule out possible long-term effects.

Get Your Free Initial Consultation



Dr. Alejandro Blanco is accepting new patients. Please call (239) 596-8804 to schedule your appointment.



**ACCIDENT DOCTOR
NAPLES**

239-596-8804
www.accidentdrnaples.com



Preventing Falls With Physical Therapy & an Advanced Machine That Measures Strength & Imbalance

By Dr. Bryan Hunte

Every movement our bodies make requires communication between the brain and the muscles. When injury, disease, and weakness affect any part of the nervous and musculoskeletal system, neuromuscular disorder can lead to loss of function. My patients that fall a lot typically, have pain in the knees, hips, or lower back combined with wear and tear injuries. Pain prevents someone from reacting fast enough to situations that occur that would cause them to lose footing.

Another issue is that chronic weakness in the joint leads to inflammation in the bones called a stress response. A stress response in the bone causes a fracture in the hip, and then they fall, not the other way around — The fall usually does not cause the break. The body needs information from the muscle, ligaments and joints called proprioception. This information then goes to the brain, which decides what to do to prevent the fall. When you have inflammation in an area, this inhibits that information to flow freely. This is a big problem for a lot of people, and people start to limit their life due to the fears that come with repeated falls.

Eccentron: Innovative Technology for Measuring Strength and Balance

At Advanced Spineworks, we have a piece of equipment called the Eccentron. The Eccentron is expert physical therapy equipment that is unique, and we're the only provider in southwest Florida that offers this technology. This workout will strengthen the ankle, knee, and hip all at once. It is unique because of how it strengthens, as it is formulated around the way the body is designed to build strength. The patient views their performance and progress on a computer screen in an interactive game.

When a person uses concentric training, they are using force and exertion by shortening the muscles. Please take my word for it; people do not effectively build strength that way. It forces you to work out in the "negative" part of the contraction of each muscle group. However, when the muscle is lengthened under tension, not the pushing part that most people do, that's where strength is built. Eccentric (hence the name Eccentron) muscle strengthening is done under a lengthening process and is more effective and much less vigorous, even allowing people with heart conditions to workout safely.

Many doctors will only treat the joint that is inflamed or arthritic, but that's not the way musculoskeletal experts treat their patients because there is almost always another reason for the pain, and it usually stems from other areas of the body.

It is also unique because I have a saying in my practice that "he who works at the site of pain is surely lost".

People think that the painful knee is the problem, but we at Advanced Spineworks can often prove that the other knee is weak and not doing its job, making the painful knee hurt because of the added workload. The Eccentron equipment can test the strength of either limb and come up with a target weight for the weak leg often not the painful leg. This strengthening occurs over a 5 to 30 minute period of time as well. When you play the game on the Eccentron during that period of time, you are able to perform up to 650 repetitions. This is huge because it takes thought to play the game and that many repetitions is called neuromuscular reeducation. This is reconnecting the brain to the muscle, which restores musculature to areas that are often atrophied. This restores balance to the limbs and helps to alleviate pain. It also resolves the fluid and inflammation around the painful joint. With no more fluid (i.e. inflammation) around the electrical wiring—There you have it—Less falls.

Where do You go For Expert Pain Relief & Rehabilitation When All Else Fails?

When you are injured or in pain, there's nothing you want more than relief. You also want to return to work, sports and your activities of daily living as quickly as possible to enjoy your life. That's why you need the rehabilitation expertise of Advanced Spineworks. Our multidisciplinary approach using chiropractic and physical rehabilitation makes us your one-stop source for effective pain relief, rehabilitation and results. As our patient, you can expect:

- 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

Source: <https://www.btetechnologies.com/rehabilitation/eccentron/>



Since 2001, we have delivered physical therapy, chiropractic and manual therapy to patients. Dr. Bryan Hunte will support you in your recovery. Whether you are dealing with back pain, neck pain, headache or a sports injury, we are here to help you every step of the way. Choosing the multidisciplinary approach with the combination of chiropractic and physical rehabilitation through technology that can achieve unparalleled results.

If you're looking for exceptional pain relief, fall prevention and rehabilitation in the Bonita Springs area call our office at 239-221-6200. We also serve the communities from Fort Myers to Naples and Marco Island.

Dr. Hunte—Advanced Spineworks

Dr. Bryan Hunte D.C. started his undergraduate work at Ithaca College in New York with a bachelor's degree in Cardiac Rehab and Exercise Science. He was also involved in many sports in his youth and played college football which gave him particular insight into many conditions facing athletes. From there, he attended National University of Health Sciences and obtained his doctorate in Chiropractic Medicine. He has practiced in multidisciplinary practices his entire career which has led him to appreciate how powerful chiropractic is at helping someone get out of pain.

The rehabilitation which follows will provide lasting results. It has been this strong combination that has helped patients recover from their most serious conditions. Furthermore, Dr. Hunte has also obtained superior equipment called the Multicervical Unit and the Eccentron, which can achieve results where others have failed. He prides himself on achieving results which allow his patients to live medication free and avoid surgery. He strives to get his patients back to the life they love.

ADVANCED
spineworks
239-221-6200
advancedspineworks.com

16517 Vanderbilt Dr. Suite 3
Bonita Springs, FL 34134

SHOULD I GET SCREENED FOR PROSTATE CANCER?

Written by Gabrielle Sellitti

You may have heard conflicting information about prostate cancer screenings. There has been an ongoing debate on whether or not the PSA test in the routine annual prostate cancer screening is necessary. In 2018, the U.S. Preventive Services Task Force (USPSTF) made recommendations that men aged 55 to 69 years should individually decide if they need screening, while recommending that men 70 years or older should not be screened at all¹. This recommendation applied to all men whether they have average or increased risk for prostate cancer, or have no symptoms or diagnoses of prostate cancer at all.

The Center for Disease Control and Prevention (CDC) follows the prostate cancer screening recommendations, and argues that a PSA test may have false positive or false negative results. This can mean that men without cancer may have abnormal results and get tests that are not necessarily needed. It, unfortunately, also means that a test might miss a cancer diagnosis in men who may need to be treated². Before making any decisions on screenings, men should consult with their doctor about the benefits and harms of screening for prostate cancer, including the risk factors that come with testing and treatment. Screening is typically reserved for men with a life expectancy estimate of 10 or more years.



Alexandre Rosen, M.D., Board Certified Urologist with Physicians Regional Medical Group, believes this argument has had negative effects. "The frequent debate in the past 5-10 years has led to patient and physician confusion as to who should be screened. The urology community strongly believes that screening for prostate cancer is important and saves lives by making an early diagnosis."



Prostate cancer is the second leading cause of cancer death in American men. Even though most men diagnosed with prostate cancer do not die from it, 1 in 9 men will be diagnosed with prostate cancer during his lifetime. The average age of diagnosis is about 66 years of age³. Dr. Rosen recommends that PSA screening and prostate exams should begin at age 50, unless men have additional risk factors. These include being African-American or having a family history of prostate cancer. Gene mutations such as BRCA (associated with breast and ovarian cancer) may also contribute to prostate cancer. For higher-risk patients, Dr. Rosen typically starts screening men at age 40.



Benjamin Barckley Storey, M.D., another Board Certified Urologist with Physicians Regional Medical Group agrees with Dr. Rosen. "I'm a strong believer that we should collect all the information we need, and make an educated decision on possible treatment options going forward."

A relatively new tool called Focal Biopsy has become available to urologists in the last few years to help them screen and biopsy patients with suspected prostate cancer. This system allows physicians to look for potential areas of concern within the prostate using Magnetic Resonance Imaging (MRI), and if found, use a new targeting system to sample those areas of concern. Ultrasound/MRI

fusion Focal Biopsy lets the urologist take a lesion seen on MRI, and guide a needle specifically to that area to biopsy. Dr. Storey points out several advantages to this system over the old way of approaching an abnormal PSA or rectal exam:

- By using MRI, it allows us to target lesions that are of higher concern, yielding much higher quality biopsies.
- It allows a method to screen patients who historically have high or unstable PSA, and who would otherwise be subjected to repeat prostate biopsies.
- This system is invaluable for the patient who has had a negative prostate biopsy, but whose PSA continues to rise. We can now look for a lesion, and target it, instead of continuously "stabbing in the dark."

"I would estimate a large number of studies currently being done across the country involve Focal Biopsy systems, and this is rapidly becoming a standard of care in urology," says Dr. Storey.

Dr. Rosen's office is located at Physicians Regional - Pine Ridge, 6101 Pine Ridge Road.

Dr. Storey's office is located at Physicians Regional - Collier Boulevard, 8340 Collier Boulevard and Physicians Regional - Marco Island, 1839 San Marco Road.

Dr. Rosen and Dr. Storey are now accepting new patients. For more information or to request an appointment, please call (239) 348-4221, or visit PhysiciansRegionalMedicalGroup.com.

¹ <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/prostate-cancer-screening>

² https://www.cdc.gov/cancer/prostate/basic_info/get-screened.htm

³ <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html>

**PHYSICIANS REGIONAL
MEDICAL GROUP**

(239) 348-4221

PHYSICIANSREGIONALMEDICALGROUP.COM

The Keto Diet

We briefly explore the pros and cons to this very popular diet as well as what we recommend here at Cederquist Medical

By Cederquist Medical Wellness Center

Ketogenic Diet A.K.A. the “Keto” Diet

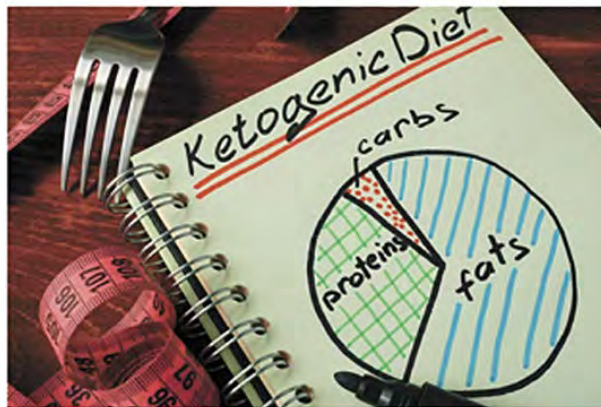
You can probably name at least one person in your social circle who has tried the “keto” diet. In this article, we’ll explore what it is, review some pros and cons, and summarize what we here at Cederquist Medical Wellness Center recommend.

What is it?

The “keto” diet, A.K.A “ketogenic” diet is a way of eating that incorporates high amounts of fat, moderate protein, and very low amounts of carbohydrates. It was first designed in the 1920s as a way to help treat and manage epilepsy, but in the last 15 years has gained massive popularity with the weight-loss crowd[1]. The purpose of the ketogenic diet is to mimic our bodies’ response to fasting by significantly reducing the amount of carbohydrates available and increasing the amount of dietary fat. This fat will then be converted into something called ketone bodies, which will be the main source of fuel - this is known as “being in ketosis”. Our body will use these ketone bodies as its primary source of energy, thus creating a convenient system of inputs and outputs - the input being fat for energy and the output being weight loss.

The Benefits of the Ketogenic Diet

- **Can lead to weight loss.** The ketogenic allows you to consume foods that are high in fat. These foods take longer to break down, increase satiety, and therefore help you stay full longer. It is important to focus on the quality of the fats you eat, however, as not all fats are created equal.
- **Can help to reduce blood sugar and insulin levels.** While this may be true, if you take medication for blood sugar and diabetes it’s important to talk to your doctor before making changes to your carbohydrate intake as your dosage of medications may need adjustment to prevent hypoglycemia.
- **Can help to decrease triglyceride levels.** High triglycerides are directly linked to an increased intake in simple carbohydrates, alcohol or sugary beverages. When we remove these food items from our diet, our triglyceride levels can drastically decrease.



- **More effective in certain populations.** As mentioned previously, the ketogenic diet was first developed for the treatment of epilepsy and continues to show promising results[2]. It has also been shown to be helpful for those with Type 2 Diabetes, morbid obesity and some research even shows it being helpful for Alzheimer’s Disease. However, it is not for everyone and it’s important to consult your doctor or a health care professional who understands your biology and metabolism.

The Cons of the Ketogenic Diet

- **Unsustainable.** Due to the fact that the keto diet is very restrictive, some people find it hard to stick to and maintain longer term.
- **Risk of calorie and nutrient deficiencies.** Because of the restrictions on the amount of fresh fruits, whole grains, legumes, and many vegetables, people on the keto diet miss out on many important vitamins and minerals. The high-fat nature of the keto diet can leave people feeling very full on small portions, risking calorie depletion and unintentional weight loss.
- **Introduction of unhealthy fats.** To meet fat content needs, people often resort to ingesting processed, high-calorie foods containing lots of sodium as well as saturated and trans fats.
- **Constipation.** People on the keto diet frequently do not get enough fiber which can lead to constipation.
- **Bad Breath.** Elevated ketone levels within the body is also known to cause bad breath.

Final Thoughts

Because of the restrictions a keto diet imposes as well as the potential risks, we at Cederquist Medical Wellness Center do not generally recommend keto diets to our patients. Each of us is different genetically and metabolically, so we take a scientific approach by analyzing each patient’s medical history, blood chemistry, metabolism, activity level, age, and how they feel. This information allows us to customize a plan that will work best for each individual. We find that most people lose a proper amount of weight through a balance of fat, protein, and carbohydrates and are more apt to keep it off long-term.

Here are a few general tips that may help you in your wellness journey as you decide what’s best for you:

- Avoid saturated fats, trans fats, and processed foods. Choose healthy fats such as olive oil, nuts, seeds, salmon, avocado, etc.
- Make sure to include quality, lean proteins such as chicken breast, turkey and white fish. The quality of what you eat matters!
- Adjust your carbohydrate intake to a level that’s right for you and your metabolism. This depends on your metabolism and how active you are.

If you’d like us to help you design your own personal diet plan, call us. Appointments are available.

[1] Whelness, James (2008). “History of the Ketogenic Diet”. *Epilepsia* vol. 49.8. Retrieved from: <https://pubmed.ncbi.nlm.nih.gov/19049574/>

[2] Miero, Isabella, et.al. (2019). “Ketogenic Diet and Epilepsy: What We Know So Far” *Frontiers in neuroscience* vol. 13.5. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6361831/>



Cederquist
MEDICAL WELLNESS CENTER

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

Demystifying Medicare

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

Between 2000 and 2015, global average life expectancy increased by five years, the fastest increase since the 1960s.¹ Today, a 60-year-old man has a 63 percent chance of reaching age 85, while a 60-year-old woman has a 71 percent likelihood. If you're a married couple and each of you are 60 years old, there is an 89 percent probability that one of you will live until age 85.²

With this increase in longevity, your retirement may be a lot longer than those of the generations that came before you. And, as you get older, your health care expenses are likely to increase. Proactive planning for unforeseen health care expense can help protect the retirement you've worked so hard to achieve. Understanding how Medicare works is an important first step.

The Basics of Medicare

Once you turn age 65, you qualify for Medicare. Medicare is health insurance funded by the U.S. government. It's available to you and your spouse if either one of you has worked and paid Medicare taxes for at least 10 years.

Keep in mind that Medicare is different from Medicaid, another type of U.S. government insurance. Medicaid is designed for people with low income and assets. It is funded by state and federal governments, and different states have different eligibility requirements.

Medicare consists of four parts:

Part A. This covers hospitals, including a semi-private room, meals and other general services. It does not cover a private room, private nurse or other extras. Medicare Part A also covers the cost of a skilled nursing facility, but only after a hospital stay of at least three days. It also covers home health care prescribed by your doctor, including part-time nursing, medical equipment and services such as physical and occupational therapy. Finally, Medicare Part A covers hospice care and any blood you might receive while you're in a hospital or skilled nursing facility. Medicare Part A is free, but only pays benefits during a benefit period that begins when you enter the hospital and ends when you have gone 60 consecutive days without inpatient hospital care or skilled care at a skilled nursing facility.



Part B. Like Medicare Part A, you are automatically enrolled in Medicare Part B if you are receiving Social Security benefits, are at least 65 years of age, or are disabled and have been receiving Social Security benefits for 24 months. However, unlike Medicare Part A, Medicare Part B requires a monthly premium which is based on your taxable income. Medicare Part B can help to offset the cost of doctors' fees, emergency room visits and other outpatient services. Keep in mind that you do not have to receive Medicare Part B if you do not want it. You always have the option of purchasing private health insurance or, if you are still working, opting for your employer's health coverage.

Part C. More commonly known as Medicare Advantage Plans, Medicare Part C combines Part A and Part B with other services that may include vision, hearing, dental and some prescription drug coverage. Unlike Medicare Part A and Part B, Medicare Part C is offered by private insurance companies.

Part D. Introduced in 2006, Medicare Part D is the newest of the Medicare programs. Like Medicare Part C, Medicare Part D is issued by private companies. Medicare Part D plans vary in the medications they cover, the co-pay or co-insurance arrangement they make available, and the monthly premiums they require. Like Medicare Part B, Medicare Part D imposes an additional monthly charge if your taxable income exceeds a certain amount.

With so many moving parts, Medicare can be overwhelming. Your health care needs will vary depending on a variety of factors, including your medical conditions, the medications you are taking and even your preferences for medical care. A Financial Advisor who has experience with the nuances of Medicare can help you understand your options and select the solutions that are right for you.

Footnotes

¹ World Health Organization, Global Health Observatory (GHO) data – Life expectancy. Available at http://www.who.int/gho/mortality_burden_disease/life_tables/situation_trends_text/en.

² Society of Actuaries (www.soa.org) Simple Life Expectancy Calculator (2018). Averages take into account age and sex, using the 2012 Individual Annuitant Mortality table, with 1% mortality improvement.

Disclosures

Article by Morgan Stanley and provided courtesy of Morgan Stanley Financial Advisor.

Juan Ocanas is a Financial Advisor in Naples at Morgan Stanley Smith Barney LLC ("Morgan Stanley"). He can be reached by email at Juan.Ocanas@MorganStanley.com or by telephone at (239) 449-7853. His website is <https://advisor.morganstanley.com/the-calleja-group>

This article has been prepared for informational purposes only. The information and data in the article has been obtained from sources outside of Morgan Stanley. Morgan Stanley makes no representations or guarantees as to the accuracy or completeness of the information or data from sources outside of Morgan Stanley. It does not provide individually tailored investment advice and has been prepared without regard to the individual financial circumstances and objectives of persons who receive it. The strategies and/or investments discussed in this article may not be appropriate for all investors. Morgan Stanley recommends that investors independently evaluate particular investments and strategies, and encourages investors to seek the advice of a Financial Advisor. The appropriateness of a particular investment or strategy will depend on an investor's individual circumstances and objectives.

Morgan Stanley Smith Barney LLC ("Morgan Stanley"), its affiliates and Morgan Stanley Financial Advisors and Private Wealth Advisors do not provide tax or legal advice. Clients should consult their tax advisor for matters involving taxation and tax planning and their attorney for matters involving trust and estate planning and other legal matters.

Juan Ocanas may only transact business, follow-up with individualized responses, or render personalized investment advice for compensation, in states where he is registered or excluded or exempted from registration, <https://advisor.morganstanley.com/the-calleja-group>

Morgan Stanley



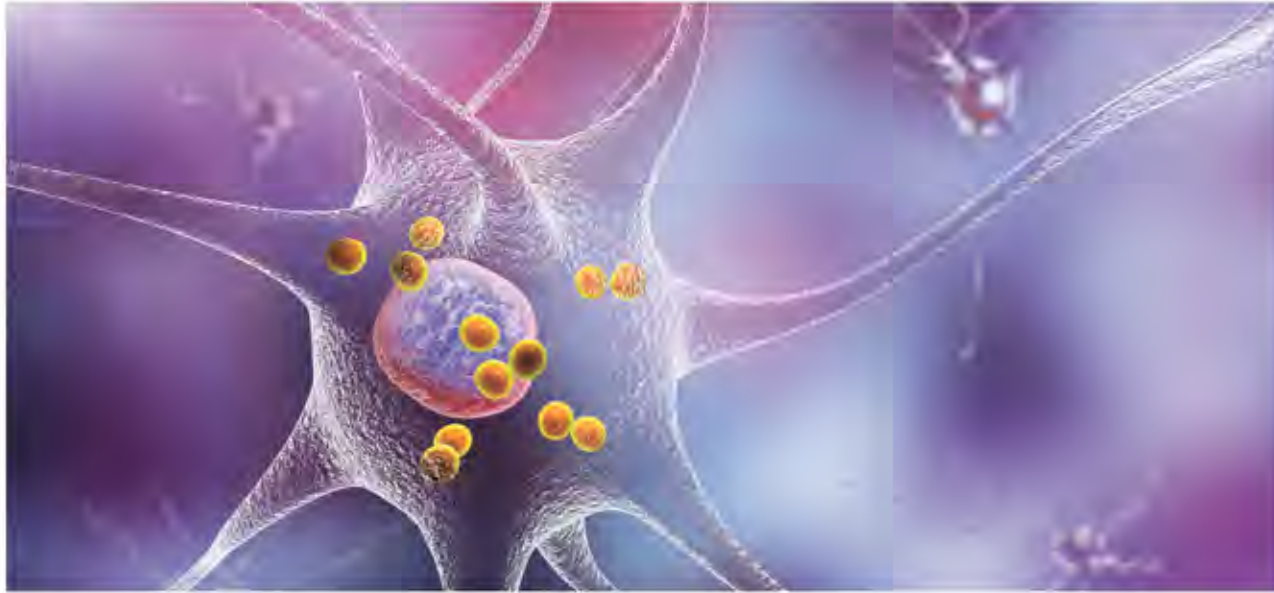
Juan Ocanas
CRPC®
Financial Advisor
Associate Vice President
Family Wealth Advisor
Portfolio Manager
Financial Planning Specialist

Morgan Stanley Naples Branch
(239) 449-7853

<https://advisor.morganstanley.com/the-calleja-group>

© 2019 Morgan Stanley Smith Barney LLC.
Member SIPC. CRC 3294616 10/2020

LIVING WITH LEWY BODY?



With 6 million Americans already diagnosed with Alzheimer's disease, a growing number of these individuals also have a lesser known form of Dementia called Lewy Body Dementia or LBD. Lewy Body proteins can be found in Alzheimer's patients, Parkinson's patients or can be independent diagnosis. This medical condition takes on strong characteristics of Parkinson's and Alzheimer's disease and unfortunately, is often misdiagnosed. Although nearly 1.4 million people have LBD, medical professionals are just now beginning to better understand the symptoms, diagnosis and management of the disorder. The recent news that Robin Williams suffered from Lewy Body Dementia has brought additional attention to this very difficult disease.

What is LBD?

In the early 1900's a German neurologist discovered a protein in the brains of Parkinson's patients. This protein's medical term is Alpha-synuclein, but the common name is Lewy Body. These Lewy Body proteins build-up abnormally in the brain stem and migrate throughout the brain causing sleep disturbances, muscle stiffness, muscle twitching, memory problems, problem-solving disruptions, and behavioral changes.

In addition, Lewy Body Dementia causes other physical changes like blood pressure, heart rate, body temperature fluctuations, chronic rhinitis (runny nose) incontinence, and hallucinations, delusions and aggression.

Lewy Bodies deposit themselves inside the neurons (nerve cells). This interrupts synapse cell communication and eventually causes cellular death.

The imaging scans of individuals with progressed LBD show significant deposits and disruption in the middle brain area. The midbrain controls speech, hearing, temperature and sleep.

A person with LBD will experience mild symptoms at the onset of the disease that progress, including: cognitive, motor, physical, sleep and behavior symptoms, including hallucinations, insomnia and acting out. Following directly behind Alzheimer's disease, it is the second most frequent form of dementia.

One of the symptoms of LBD is medication sensitivity. Many of the traditional treatments for Alzheimer's and Parkinson's diseases will make LBD much worse. It is important to work with a physician who understands the disease well including the treatment options. Each patient will respond to medication differently.

Quick Facts – LEWY BODY DEMENTIA:

- Different from Alzheimer's disease and related to Parkinson's disease
- Degenerative – not curable but can be slowed
- Caused by microscopic Lewy Bodies in the cognitive and motor areas of the brain
- More common in men than women
- A multifaceted disease with cognitive, physical and perceptual, behavioral and motor symptoms.

McKenney Home Care, in Naples, FL hosts a Lewy Body Dementia Support Group the first Wednesday of every month. This is an ongoing support group approved by the Lewy Body Dementia Association in Atlanta and 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 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 a Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experiences of those suffering from Alzheimer's and other forms of Dementia.

If you or someone you know would like more information about McKenney Home Care or the LBD Support Group, please call McKenney Home Care at 239-325-2273 or visit mckenneyhomecare.com



CALL US TODAY!

239-325-CARE (2273)

9655 Tamiami Trail North #201

Naples, FL 34108

AHCA Registration #299994144

National Hospice Month: What You Should Know About End-of-life Care

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



One of the comments we frequently hear from our patients and their families at VITAS Healthcare is this simple statement: “I wish I had known about hospice sooner.”

November’s designation as National Hospice and Palliative Care Month offers an ideal opportunity to spread awareness about hospice as a healthcare specialty that provides compassionate support to patients and families who face an advanced illness near the end of life.

Once a physician determines that curative care is no longer working, or a patient decides that treatment side effects are too much of a burden, hospice can help shift the focus to comfort, closure, and quality of life in the time remaining. Patients, not insurance plans, choose the hospice provider they want to care for them.

Why opt for hospice sooner?

- VITAS brings hospice care to you, whether you decide to remain at home, in a nursing home, or in an assisted living community, surrounded by familiarity and comfort.
- Your hospice “specialist” is an entire team: physician, nurse, aide, social worker, chaplain, and volunteer. They create an individualized care plan to meet your medical, emotional, and spiritual needs.

- Medicare Part A, Medicaid, TriCare, and many private insurance plans cover up to 100% of hospice care.
- Hospice continues during the COVID-19 pandemic, aided by safety protocols and telehealth platforms that allow hospice teams to evaluate, assess, admit, and care for patients using their mobile devices.

It’s never too late to start the conversation

If a patient is eligible for hospice care, service can usually begin within 24 hours. Hospice professionals are available 24/7 to answer questions and discuss end-of-life care options for when the time is right.

Hospice is not a place. It is a range of services by a team to support patients and families at one of the most challenging—and most meaningful—phases of life.

Just as patients with cancer want to be cared for by the best cancer experts, patients facing advanced illness want to be cared for by the best specialists in end-of-life care.

When it’s time for hospice care, know that you have choices. Choose the provider who will surround you with expertise and services to help you embrace quality of life—for you and the people who mean the most to you.

VITAS
Healthcare
SINCE 1980

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

How Stress Affects the Skin

Naples Soap Company

Many people have been under a great deal of stress recently. With all of the adverse health disorders associated with psychological stress and anxiety, people often overlook the impact that stress can have on the skin. Recent research has confirmed skin is both an immediate stress perceiver and a target of stress responses.¹ As the largest organ of the body, skin serves as a barrier and plays an essential role in immune functions by maintaining homeostasis between the external environment and internal tissues.¹

From temperature, PH balance to oil production, and inflammation, the central nervous system communicates with the skin and can cause irritations and imbalance. For example, during acute and ongoing/uncontrolled stress, many people will have more breakouts, rashes, hives, fever blisters, flares of rosacea, or eczema. Stress can even cause the skin to become colder, secrete more sebaceous oil, or become dry and cracked. Controlling anxiety is crucial for your overall health and wellbeing, as well as your skin.

Controlling Stress

Some of the things that can help control stress are breathing techniques, meditation, exercising, reading, or journaling. You can even see a therapist online, in the privacy of your own home. However, if you've got uncontrolled anxiety, it's imperative to talk to your physician about your treatment options.



Time for Self Care

Sometimes, just performing a little self care at home can do wonders for stress relief. Enjoying a warm bath, taking an aromatic steamy shower, or performing a home pedicure, can help you re-center and refocus your thoughts and divert your attention away from what is making you anxious.

Caring for Skin that Is Showing Signs of Stress

If you are experiencing blemishes or dry patches, pay attention to the products you are putting on your skin. Everything that touches our skin penetrates our body, bloodstream, and organs. It's essential to look for products made with natural ingredients and stave off chemical-laden products as much as possible.

No Chemicals—Toxins and chemicals like triclosan, sodium lauryl sulfate, sodium laureth sulfate, formaldehyde, phthalates, and parabens are harmful carcinogens, allergens, and pore-clogging ingredients that are absorbed directly into your skin and into the body.

These can create an unhealthy environment and cause adverse reactions and damage. Even more dangerous, some of these chemicals and toxins are absorbed directly into the lymph nodes and bloodstream, which causes disease states and disorders to arise. Look for products that are free from these harsh chemicals and try to avoid synthetic fragrances, harmful dyes, and preservatives.

Natural Ingredients Are More Synergistic— Seek out products with ingredients such as cocoa butter, shea butter, coconut oil, olive oil, hemp seed oil, fruit seed oils, and Pro Vitamins. Your skin will look and feel better when choosing products made with natural and organic ingredients.

Naples Soap Company

Deanna Wallin, founder and CEO of Naples Soap Company, personally suffered from psoriasis and eczema, two skin conditions commonly know to be exacerbated by stress.

Deanna explains, "Having been a nurse, I understood the effects harsh commercial chemicals can have on the body. Reading labels of products and researching common ingredients in cosmetic and beauty products was a real eye-opener. I began using natural products myself and on my daughter, who was also diagnosed with eczema. Before long, we saw amazing results. The combination of better skincare products and our efforts to try to reduce the stress in our lives has made a tremendous difference with our skin."



DEANNA WALLIN
Naples Soap Company
Founder & CEO

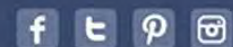
There are so many options to help you with your skin concerns or to simply help you relax.

From the body butter to their shampoo, when you step into one of their stores, all of the products invigorating scents, health benefits, and beauty are mesmerizing. Since launching Naples Soap Company over a decade ago, the company is now in eleven retail locations in Florida to serve you.

To find out more, please visit naplessoap.com, or stop by one of their 10 stores located throughout Florida.



www.naplessoap.com



Reference:
1. Y. Chen, Brain-Skin Connection: Stress, Inflammation and Skin Aging, Inflamm Allergy Drug Targets. 2014 Jun; 13(3): 177-190. Published online 2014 Jun. doi: 10.2174/1871528113666140522104422, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4082169/>

Find a Naples Soap Company store near you or visit naplessoap.com.

Destin • Estero • Fort Myers • Lakewood Ranch • Mount Dora • Naples (2 Locations) • Punta Gorda • Sanibel Island • St. Petersburg

How The Quality of Sleep Affects Our Health

There is more and more interest by the general public about sleep hygiene and the effects of good sleep on one's overall health. If you aren't aware of the adverse health effects, they are nothing to be ignored. The more you know about sleep quality, the better your chances of preventing some of these conditions.

Issues with insomnia often stem from eating too late, drinking caffeine or alcohol and anxiety or stress. Blue light from the TV or devices can also interrupt the circadian rhythm and disrupt sleep patterns. Sleep apnea can cause significant health conditions including heart attack and stroke.

Being overweight can cause serious long-term health issues, and the statistics of obesity in the US are staggering. More than 160 million Americans are considered obese and in the United States. According to the CDC, obesity is more prevalent in the United States than merely being overweight. Two significant obesity contributors are not being active enough and eating an unhealthy diet.

Being overweight significantly increases the likelihood of developing sleep apnea. Sleep apnea affects more than 25 million people in the United States. It is a progressive condition that interrupts breathing patterns throughout a person's sleep. People that suffer from Obstructive Sleep Apnea (OSA) may have episodes of stopping breathing up to hundreds of times per night for 10 seconds or longer, and along with this disruption comes many adverse side effects and morbidities.

What Causes Sleep Apnea?

The Short answer to sleep apnea's cause is that the airway collapses during sleep due to one or more of the following conditions, obesity, drinking alcohol, smoking, stress, lung disease like COPD, emphysema or asthma, drugs, and various ailments. Once the sleep pattern is disrupted, the lack of oxygen to the brain and heart can cause serious health concerns and implications.

What are the Side Effects and Complications Associated with Sleep Apnea?

- High blood pressure
- Cardiovascular disorders
- Chronic disease
- Diabetes
- Depression
- Behavioral issues
- Stroke
- Brain health impairment



If not treated, over time, OSA can lead to heart attacks, stroke, diabetes, and other serious complications.

What are the symptoms of Sleep Apnea?

- Snoring
- Gasping
- Dry mouth
- Choking
- Cognitive decline or brain fog
- Restless sleeping
- Depression and irritability

Getting Treatment Makes A Difference in your Lung Health!

A CPAP machine (Continuous Positive Airway Pressure) is a therapy that has proven to be efficacious in helping patients sleep more soundly and with better airflow by blowing a steady stream of air into the nose. The flow of air helps to keep the airway open during sleep. On Neuroimaging, CPAP treatment has shown a significant reversal of brain and cognitive disorders caused by the lack of oxygen to the brain. Getting CPAP treatment and incorporating it into your nightly routine will help to improve your vascular health, lung function, cognitive functioning and other sleep disturbance related health conditions. CPAP therapy can also alleviate pulmonary hypertension.

In addition to the CPAP therapy, losing weight, stopping excessive alcohol ingestion, sleeping on your side as opposed to your back, meditative relaxation breathing, quitting smoking and eliminating sleep medications or narcotics may help to improve your breathing rhythm during the night.



Dr. Ricardo Martinez

Dr. Ricardo Martinez is an internist in Naples, FL and is affiliated with NCH Baker Hospital. He received his medical degree from Superior Institute of Medical Sciences of Santiago de Cuba and has been in practice 20 years. He also speaks multiple languages, including Spanish. He specializes in hospital medicine, ambulatory care and is experienced in hospice and palliative medicine, bariatric medicine, diabetes mellitus, food allergy, and infectious disease.

As of March 16th, 2020, Dr. Martinez has founded Well-Being Medical center in Naples Florida. He is looking forward to providing Medical care within primary care settings and urgent care service throughout the Naples Florida area.

Contact Well-Being Medical center of Naples today at (239) 315-7801.



239-315-7801

www.well-beingmedicalcenter.org

851 5th Ave. N, Suite 102
Naples, FL 34102

Don't Let Incontinence Interfere with Your Sex Life

By Joseph Gauta, MD, FACOG

Thanks to modern technology and treatment options, you don't have to let loss of bladder control interfere with your life any longer. With proper treatment you will no longer spend time planning the fastest route to the nearest restroom in hopes of avoiding an accident. Not only can incontinence sabotage your daily activities, it can also put a damper on your sex life. Although talking about the intimate details of your sex life may not be comfortable, rest assured that you are not alone when it comes to this issue. According to the American Foundation for Urologic Disease (AFUD), one in three women with stress incontinence avoid sexual intimacy because of fear of leakage during intercourse or orgasm.

Don't lose hope. The following tips can help you eliminate embarrassing incontinence episodes during sex.

Learn bladder-strengthening techniques.

Your urogynecologist can help you retrain your bladder. Your physician can help you determine a natural pattern of urination so you can develop a schedule of timed bathroom breaks. You will go to the restroom according to this schedule whether you feel the need to or not. When you feel the need to urinate between breaks you can use natural suppression techniques such as Kegels, relaxation or distraction. The goal is to teach your bladder to hold more and increase the time between bathroom breaks.

Take time to prepare for sex.

During sex you're more likely to leak. If you have stress incontinence, you're more likely to leak with penetration due to pressure on the bladder. If you have urge incontinence, you're more likely to leak during orgasm.

There are many things you can do to decrease the likelihood of involuntary leakage during sex. You'll need to experiment to see which of these works best for you:

- Make sure you are well hydrated with water, but don't drink any fluids an hour before sex
- No coffee or teas for several hours before sex
- If you're worried about leaking on your sheets, prepare by putting towels down
- "Double Void" prior to having sex. After you urinate, relax your bladder by massaging the abdomen, and then try to urinate again to completely empty the bladder.
- Take bathroom breaks during sex. Women with urge incontinence should take a break between foreplay and intercourse or between intercourse and after-play.



For more information or to make an appointment call, Dr. Joseph Gauta at The Florida Bladder Institute in Naples, Florida at **239-449-7979** or visit: www.floridabladderinstitute.com.

Start the conversation.

Although many people are often not comfortable about talking about their sex life, you should begin the conversation, especially with your partner. It is worth a few minutes of blushing if you are able to enjoy sex without the worry of leaking. Be honest; let your partner know your concerns and that you are seeking medical help with your incontinence. If you have been avoiding sex, reassure him that it is because of your issue and has nothing to do with him. Be sure he understands that you are still sexually attracted to him and you want to be more active but you are embarrassed about the leaking. Once he knows what the issue is, chances are your partner will understand and be happy to help in any way he can. If talking privately isn't working and you need assurance and confidence, it may prove helpful to talk with a couples counselor or sex therapist.

Be adventurous.

Talking may not be your partner's strong suit, but trying new positions will likely be something he gets excited about.

Here are a few options to try:

- **Woman on top.** Being on top has two benefits. It works your pelvic muscles and you can control the depth of penetration. When you're on top, it's easier to control the depth of penetration and to work those deep pelvic muscles you'll want to strengthen.
- **Side entry.** This position puts less weight on your abdomen and is also easier for you to control penetration.
- **Rear entry.** This position put less pressure on your urethra and bladder.

Seek professional help.

Ask your doctor for a referral to a urogynecologist who specializes in incontinence. Although this isn't an easy topic to talk about, a urogynecologist is very comfortable in finding solutions for your problem. Incontinence is a very common problem. It is estimated that nearly one out of three women over the age of 40 struggles with incontinence at some point, but only 20 percent seek help. The Adult diaper industry has already surpassed the baby diaper industry. Wouldn't you rather find a solution than continue to suffer in silence? When looking for a physician make sure they are well trained specifically on the latest therapies and are well equipped with the most current equipment available.

Use Pelvic Floor Therapy.

A medical professional that offers pelvic floor therapy, can help you rebuild strength in the abdominal muscles that support the bladder, using a program of exercises known as Kegels. Many women try doing pelvic floor exercises on their own and don't get the full benefit because they're not doing them correctly. A study found that 80% of women could control their incontinence by working with a medical professional specifically trained in pelvic floor therapy. In addition to Kegels, there is biofeedback and electrical stimulation for the pelvic floor.

If needed, there are medications available that work. Medication is normally used when efforts to retrain your bladder and pelvic floor therapies haven't worked. There are many drugs that can block the signal that trigger the contractions of the bladder. There are many options available to help you with this embarrassing problem. Regain control of your sex life and seek help today.



Nicole Horser, PA



Joseph Gauta, MD



Amber Thompson, PA-C



239-449-7979

www.FloridaBladderInstitute.com

Naples: 1890 SW Health Pkwy., Suite 205
info@floridabladderinstitute.com



Diabetic Wound Healing: Why is it so Challenging to Treat?

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

Podiatrists focus on the feet and everything associated with the foot and ankle, such as the tendons, muscles, ligaments, and bones. Podiatric specialists regularly treat anything that makes up the structure, function, and health of the entire foot. In the state of Florida, a podiatrist is not only able to medically treat the foot, but they also treat the lower extremity. Because the knee is in such close relation to the effects of the foot and ankle, podiatrists regularly treat bone and soft tissue disorders from the knee down. With Diabetes, the leg, foot and ankle are often affected by wounds that do not heal!

Diabetic Wound Issues:

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

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

High blood sugar damages various organs within the body, but also has a severely adverse effect on nerves. This nerve damage happens when the blood supply is limited. The small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective. The lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening.



These small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

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

Diabetic Wounds & Vascularization

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

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

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

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

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

Collier Podiatry’s Wound Care Treatment:

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

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



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

239-775-0019
www.collierpodiatry.com

NCH Countryside Commons
1715 Heritage Trail, Suite 204
Naples, FL 34112
Phone: (239) 775-0019
Fax: (239) 775-0219

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.

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

1172 Goodlette Frank Road North, Suite# 201
Naples, FL 34102

239-230-2021
Hablamos español

Men's Health:

Why You Need to Stay on Top of Your Medical Exams

The month of November is also referred to as NOVEMBER for Men's Health. We often hear jokes that men prefer to stay away from the doctor, but more and more men have become proactive about their healthcare than ever before, which allows for healthier lifestyle choices and earlier diagnosis. Men taking the lead on their health is always better for long term outcomes and living well.

When it comes to men's health, Advanced Urology Institute (AUI) offers numerous treatments and diagnostics for erectile dysfunction, vasectomies, urinary, kidney, and bladder health, and prostate disorders.

Getting Your Prostate Checked is Not Optional

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

Some of the Most Common Symptoms of the Disorder are:

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

Diagnostics

There are several distinctive tests that urologists use to determine Prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells—the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells;



this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

The normal PSA level is 4.0, which is four nanograms per milliliter of blood (ng/ml), but in younger men, an average of 2.5 ng/ml is normal, while in older men a reading above four may not necessarily be alarming.

Additional Testing

Certain medications, herbal supplementation, or being overweight can also have a counter effect on your PSA levels. For example, a person taking a daily aspirin may have a lower PSA level due to the effect of the medicine on the blood protein count.

Before you are tested, it's imperative to tell your physician everything that you are taking, or any other health conditions or symptoms that you are experiencing. Additional more detailed testing includes transrectal MRI or transrectal ultrasound, as well as biopsies.

If diagnosed with cancer, a Gleason Score biopsy will be taken to determine the aggressiveness of prostate cancer. This grading system allows urologists to choose the appropriate and optimal treatment option.



239.465.4157

www.advancedurologyinstitute.com

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

Treatment

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

Advanced Urology Institute

AUI was developed as a single-specialty physician led organization to respond to the mounting changes in healthcare. Solo-practitioners and small groups cannot keep up with the increased governmental burdens and continue to stay focused on providing the highest level of care to their patients. We believe that by combining our efforts, geographically disparate Urology groups can function most efficiently and effectively to deliver the highest quality medical care to our patients.

Services Offered & Conditions We Treat

- Erectile Dysfunction
- Benign Prostatic Hyperplasia (BPH)
- Kidney Stones
- Da Vinci Robotic Assisted Surgery
- Prostate Cancer Treatment
- Vasectomy & Vasectomy Reversal
- Urinary Tract Infection
- Pediatric Urology
- Women's Urological Health

We Value Patient-Centered, Evidence-Based Care

As a patient, you can be certain that you are a critical member of our treatment team. We will answer your questions and strive to provide the best services and the best care, based on your individual needs, preferences, and choices. AUI Physicians emphasize the use of proven treatment guidelines within our specialty, to optimize clinical decision making. Through our internal measures, our involvement in research studies, and our passion for continuous learning, you can be confident that our treatment team is providing you with the best treatment options.

ACCREDITATION MATTERS: CHOOSING A SENIOR LIVING COMMUNITY

By Greg Pascucci

Selecting the right senior living community may be one of the most important decisions you and your loved ones will make. Although there is no magic formula for determining when a move will be right for you, being proactive in your research and beginning the process of discovery early on will make the transition much easier.

Many factors, such as the loss of a spouse or sudden illness, may precipitate a move to a senior living community. Other reasons might include limited opportunities for social engagement, the ever-surmounting responsibilities of home maintenance and fear of driving/inability to drive. The key to minimizing the stress, should you be faced with one of these scenarios, is to begin researching in advance—before the need arises.

One of the key considerations when selecting a senior living community is to determine if the community is accredited. Accreditation matters. Designed to encourage ongoing performance efforts and pursuit of excellence, accreditation is no longer just associated with healthcare and higher education institutions. It is an important seal of approval older adults should look for when exploring senior living options.

“Most people would not go to a hospital that isn’t accredited or send children to colleges that aren’t accredited,” said Bill Diamond, Executive Director at The Carlisle Naples, an active retirement community. “So why isn’t that expected when considering a retirement community? Moving into a community that is accredited affords greater peace of mind that care and services have undergone intense scrutiny by an outside, third-party.”

The community is proud to have been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) since 2008. Though federal and state guidelines don’t require senior living communities to be accredited, The Carlisle believes that this demonstrates consistent adherence to high standards of quality, successful professional practice, continuous monitoring, evaluation and improvement of programs, and that a retirement community’s priority is resident comfort, care and quality of life—all of which are factors that matter when entrusting the care of a loved one.



To achieve accreditation from CARF, a senior living community must demonstrate comprehensive conformance to approximately 1,500 elevated standards that measure quality care and services.

“Having continuously accomplished the highest level of three-year accreditation speaks volumes for the services, amenities and programs at The Carlisle Naples, but more so to our dedication to provide the very best in resident care,” added Diamond.

The Carlisle’s licensed and accredited supportive services are designed to provide comfort, convenience, and peace of mind—now and in the future. Taking a “whole-person” approach to wellness, assisted living services are tailored to meet residents’ needs and can be dialed up, or back, at any time. Available in one- and two-bedroom residences, these services are complemented by a wealth of amenities such as an onsite restaurant, laundry and linen service, and a full calendar of social, cultural and physical opportunities.

The Carlisle also holds an Extended Congregate Care (ECC) license, which is held in addition to the standard assisted living license. This allows the community to provide the maximum care possible for residents requiring assistance with activities of daily living. Enhanced supportive and nursing services are also provided.

In addition to being accredited, experts suggest you consider the following factors when choosing a senior living community:

- Understand the different types of senior living options that are available and the types of services and care they offer. From life plan communities which require upfront entrance fees to rental communities like The Carlisle Naples which offer a flexible, affordable lifestyle with an all-inclusive monthly fee, there’s a community to fit every budget.
- Take into account location, the services you require and activities you enjoy. Working from a checklist—matching your preferences and needs to what is being offered—may be helpful in the selection process.
- Look beyond square footage of your residence. By taking the time to explore your options, you will discover that quality senior living communities will offer peace of mind for the future and a retirement lifestyle filled with unlimited opportunities for sophisticated cultural, social, educational and wellness programs—all within a few steps of your front door.

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.



Luxury Rental Retirement Living
6945 Carlisle Court, Naples, FL 34109
239-221-0017 • www.srgseniorliving.com





WOODWARD, PIRES
& LOMBARDO, P.A.
ATTORNEYS AT LAW

COVID DIVORCE

BUSINESS LAW · COMMUNITY ASSOCIATION LAW · FAMILY LAW · GOVERNMENT RELATIONS
PROBATE ADMINISTRATION · REAL ESTATE LAW · ESTATE PLANNING · LITIGATION

WPL-LEGAL.COM

NAPLES OFFICE • 3200 TAMIAMI TRAIL NORTH, SUITE 200, NAPLES, FL 34103 • (239) 649-6555
MARCO ISLAND OFFICE • 606 BALD EAGLE DRIVE, SUITE 500, MARCO ISLAND, FL 34145 • (239) 394-5161

NUTRITION

FOOD ALLERGY

WEIGHT LOSS

Total Approach Weight Loss
Take advantage of our telehealth option.

FOR A LIMITED TIME
Mention this ad and receive **FREE \$100** in supplements when you sign up for our **Total Approach**

(239) 593-0663

1575 Pine Ridge Rd #19 Naples, FL 34109 | www.drcederquist.com

SW Florida's Premier Board Certified Urogynecology Practice

FLORIDA BLADDER INSTITUTE
Excellence in Women's Pelvic Health

NAPLES: 1890 SW HEALTH PKWY., SUITE 205
(239) 449-7979
www.FloridaBladderInstitute.com

FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY

Specializing in the treatment of:

- Urinary & Fecal Incontinence
- Overactive Bladder
- Complex Pelvic Disorders
- Cosmetic Gynecology
- Pelvic Organ Prolapse
- Recurrent Urinary Tract Infections
- Heavy Bleeding
- Emsella

JOSEPH GAUTA, MD

NICOLE HOUSER, PA-C

AMBER THOMPSON, PA-C



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

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

Arterial or Venous Circulatory Problems?

Naples Cardiac & Endovascular Center



Peripheral Artery Disease | Venous Insufficiency | Endovascular Center

Symptoms that may indicate PAD:

- * *Weak or tired legs.*
- * *Difficulty walking or balancing.*
- * *Some people have atypical symptoms.*

PAD pain may feel like:

- * *Tight, aching, or squeezing pain in the calf, foot, thigh, or buttock that occurs during exercise.*
- * *The pain usually gets worse during exercise and goes away when you rest.*

Advanced PAD stages may cause:

- * *Leg pain at rest.*
- * *Skin ulcerations.*
- * *Gangrene.*

We are able to evaluate and treat lower extremity arterial and deep venous disorders using minimally invasive (catheter-based) procedures without surgical incisions. Many of these procedures can be performed in our state-of-the-art Office-Based Endovascular Suite. This results in improved patient convenience and satisfaction.

For more information call us at:

239-300-0586

1168 Goodlette N., Naples, FL 34102
9400 Bonita Beach Rd., Suite 203, Bonita Springs, FL 34135

www.heartvein.com



We don't treat John's cancer, we treat John.

At GenesisCare, we treat individuals, not just the disease, which is why we offer personalized care that's designed around you. With the team at 21st Century Oncology now part of GenesisCare, you will receive world-class cancer care close to home.

[genescare.com/USA](https://www.genescare.com/USA)



Proudly Serving Collier County

The VITAS® Healthcare Inpatient Unit (IPU) at Solaris HealthCare Imperial provides end-of-life care in Naples.

The VITAS IPU provides inpatient hospice care when patients' symptoms cannot be managed at home.

An interdisciplinary team oversees patient care 24/7 to manage acute symptoms, address pain, and support quality of life.

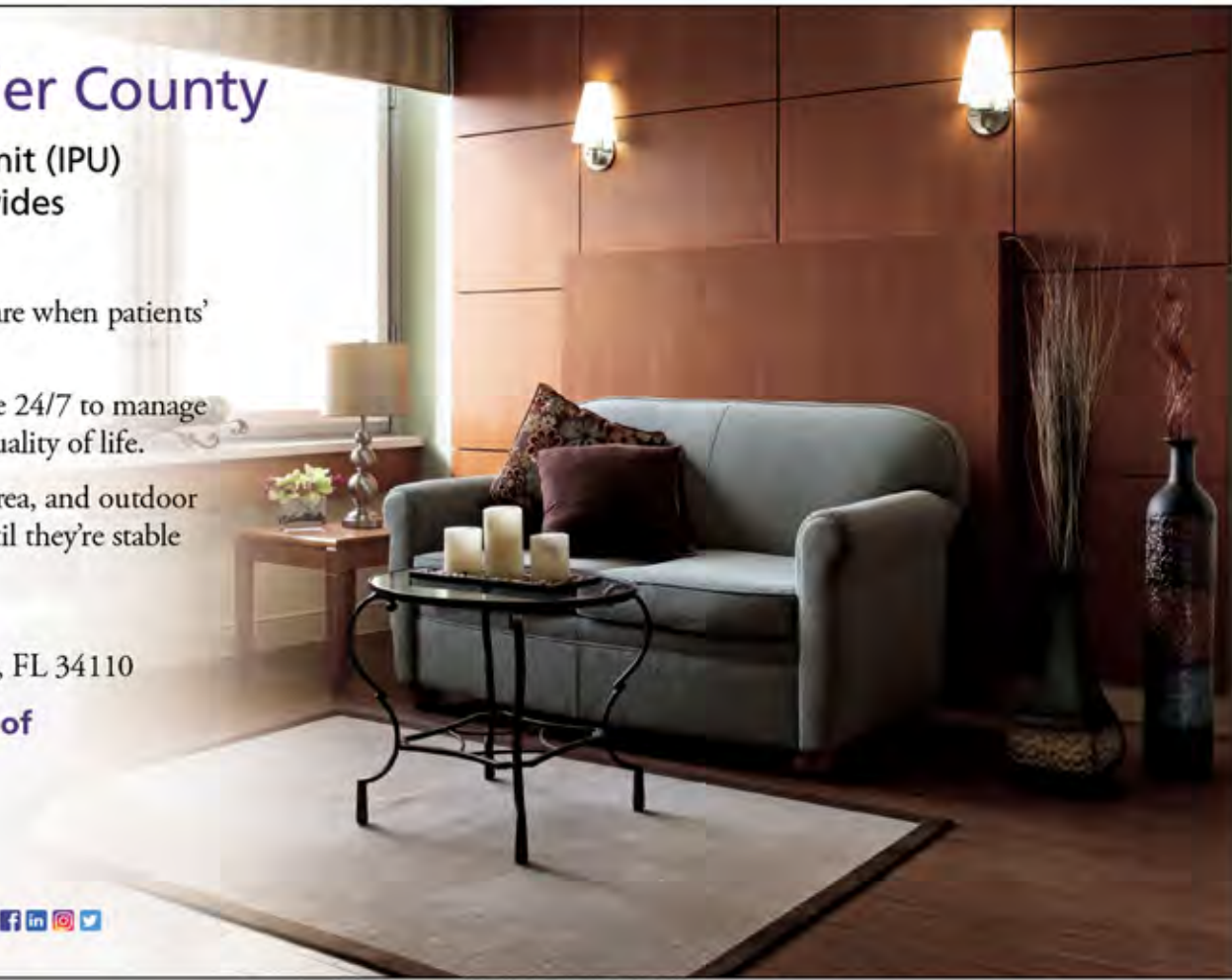
With 12 private rooms, a communal family area, and outdoor space, the IPU helps patients feel at home until they're stable enough to return to their preferred setting.

VITAS IPU at Solaris HealthCare Imperial
900 Imperial Golf Course Boulevard | Naples, FL 34110

Choose the nation's leading provider of end-of-life care. Choose VITAS.

VITAS
Healthcare
SINCE 1980

866.759.6695 | VITAS.com    



THE HELP YOU NEED IS CLOSER THAN YOU THINK.

You or someone you love is determined to keep living at home. We understand. Call us and discover the difference compassionate, insightful care can make.

**Prompt-Professional-Prepared
Private Care for your Peace of Mind**



239.325.2273 | info@mckenneyhomecare.com
mckenneyhomecare.com
ACHA License #299994144



MISIR PHARMACY DME

MISIR PHARMACY IS AN INDEPENDENTLY OWNED RETAIL PHARMACY. OUR STAFF PHARMACIST HAVE MORE THAN 75 YEARS OF TOTAL EXPERIENCE.

OUR COMPOUNDING ABILITIES ENABLE US TO HELP OUR PATIENTS ACHIEVE THEIR GREATEST THERAPEUTIC OUTCOMES BY PROVIDING PHARMACEUTICAL COMPOUNDING SERVICES WHICH TAILORS MEDICATIONS SPECIFICALLY CUSTOM TO EACH INDIVIDUALS NEED.

- DERMATOLOGY COMPOUNDING
- PAIN MANAGEMENT
- VETERINARIAN COMPOUNDING
- FLAVORING OF MEDICATIONS
- SPECIALIZED CHILDREN'S FORMULATIONS

FREE DELIVERY
WE ACCEPT MOST MEDICARE, MEDICAID, PRIVATE INSURANCE, DISCOUNT PROGRAMS

"Our pharmacists do more than fill your prescriptions, they take an active role in your health care"

At Misir Pharmacy, we have a singular focus on service, collaborating with our clients to develop products and services that help them provide quality care, control costs, and remain compliant with ever-changing regulations.

**MISIR PHARMACY
8795 TAMiami TRAIL EAST, NAPLES, FL 34113
239-403-0060**



NEED TO REACH OUR OFFICES BUT HAVE CONCERNS ABOUT SOCIAL DISTANCING?

Don't be,
Telemedicine is available for
New and Existing Patients.

CALL 239-465-4157



ROLANDO
RIVERA, M.D.

DAVID
WILKINSON, M.D.

JONATHAN
JAY, M.D.

www.advancedurologyinstitute.com/aui-naples-office/

YOUR HEALTH COMES FIRST



Ricardo Martinez, MD

Our Services Include:

- Routine Exams
- Health Consultations
- Addiction Medicine
- Urgent Care Services

We are a team of specialized health professionals who work to achieve the optimal health of all of our patients.

239-315-7801

www.well-beingmedicalcenter.org

851 5th Ave. N. Suite 102 Naples, FL 34102



Dr. Bryan Hunte D.C.



Relieving Pain - Promoting Health

Where do you go for expert **pain relief** & **rehabilitation** when all else fails?

Begin Your Path to END suffering from neck pain today. Improve range of motion, eliminate neck pain.

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



Advanced Spineworks
16517 Vanderbilt Dr. Suite 3
Bonita Springs, FL 34134

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.¹

References

1. Alma Lasers, Clearlift, The Virtually Painless Alternative to Skin Resurfacing, Buffalo Grove, ILL, 2017 almalasers.com

ClearLift™



Aesthetic Treatment Centers

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.



Main Office

720 Goodlette-Frank Road, Suite 300
Naples FL 34102

Fifth Avenue Location

800 Fifth Avenue South, in Salons by JC, Suite 5
Naples FL 34102

Hours

Monday - Friday 9-5
Saturday: By appointment

(239) 322-3790 | atcnaples.com

To find out more about their procedures and expertise, please call 239-322-3790 for an appointment, or visit them online at atcnaples.com.

Mindy DiPietro
CEO

Kathleen M. Marc, MD
Medical Director



WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

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

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

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

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

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

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

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

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



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

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



SOME OF THE SIGNIFICANT CHANGES ARE:

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

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

Dr. Ralph Rodriguez

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



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

Dr. Alejandro Blanco

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



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

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

INTERNAL MEDICINE
PARTNERS

1726 MEDICAL BLVD SUITE #201
NAPLES, FL 34110
(239) 596-8804 OR 8806
QUESTIONS: ADMIN@IMP NAPLES.COM



Get Excited about Gifting!

SHOP OUR LIMITED EDITION
Themed Gift Sets & Collections for Every Budget



Tin City | 5th Ave Naples | Coconut Point | Sanibel | River District Ft Myers
Fishermen's Village | Lakewood Ranch | St. Petersburg | Mount Dora | Destin

NAPLESSOAP.COM

DISCRETE • SIMPLE • PROFESSIONAL • LEGAL



INTERNAL MEDICAL PARTNERS

Have you or anyone you know experienced an illness which you believe low THC or Medical Marijuana could provide relief?

Chronic Pain • Cancer • Epilepsy • Glaucoma • Positive Status for Human Immunodeficiency
HIV/AIDS • Post-traumatic Stress Disorder (PTSD) • ALS • Crohn's Disease
Parkinson's Disease • Multiple Sclerosis • Chronic Seizures • Chronic Muscle Spasms
Anxiety and Any Terminal Condition

GET ANSWERS NOW! CALL 239-596-8804 TODAY!

In the state of Florida law THC or Medical Marijuana is legal to use in form of oil, pills or vapes for qualified medical condition. If you have one of these medical conditions and have tried other treatments without success, our physicians are happy to help you.



Accepting New Patients



**Dr. Ralph Rodriguez
& Dr. Alejandro Blanco**
239-596-8804 or 239-596-8806
1726 Medical Blvd., Suite 201
Naples, FL 34110



Hours of Operation:
Monday - Friday: 9-5pm

email: admin@imnaples.com

www.imnaples.com

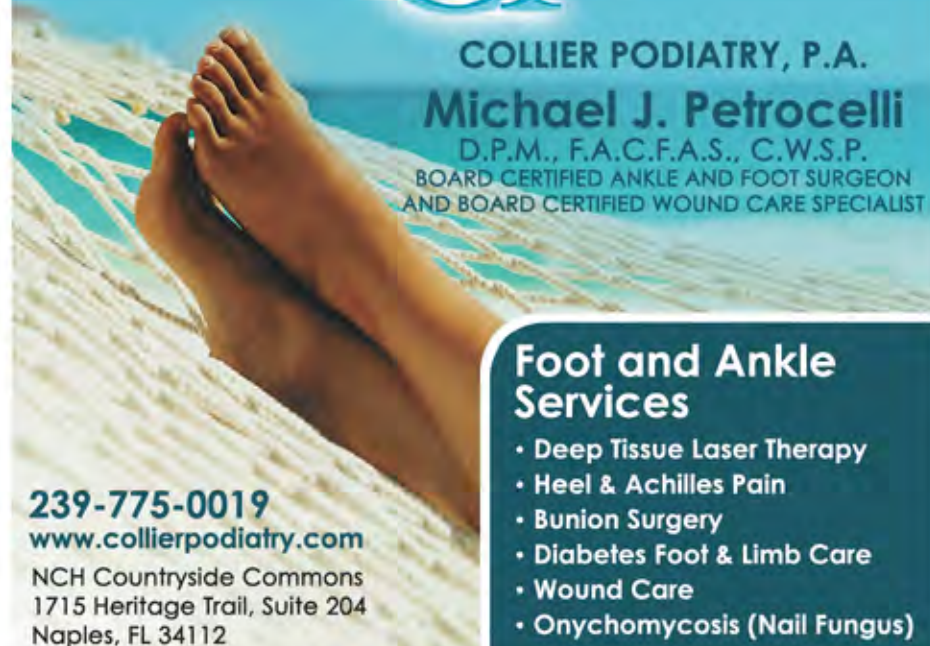
Care for Your Feet, Relieve Discomfort
and Enjoy Walking Again



COLLIER PODIATRY, P.A.

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



Foot and Ankle Services

- Deep Tissue Laser Therapy
- Heel & Achilles Pain
- Bunion Surgery
- Diabetes Foot & Limb Care
- Wound Care
- Onychomycosis (Nail Fungus)

239-775-0019

www.collierpodiatry.com

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

Get local help with your Medicare questions.

I'm Dee Merritt, a licensed sales agent in Southwest Florida. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. **Take advantage of my knowledge and experience to:**

- Take the confusion out of Medicare
- Receive one-on-one service
- Get help comparing plans
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

It's time to take advantage.

Dee Merritt
 Licensed Sales Agent
 239-362-0855, TTY 711
 Dee@Logicalinsurance.com
 logicalinsurance.com

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2020 UnitedHealthCare Services, Inc. All rights reserved.



FREE 15-Minute Consult Call

To discuss

The "Scary Times" Success Strategy

Highest Risk Factors for Having a Compromised Immune System Include:

- Stress
- Poor Diet
- Cardiovascular Disease
- Lack of Exercise
- Diabetes
- Smoking
- Obesity
- Autoimmune Disorders
- Respiratory Disease

**You don't have to live in fear over COVID-19.
 You can do something about it!**



**Personal Consultation with
 Wellness & Functional Medicine Expert,
 Dr. Linell King, MD**



NAPLES VITALITY
DR. LINELL KING, MD

**Call 239-307-0036 to reserve your
 FREE Consult Call & GAIN ACCESS
 to Our Immune Boosting Webinar!
www.naplesvitality.com**

There are a limited number of spots on Dr. King's calendar so call now to reserve yours. STOP LIVING IN FEAR!



Our assisted living is accredited for two reasons. You. And your family.



Because having the confidence and peace of mind of accreditation is important. We think you'll find that our accreditation is only one of the many reasons to take a look at The Carlisle.

Call 239.249.3247 to schedule a personalized tour.

6945 Carlisle Court • Naples, FL
 TheCarlisleNaples.com • 239.249.3247



INDEPENDENT & ASSISTED LIVING RESIDENCES • ECC LICENSED

ASK ABOUT OUR EXCEPTIONAL SAVINGS SPECIAL!

EQUAL HOUSING OPPORTUNITY | ♿ | ♿ | ASSISTED LIVING FACILITY #9408

Medicare Open Enrollment: It's Time to Review and Make Changes to Your Plan

Getting the most from your health plan is important to many seniors, but it is not always easy to navigate your way through all of the benefit plans and options. Your plan choices may vary depending on the county in which you live, the medical conditions you have, and your financial status.

It is essential to review your benefits each year between October 15th and Dec 7th. Unless there is a special exception, this is the time you can enroll, disenroll, or change your plan. This timeframe is referred to as the Open Enrollment Period (OEP).

What Do I Need to Know About my Medicare Options?

Medicare is a sophisticated system—maneuvering your way through the intricacies is the tricky part. You'll want to have the best coverage based on what your income will allow.

Medicare has several parts:

- Part A (Hospital)
- Part B (Physician & Out-Patient Services)
- Part C (Medicare Advantage Plan)
- Part D (Prescription Drug Coverage)

Because Medicare only covers approximately 80% of Part B expenses, most individuals will need to enroll in supplemental coverage to cover the cost associated with outpatient services. At age 65, most people enroll in Medicare Part A & Medicare Part B. Medicare only covers about 80% of Part B expenses. You are responsible for the other 20%.

When you opt to enroll in Medicare Part C (Medicare Advantage Plan), it combines Part A, Part B, and sometimes Part D coverage. This is similar to PPO & HMO plans, which have copays or deductibles instead of the 20% balance that Medicare does not cover. The benefits depend upon the policy you select.

Special Enrollment Period (SEP)

Whether you're moving out of state or making a town move, there are opportunities to change your plan or to enroll in a new plan if necessary. Special



Enrollment Period allows you to change your policy outside of the Open Enrollment Period. Typically, you have 60 days to change your plan if you move. This will enable you to either keep your existing plan or enroll in new coverage.

Because this is the season for open enrollment, it's critical to review your plan and to seek help if you're considering making changes to an existing plan.

The best way to enroll in a new plan is to call 1-800-MEDICARE.

*Regardless of Open Enrollment and age restrictions, those that already carry a supplement plan can choose to change their plan at any time.

Millennium Physician Group reminds you to make sure your primary-care provider participates in the plan that you choose because your continuity of care is the most important thing, and your connection to a healthier life.

Millennium Physician Group

Millennium Physician Group is one of the largest comprehensive independent physician groups with more than 500 healthcare providers located throughout Florida.

We are here to connect you to a healthier life, contact Millennium Physician Group today.

MILLENNIUM
PHYSICIAN GROUP
Your Connection to a Healthier Life



Scan Now
to Access
MPG Connect!





AESTHETIC TREATMENT CENTERS
REVIVE. RENEW. REJUVENATE.

BODY
FAT REDUCTION SKIN TIGHTENING
LASER HAIR REMOVAL THERMIVA

SKIN
INJECTABLES & FILLERS ADVANCED SKIN
REJUVENATION FACIALS

IV HYDRATION
TREATING

- Extreme fatigue
- Headache
- Nausea
- Dry skin
- Dizziness
- Constipation

Convenient Financing Options

Call Today for Your **FREE FACIAL**

720 Goodlette-Frank Rd. Suite 300, Naples, FL 34102
Phone: (239) 322-3790
aestheticreatmentcenters.com



COVID-19 Clinical Trials to commence soon in SWFL as part of Operation Warp Speed and in partnership with major pharmaceutical companies.

Clinical Trials Areas:

Diagnostics
Treatments
Vaccines


Clinical studies for the advancement of medicine & the improvement of lives



WWW.ARHIUSA.COM • @ARHIUSA • 239.230.2021

INTERNAL MEDICINE
PARTNERS

1726 MEDICAL BLVD SUITE #201
NAPLES, FL 34110



Dr. Ralph Rodriguez



Dr. Alejandro Blanco

EMSCULPT®
BUILD MUSCLE & SCULPT YOUR BODY
NO SURGERY - PAINLESS - NO DOWNTIME



WORLD'S FIRST & ONLY
NON-INVASIVE BUTTOCK LIFTING

WWW.IMP NAPLES.COM

Dr. Alejandro Blanco and Dr. Ralph Rodriguez are ACCEPTING NEW PATIENTS.
Please call (239) 596-8804 to schedule your appointment.

INFLAMMATION: WHEN THE TRUTH HURTS

BY DR. LINELL KING

Most of us have heard that diabetes, dementia, autoimmune disorders, cardiovascular disease, and many other chronic ailments are often linked to some modifiable lifestyle factors. Sometimes these diseases can be prevented altogether, and occasionally, (under certain circumstances) completely reversed. Many unknowingly accept their diagnoses, blaming conditions on factors outside of their control, such as age, genetic predisposition, or environment. While this can be the unfortunate truth for some, many individuals have the opportunity to choose how they will spend their lives and their money; the option to redeem their health and reclaim their vitality. If you could, and it was “easier,” would you choose chronic disease, mountains of medical debt, elaborate lists of medications, and an involuntarily sedentary life? Most would say no, but their actions often say otherwise. Understanding which changes will improve your quality and length of life is key, but taking action and maintaining those changes is essential to success.

WHERE TO BEGIN? TAKE ACTION.

Scan your body ...does it hurt? Is chronic pain and inflammation limiting your lifestyle, job, ability to enjoy activities? How is your digestion...as efficient or comfortable as you would like? Inflammation can affect that, too. How is your sleep? Do you wake feeling rested, energized, ready to take on the day? Is your mind clear and sharp, or foggy, fatigued; riddled with anxiety, depression? Inflammation is not limited to muscles and joints, it can negatively impact multiple organs and body systems, compromising neurological function, digestion, mood, and hormone regulation.

These undesirable symptoms are the body's red flags waving; an alarm system and opportunity; your body asking you to take time to find out what it needs, what's going wrong, what's going right, and why. More often than not, our body is begging for change. A chance to heal can be seized when we listen to these uncomfortable clues.



METABOLIC SYNDROME: A CRY FOR HELP

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

INFLAMMATION AND THE MICROBIOME

Our immune system is essential, and should provide the ability to ward off most disease and infection. However, many are unaware that the health of the gut (or microbiome) is directly related to immune function. Nearly 80% of our immune system is housed within the gut. If the gut lining is damaged, toxins, antigens, undigested food particles, and bacteria can leak through the intestinal lining and into the bloodstream. This can throw the immune system into overdrive, as it works to disarm the toxic substances in the blood. Many individuals diagnosed with an autoimmune disease are unaware that they have leaky gut syndrome. Dietary and lifestyle changes aimed at repairing the gut and establishing a healthy microbiome have often alleviated or eliminated autoimmune disease symptoms.

Addressing inflammation by improving gut health, clearing chronic infections, and removing toxins can improve many disease states and disorders. Optimizing and improving systemic function results in an

increased ability to not just fight disease, but to express health. Find the root cause of what ails you through utilizing a whole-body, integrative approach. Your body holds the clues, and naturally desires to heal and thrive. The choice to take action is up to you.

NAPLES VITALITY: OPTIMAL HEALTHCARE

Don't let your health be the reason you miss out on living your life to the fullest.

Join us in our mission to change healthcare as we know it. Getting older doesn't mean you have to be unhappy with how you look in your clothes, more aches and pains, more disease, and more medications. It is possible to enjoy the life of your dreams by taking control over your own health.

Naples Vitality has helped thousands to regain their health and feel great again. Our physician-led team will take you by the hand and guide you through a simple journey to a life of vitality. Grow healthier, not older.



Call **239-467-0098** to reserve a free 15 minute consultation call with **Dr. King** to discuss your

personalized success strategy.
www.naplesvitality.com/consult



NAPLES VITALITY

DR. LINELL KING, MD

239-467-0098

WWW.NAPLESVITALITY.COM

3411 TAMiami TRAIL N, SUITE 200
NAPLES, FL 34103



Did you gain unwanted fat in the last 30 days?
FREEZE IT AWAY & BRING BACK THE OLD YOU!

NEW WELLNESS STUDIO GRAND OPENING SPECIAL Only **\$78** Per Session

Minimum of Seven Sessions. Expires 11/30/20

Our **NEW** Covid safe wellness spa offers large treatment rooms and our estheticians take all safety precautions so you have a safe and enjoyable experience!

Top 5 Benefits of Thermal Shock

Fat Loss: Thermal shock reduces fat cells typically resistant to diet and exercise alone. By applying heat to relax fat cells through vasodilation, then administering and extended period of cold, fat cells die and drain through the lymphatic system.

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.



CALL TODAY 239-206-2955 TO SCHEDULE YOUR FREE EVALUATION!

We are constantly looking for new ways to offer clients cutting-edge beauty and



wellness technology. Thermal Shock provides a novel approach to cryotherapy weight loss, body contouring and whole-body health.

Offering a variety of services: Cryotherapy • Group Classes • Massage Therapy • Personal Training
NEW Classes Starting Nov. 16th - Yoga, Spinning, Pilates, and More!

24880 Burnt Pine Drive, Suite 6, Bonita Springs, FL
 239.206.2955 • corefitwellness.com
 Hours: Mon. - Fri. 5 a.m. to 7 p.m. • Sat. to 9 a.m. to 3 p.m.



FALL BACK INTO FITNESS!

The Area's Premier Personal Training Facility



PAUL CALIFANO

Prior to signing up for personal training at CoreFit I was in Physical Therapy. Paul, my trainer, helped take me to an entirely new level, CoreFit is clean, Covid-19 safe and I give it my highest recommendation! -- George



NICK BALKENBUSCH

Nick 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.

\$49⁹⁵ PERSONAL TRAINING SPECIALS \$29⁹⁵
 1-HOUR SESSIONS Expires 11/30/20 HALF HOUR SESSIONS

TRAIN WITH THE BEST PERSONAL TRAINERS IN THE AREA FOR:
 Weight Loss • Tone and firm up by adding upper and lower body strength
 Train for a specific event • Increase flexibility
 Post rehab therapy problem knee, back, shoulder pain

CALL TODAY 239-206-2955 TO SCHEDULE YOUR FREE EVALUATION!

ATTENTION GOLFERS

Maximize your body for your perfect golf swing! Tim, our TPI certified Level 2 Golf Personal Trainer, will breakdown the body mechanics of your golf swing and work with you on exercises to promote an efficient and consistent golf swing.

GRAND OPENING SPECIAL INTRO PACKAGE ONLY \$399 FOR 4 SESSIONS PLUS A FREE EVALUATION!
 Expires 11/30/20



Offering a variety of services: Cryotherapy • Group Classes • Massage Therapy • Personal Training
NEW Classes Starting Nov. 16th - Yoga, Spinning, Pilates, and More!
 Covid safe environment! Less than 10 people in the studio at all times.

24880 Burnt Pine Drive, Suite 6, Bonita Springs, FL
 239.206.2955 • corefitwellness.com
 Hours: Mon. - Fri. 5 a.m. to 7 p.m. • Sat. to 9 a.m. to 3 p.m.

Diabetic Eye Disease:

WHY DO YOU NEED A DILATED EYE EXAM?

Dr. Katia Taba of Personalized Retina Care of Naples said, "The retina is a layer of neural tissue in the back of the eye. Its ten layers of cells contain synaptic interconnections between neurons, and it is responsible for brain communication, image acquiring, circadian rhythm regulation, light detection, and neural plasticity."

"The importance of the retina to a medical professional and researchers is that it is the only part of the central nervous system that can be directly visualized. Dr. Taba continued, "This is done via an ophthalmoscope and special fundus exam lenses. The information collected during the retinal pathway examination is important for identifying.

"All of us should be getting our regular eye examinations to ensure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type I and type II diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage leads to diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness."

To further educate her patients and the community on the importance of diabetic eye disease, exams, and treatment, Dr. Taba wanted to share an article published by the American Academy of Ophthalmology highlighted below.

The Centers for Disease Control and Prevention (CDC) says that about 90% of vision loss from diabetes can be prevented. Early detection is key. People with diabetes should get critical, annual eye exams even before they have signs of vision loss. Studies show that sixty percent of diabetics are not getting the screening diabetic retinopathy exams their doctors recommend.

What Is Diabetic Eye Disease?

Diabetic eye disease is a term for several eye problems that can all result from diabetes.

Diabetic eye disease includes:

- Diabetic retinopathy,
- Diabetic macular edema,
- Cataract, and
- Glaucoma

Diabetic retinopathy

Diabetic retinopathy is when blood vessels in the retina swell, leak or close off completely. Abnormal new blood vessels can also grow on the surface of the retina.

People who have diabetes or poor blood sugar control are at risk for diabetic retinopathy. Risk also increases the longer someone has diabetes.

Diabetic macular edema

Macular edema happens when fluid builds up on the retina and causes swelling and blurry vision. Diabetes can cause macular edema. Diabetic macular edema can lead to permanent vision loss.

Diabetes and cataracts

Excess blood sugar from diabetes can cause cataracts. You may need cataract surgery to remove lenses that are clouded by the effects of diabetes. Maintaining good control of your blood sugar helps prevent permanent clouding of the lens and surgery.

Diabetes and glaucoma

Glaucoma is a group of diseases that cause damage to your eye's optic nerve. This damage leads to irreversible loss of vision. Having diabetes doubles your chance of getting glaucoma.

What Other Eye Problems Are Related to Diabetes?

Diabetes can cause vision problems even if you do not have a form of diabetic eye disease.

If your blood sugar levels change quickly, it can affect the shape of your eye's lens, causing blurry vision. Your vision goes back to normal after your blood sugar stabilizes. Have your blood sugar controlled before getting your eyeglasses prescription checked. This ensures you receive the correct prescription.



Diabetes is a risk factor for several other eye diseases. They include:

- Branch retinal vein occlusion (BRVO)
- Central retinal vein occlusion (CRVO)

To prevent eye damage from diabetes, maintain good control of your blood sugar. Follow your primary care physician's diet and exercise plan. If you have not had an eye exam with an ophthalmologist, it is crucial to get one now. Be sure to never skip the follow-up exams that your ophthalmologist recommends.

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



Katia Taba, MD

Personalized Retina Care of Naples offers advanced imaging technologies and the most up-to-date treatments in retina and ophthalmology. Dr. Taba is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases.

There are ways to regain your independence and correct low vision. To find out more, or to schedule your appointment, please call Personalized Retina Care of Naples at (239) 325-3970 today. Same day appointments are often available.

Reference:

D. Turbert, American Academy of Ophthalmology. Diabetic Eye Disease, San Francisco, CA
<https://www.aao.org/eye-health/diseases/diabetic-eye-disease>



www.retinanaples.com | 239-325-3970
3467 Pine Ridge Rd., Suite 103, Naples 34109

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.

ALLEVIANT HEALTH CENTERS OF NAPLES

1575 Pine Ridge Rd., Suite 16
Naples, FL 34109
(866) 951-HEAL
alleviant.com/naples

References: 1. Janssen Neuoscience, About Spravato, Janssen Pharmaceuticals, Inc. 2019 spravato.com

**PERSONALIZED
RETINA CARE**
of naples

Dr. Katia E. Taba, M.D., Ph.D.
3467 Pine Ridge Rd #103
Naples, Florida 34109

Retinal Conditions and Diseases We Treat

Retinal diseases are often silent. There is usually no pain, no redness and no tearing associated with most retinal diseases. The paucity of symptoms can delay diagnosis and threaten your vision. Early detection is the key to preserve vision.

- Macular Degeneration
- Retina Detachment, Holes & Tears
- Flashes and Floaters
- Diabetic Retinopathy
- Macular Holes and Puckers

239-325-3970 | retinanaples.com

NOW OFFERING KETAMINE INFUSION THERAPY

No more 30 day wait. No more ER.

We help people suffering from mood disorders and chronic pain using innovative holistic treatments.

- Medication Management
- Ketamine Infusion Therapy
- Transcranial Magnetic Stimulation (TMS)
- GeneSight® Testing

We see people with the following health conditions:
Depression | Postpartum Depression | PTSD
Anxiety | Bipolar Disorder | OCD | Fibromyalgia
Migraine Headaches | CRPS | Rheumatoid Arthritis
Peripheral Neuropathy | Sciatica

ALLEVIANT
HEALTH CENTERS™
of Naples

(866) 951-HEAL
alleviant.com/naples

An Ounce of Prevention Could Mean More than a Pound of Cure With ED

It's never too early (or late) to start thinking about taking care of your sex life

By Dr. Carolina Young Ortiz

Have you ever wondered if it was just an off night? Maybe wondering if stress or lifestyle is keeping you from living your best life? Especially in the bedroom?

ED can have a myriad of causes, but all result in capping a man's ability to perform when the opportunity arises. And while there are pills with nasty side effects or painful surgeries you can undergo, wouldn't you prefer a safe, nonsurgical, noninvasive therapy that won't require you to take time off to heal?

GAINSWave is Making Headlines Due to its Ability to Prevent & Treat ED

GAINSWave is the industry leader in shockwave therapy and have already helped hundreds of thousands of men regain their vitality without any gimmicky pills or painful procedures. It is a noninvasive procedure that utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulates the growth of new blood vessels. GAINSWave uses a specific protocol designed to optimize efficacy, safety, and results.

Many men are now understanding the importance of this technology and how it can benefit them in the long term. GAINSWave offers immediate results that are cumulative. Much like living a healthy lifestyle, starting GAINSWave treatments early is another way men can be proactive about their health.

Orchidia Medical Group 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. GAINSWave is based on a series of over 30 clinical studies showing a greater than 75% success rate in treating Erectile Dysfunction (ED).

P-Shot (Priapus Shot) Can Also help with ED treatment and Prevention

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.

Orchidia Medical Group Treats both Men and Women for their Health, Wellness, and Aesthetic Needs

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!

Specializing in wellness and anti-aging, Orchidia Medical Group provides comprehensive care for weight management, wellness medicine, anti-aging, bio-identical hormones, and aesthetic procedures.

Schedule an Appointment Today

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

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

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

Dr. Carolina Young Ortiz

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

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

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

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

November Specials

Limited time only

Dysport Injections—buy 50 units at \$220
GAINSWave—Buy 6 Treatments and get the P-shot at half price

Call us today at 239-333-8809 to see how this fast clinically backed therapy with over a 75% success rate can get you back to your peak today. To find out more, please visit orchidiamedspa.com.



A New Body Contouring Procedure

Works in a Totally New Way to Give You the Results You Want

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

The EMSculpt® Difference

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

Ideal EMSculpt Candidates

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

EMSculpt Procedure

The EMSculpt procedure feels like an intensive workout of muscles in the target area being treated. The levels can be adjusted and gradually increased during the course of the treatment. Most patients enjoy lying down and relaxing during the non-invasive procedure.

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

Results

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



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

Internal Medicine Partners of Naples

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



Dr. Alejandro Blanco and Dr. Ralph Rodriguez are Accepting New Patients. Please Text or Call (239) 596-8804 to Schedule Your Appointment and Free Consultation Today.
www.impnaples.com | www.emsculptnaples.com



OUR TREATMENTS

- Botox & Fillers
- Facial Rejuvenation
- Vaginal Rejuvenation
- Erectile Dysfunction (GAINSWave)
- Hair Removal
- Acne Treatments
- Body Sculpting
- Lipotropic Injections
- Medical Weight Management
- Hair Restoration for Male & Females
- Health for Men
- IV Vitamin Infusion Tx.
- Nonsurgical Facelift with Silhouette Instalift
- P-Shot and O-Shot Available
- Testosterone Testing Available - Results in Minutes

239-333-8809 | www.orchidiamedicalgroup.com | ¡HABLAMOS ESPAÑOL!
2590 Golden Gate Parkway • Naples, FL 34105 • Suite 103 & 104

Board Certified M.D. with 20+ Years of Experience in Concierge Holistic Internal Medicine



- Moved practice from NYC to Naples
- A Cornell University graduate - authored hundreds of print & online publications and has appeared as a medical expert on FOX, CBS, ABC, and NBC.
- Author of 'Diet Slave No More!' book, phone app, & weight management program.
- A luxury concierge-style private practice with direct access to the doctor herself & instant feedback to your questions & needs
- Holistic Primary Care with meticulous attention to lifestyle, nutrition, and Mind-Body balance. Will help you manage your most important asset - your health.

Svetlana Kogan, M.D.
720 Fifth Ave S, Unit 209, Naples, FL 34102
(239) 676-6883 | www.customlongevity.com

What Does Your Prediabetes Diagnosis Suggest?

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

What does one find searching the Internet to explain prediabetes? According to WebMD.com, prediabetes is when your blood sugar level is higher than it should be but not high enough to be diagnosed with diabetes. It may be referred to as impaired fasting glucose or impaired glucose tolerance.

In terms of lab results, a diagnosis of prediabetes is when your A1c is between 5.7% to 6.4% and/or fasting glucose is over 99 mg/dL compared to a diagnosis of type 2 diabetes when your A1c is 6.5% and above.

For many patients, the difference between these diagnoses can be confusing, leaving patients unsure of how to move forward.

What is the difference between a prediabetes diet and a type 2 diabetes diet?

Should your exercise program be different?

Is medication different?

Catching disease at the earliest possible time is of course, always preferred. What if prediabetes is not the early indication of being on the path to type 2 diabetes?

Prediabetes indicates you already have a metabolic impairment, therefore, it begs the question, does it suggest this is actually the early stage or stage one of type 2 diabetes?

Now thinking of prediabetes as the disease, type 2 diabetes, does that change your view of when to start taking action to slow or reverse the progression of this disease? It is my view, that you either have or do not have a disease. Yet, there can be warnings when your system is not functioning at an optimal level.

That warning is insulin resistance. It is a metabolic impairment that can begin prior to a prediabetes diagnosis.

Insulin resistance is when the cells in your muscles, fat, and liver do not respond well to insulin. When that begins to happen, your cells cannot effectively take glucose from your bloodstream. Insulin is a hormone that acts like a key to your cells. Like having the key to your front door.

No one can enter without that key.

Your system is so smart that it realizes there is an issue when glucose stays in your bloodstream. So, your pancreas steps up and produces more insulin to help get that glucose into your cells.

Over time, your cells continue to become resistant to insulin as your pancreas works to continue to produce more and more.

In the beginning stages of insulin resistance, your A1c test result may even be in the non-diabetic range of less than 5.7%.

The A1c test is a wonderful guide in showing your average glucose over a three to four-month period. However, it is not the right test to tell you about insulin resistance.

A simple blood test for insulin is available. Although, there are warning signs that your body will share with you to indicate insulin resistance may be an issue:

- **Weight gain.** It sounds so basic doesn't it? But yes, it can be that simple of a sign. You are gaining weight.

- **Hypertension,** that is when your blood pressure is increasing. High insulin levels, hyperinsulinemia, raises blood pressure by decreasing sodium and water excretion in the kidneys and constricts the blood vessels. (The opposite can happen if you have high blood pressure, that can cause or add to insulin resistance.)

- **High triglycerides.** When your system cannot effectively store the carbohydrates that you are consuming, those carbs convert into triglycerides.

Unfortunately, because so many people are medicated with statins, you really don't know how your health is being impacted. Your triglycerides may be normal due to your statin, therefore, you may assume your diet is fine, however it may not be. If your triglycerides are not in normal range while on a statin, a blood test for insulin resistance may be considered.

- **Skin tags.** You can get skin tags for several reasons, but it can also be a sign of insulin resistance. Even if your A1c is below 5.7%.

Over time, high insulin can cause inflammation. With insulin resistance in our adipose tissue, which stores fat, it leads to inflammation. High insulin levels indicate your pancreas is working harder and faltering leaving you with high glucose levels. These are the common issues for those with the eventual diagnosis of type 2 diabetes.

By looking for the warning signs of insulin resistance rather than prediabetes, we can have a greater effect in decreasing the number of patients that have to hear the diagnosis of type 2 diabetes.

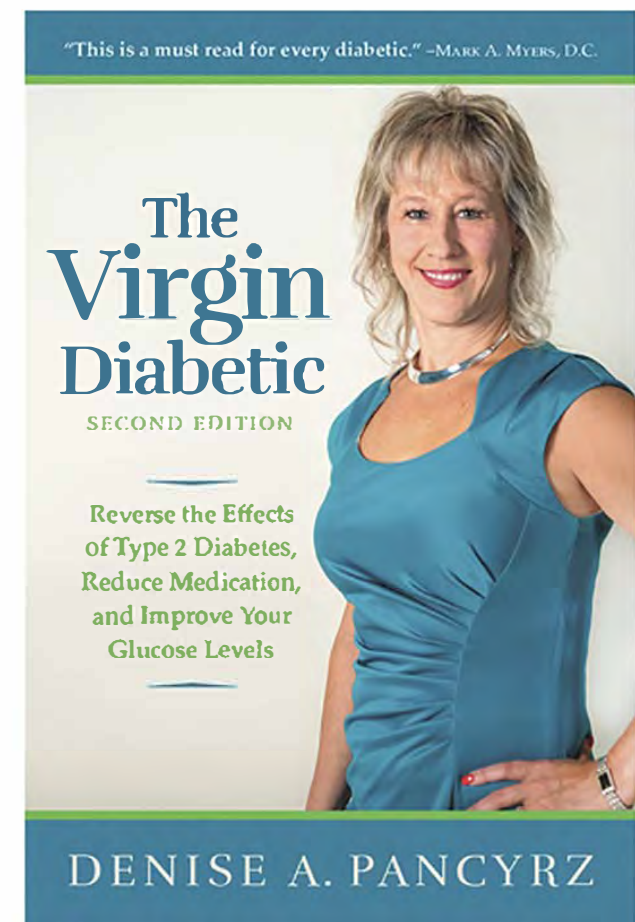
It may be time to ask the question, "Is prediabetes or insulin resistance the real precursor to type 2 diabetes?"

To hear more on this and other diabetes discussions, tune in to The Virgin Diabetic Podcast available on Spotify, Stitcher, iTunes, and Tunesl.

Visit ReverseMyDiabetes.net
to book a free consultation.

Call (888) 848-1763

Email Denise@ReverseMyDiabetes.net



Solutions for the Turkey Neck

By Anne Marie Tremaine, MD

This time of year, those darn turkeys always remind us of our own aging necks. The neck ages more rapidly than other areas of the body. The skin on the neck is thinner, delicate, and more sensitive skin that is quickly affected by sun exposure, smoking, and simply, time. Ultraviolet light not only causes red and brown discoloration of the neck, but it also breaks down collagen and elastin which, results in changes in texture, laxity, and wrinkles. Sometimes, it merely comes down to genetics and you must thank your ancestors for the double chin you have inherited.

Surgery is frequently the most effective option for the aging neck; however, it carries a higher risk of side effects and requires more downtime. There are many non-surgical options that can be helpful if started at the appropriate time. Today, I will try to quickly run through some of the best non-surgical options.

Of course, as I always say, the first step is daily sun protection to prevent further damage. There is no point reading further if you do not want to follow this easy step. There are topical creams that can improve the texture and tone of the neck as well. Peptide based creams are useful to smooth lines and improve the firmness and texture of the skin. Retinol and retinoids can be used cautiously on the neck to stimulate collagen



and elastin. I recommend using a peptide cream with sun-screen in the morning and a peptide cream with retinol at bedtime.

If you are bothered by the red/brown discoloration of your neck (this condition is called Poikiloderma), lasers can be used to even the skin tone. Lasers must be used carefully on the neck since the skin is so delicate. For this reason, usually multiple treatments are needed. There are many different lasers that can be utilized depending on your concern. My favorite laser treatments for the neck are the pulsed dye laser, which is great for removing redness; broadband light (BBL™) which is great for removing red and brown discoloration; and the Halo™ fractional laser which is great for removing brown discoloration and improving fine lines. Additionally, there are also skin tightening devices that can result in a modest tightening of the skin. It is best to have a consult to see what option is best for you.

Injectables can also be very useful for the neck in a variety of ways. Deoxycholate acid (Kybella®) is the first and only FDA approved

product to treat fat under the chin. It is usually a series of treatments to achieve reduction of the fat causing a double chin. Botulinum toxin can be used to soften longitudinal neck bands. This is a quick, easy, no downtime treatment, but it needs to be repeated every 3-6 months. Finally, fillers can be injected into the neck to smooth horizontal wrinkles.

In conclusion, there are many non-surgical treatment options for the neck, many with little to no downtime. It is important to consult a professional to see if these options would be right for you. Come see me if you want to lose your turkey neck before Thanksgiving!

Anne Marie Tremaine, MD

Board Certified Dermatologist
Harvard Cosmetic and Laser Medicine Fellowship

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



Struggle with high glucose levels?

- Stabilize your glucose levels
- Lower your A1c
- Lose weight
- Increase energy
- Reduce medication

The Virgin Diabetic
SECOND EDITION

My Diabetes Concierge
Denise A. Ponczyk

A One-of-a-Kind Online Diabetes Coaching Program!
Affordable • Practical Learning • Great Food • Motivating • Results

Visit: ReverseMyDiabetes.net/Services/Memberships
Call: (888) 848-1763 | eMail: Denise@ReverseMyDiabetes.net



SKIN CEUTICALS | BY **SKIN WELLNESS**
ADVANCED CLINICAL SPA | PHYSICIANS



DOWNTOWN NAPLES
1300 Goodlette Rd. N., Ste. 101
Naples, FL 34102

EAST NAPLES
Main Office
8625 Collier Blvd.

MARCO ISLAND
Marco Island Medical Center
531 Bald Eagle Dr.

239.732.0044 • www.SkinWellnessFlorida.com

 Visit us on Facebook

What is a Thoracic Aortic Aneurysm?

The thorax is the chest cavity, and when an aneurysm forms, there are often no symptoms; however, it is a progressive disorder that can be a life-threatening diagnosis. The aorta is the body's largest blood vessel that begins in the heart, extends down to the pelvic region, and branches out into the legs. Its function is to carry oxygenated blood throughout the body. An aneurysm can occur anywhere within the aorta. It is a ballooning and weakening of a section of the aorta that degenerates the tissue over time. Once the aortic aneurysm forms, it progressively expands and degenerates the vessel wall. When large, it can rupture and cause extensive damage, bleeding, and death.

Although Thoracic Aortic Aneurysms are rare, there are specific risk factors that make individuals more susceptible. Approximately 20% of all Thoracic Aortic Aneurysms are genetic.

Thoracic Aortic Aneurysm Causes:

- Atherosclerosis
- Smoking
- High blood pressure
- Degenerative disease
- Family history
- Genetic disorders
- Infections
- Vasculitis-arterial inflammation

Symptoms and Diagnosis

Ct Scans are typically used for diagnosis, and thoracic aortic aneurysms are often caught on a secondary basis, meaning the patient had a chest CT for another issue such as pneumonia. If a patient has symptoms, additional imaging can be ordered or preferred, such as MRI, echocardiogram, angiogram, and others. There are some symptoms, but these usually are felt in the later stages of the disease's progression. If you feel any sudden discomfort, call 911 as this is a sign of a rupture.

Symptoms include:

- Pain in the jaw, neck, chest, abdomen, and/or upper back
- Wheezing
- Coughing
- Shortness of breath
- Hoarseness
- Trouble swallowing

Treatment

If the aneurysm is small and poses little risk, it can be closely monitored by a vascular surgeon via frequent imaging and physical examinations. If you smoke, you will be asked to quit, and if you have diabetes, that needs to be managed completely with medications, diet, and exercise. Any cholesterol or hypertension issues will need to be treated, as well.

Surgery

If the risk of rupture is greater than the risk of surgery, having a procedure is highly recommended. These include thoracic aortic aneurysm repair (TAA) or a Thoracic aortic aneurysm open repair.

What is an Aortic Dissection?

An aneurysm can also cause a tear in the aortic wall, or an aortic dissection can also occur spontaneously. The tear begins in the innermost layer of the vessel wall. This causes blood to spill into the torn layers and weaken the aorta. It also causes ruptures, which are again, life-threatening.

Symptoms of Aortic Dissection

- Severe, consistent chest pain
- Back pain
- Sensations of ripping or tearing
- Referred pain (moving pain)

Aortic Dissection Treatment

Aortic dissection will require immediate treatment, which can be either open surgery or minimally invasive and repair or stenting in some cases.



Russell Becker, DO
Vascular Surgeon



Duke M. Pfitzinger, Jr., DO
Vascular Surgeon

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

The Vascular Center of Naples

The Vascular Center of Naples provides Comprehensive, Compassionate, and Meaningful Vascular Care for their Patients. They also offer FREE vascular profile screening. These screenings can check for abdominal aortic aneurysms, peripheral arterial disease (PAD), and carotid arterial disease.

Russell Becker, DO, Vascular Surgeon

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

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

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

Dr. Duke Pfitzinger, M.D. Vascular Surgeon

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

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



Vascular Center
of Naples

1875 Veterans Park Drive, Suite 2203
Naples, FL 34109

239-431-5884

www.vascularcenternaples.com

PHYSICAL THERAPY FOR ORTHOPEDIC REHABILITATION

After injuries, joint replacement surgery or soft tissue repair, physical therapy paves the way for healing, return to normal function, range of motion and rebuilding strength. One common condition treated in Physical Therapy clinics is rotator cuff injury or repair.

ROTATOR CUFF INJURIES: HOW PHYSICAL THERAPY CAN HELP

A very frequent injury site is the shoulder joint. The shoulder is a combination of bones, joints, ligaments, tendons, and muscles that provide an extensive range of motion in common everyday tasks, as well as in advanced athletic performance.

Whether you're using a walker, picking up a heavy grocery bag, or driving the ball 200 yards, an optimal range of motion is key to healthy living. However, many times shoulder pain is due to advanced arthritis or degenerative joint disease. In advanced cases, surgery may be inevitable. Shoulder replacement surgery is also known as shoulder arthroplasty.

ROTATOR CUFF INJURY PROGRESSION

Most tears of the rotator cuff occur slowly over time as the tissue wears out, and they commonly occur in those 50 years and older. Any force strong enough to tear tendons also damages and weakens the surrounding ligaments. Shoulder pain is multifactorial, and rotator cuff tears results in instability, and frozen shoulder. Many rotator cuff tears can be treated non-operatively. However, painful tears and tears that interfere with shoulder function should be treated with surgical repair.



Rotator cuff tears are very common in the elderly population. Studies show that 30% of those under the age of 70 and 70% of those over age 80 have a rotator cuff tear.

Imaging such as an MRI is necessary to accurately diagnose the condition, and an evaluation of the overall shoulder stability is essential if the individual wants to return to their normal activities. Once this is determined, the best option for that specific patient is planned out, including rehabilitation and physical therapy.

PHYSICAL THERAPY FOR ROTATOR CUFF TEARS OR POST-SURGERY

To relieve inflammation, pain, and to restore joint function and range-of-motion, physical therapy, along with medications are highly effective in many cases. Physical therapists are trained to strengthen and target the smaller muscles around the shoulder. This helps to support the larger muscles, tendons, ligaments, and any additional damage to the shoulder.

PT FOR SHOULDER INJURIES OR POST-SURGERY INCLUDE:

- Isometric Exercises
- Range of Motion Activities
- Joint Stabilization Exercises
- PRE's with Free Weights, Elastic Bands, etc
- Manual Therapy

PHYSICAL THERAPY

Seeing a physical therapist can alleviate the symptoms and heal the muscles of the shoulder through specific exercises and soft tissue mobilization. Physical therapy is normally prescribed after surgical repair to speed up the recovery process and to allow the shoulder to heal and function optimally.

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical therapy.

EXCEL PHYSICAL THERAPY OF NAPLES

At Excel Physical Therapy of Naples, we offer patients exceptional, highly-trained professionals specializing in sports and work related injuries, post-surgical rehabilitation, sports performance enhancement, back and neck pain management, manual therapy, shoulder injuries, and sports metrics ACL injury prevention. We cater to each individual case with meticulous care and attention in a one-on-one setting.


Call Excel Physical Therapy of Naples to schedule your appointment at (239) 213-4295.

239.213.4295

www.physicaltherapyofnaples.com

What is your VASCULAR PROFILE?

Call to schedule your free screening for ...




Carotid disease—Stroke prevention

Abdominal Aortic Aneurysm—Risk of rupture

Atherosclerosis (PAD)—Pain in legs with walking

We offer complete vascular lab studies performed by an RVT/RPHS (Registered phlebotomist/sonographer)



Vascular Center of Naples
1875 Veterans Park Drive, Suite 2203, Naples, FL 34109
239-431-5884 | www.vascularcenternaples.com





EXCEL

Physical Therapy of Naples

Better, Faster... with results.

239.213.4295

www.physicaltherapyofnaples.com

November is National Pet Wellness Month

Keeping our pets healthy and providing the best longevity via wellness and safety takes a lot of work, but it's incredibly important to help them age well. These things include keeping vaccinations up to date, getting annual wellness visits, taking them to the veterinarian if they are sick or seem to be acting strangely, keeping them safe, feeding them a nutritious diet, and giving them lots of love.

Most peoples' pets are considered a part of the family and paying attention to their needs is essential.

Tips to keep pets healthy

1. Always provide plenty of fresh water and allow them to relieve themselves several times per day (you wouldn't want to hold it for 10 hours per day).
2. Feed them a nutritious diet. Some pets have unique dietary needs for allergies, diabetes, kidney disorders, and UTI's. It's important to speak to your veterinarian about which diet is right for your pet.
3. Keep vaccinations up to date. If you visit dog parks or board your animal, it's essential to have specific vaccinations to guard against numerous diseases.
4. If your pet is anxious or suffers from separation anxiety, talk to your veterinarian about treatment options and alternative pet care. Stress can cause diseases in pets, just like it does in humans.
5. Give them lots of love and attention. Please make sure you spend time with your pet and take them for walks or other activities to bond and give them ample exercise. Be careful not to overexert your pet and to keep them cool and provide plenty of fresh water to replenish their systems and help them not to overheat.
6. Watch them! When you're in your yard or at the park, keep an eye out for snakes, Bufo frogs, poisonous mushrooms, traffic, and other animals or obstacles that could harm them.
7. Do not feed them any human food that is toxic to them. Foods that we enjoy are not always great for pets, as many of them can cause extreme illness and organ failure. These include chocolate, garlic, avocados, sugar, substitute sugars, nuts, raisins, grapes, onions, mushrooms, and many more.



Below is a more detailed list of some of the toxic effects:

Many foods, drinks, herbs, and ingredients are toxic to our pets. When we think of some of the top contenders, most people are aware of the health hazards that chocolate can induce in pets, and with the holidays just around the corner, what better time to discuss these foods and the risks they pose to our pet's wellbeing.

Chocolate causes severe toxicity with just a minimal amount, especially dark chocolate. Some of the side effects are vomiting, diarrhea, lethargy, seizures, rapid heart rate, and in some cases, death. The smaller the breed, the more dangerous chocolate can be, as well as the amount of chocolate the animal has ingested.

Raisins, grapes, and cherries are also very toxic to animals. Grapes and raisins affect the liver and kidneys in dogs and cats. Even if eaten in small amounts, it can cause significant damage and death. Cherries are poisonous to cats and dogs and can cause respiratory failure and death. The pits and seeds in fruits (cherries, avocado, peaches, apples) contain cyanide, so these are especially toxic and can also cause choking.

Sugar is not necessarily toxic, but it is not suitable for cats or dogs to eat sugar (Hello Holiday Candy), because as with humans, sugar can lead to diabetes, obesity, shaking, lethargy, and dental decay. Sugar alternatives like xylitol are incredibly toxic to dogs. Don't ever let your pet eat candy, mints, toothpaste, or gum made with xylitol or other sugar substitutes.

Nuts can cause severe reactions in dogs and cats, this especially true of macadamia nuts. If your pet gets into your candy stash that is packed with chocolate and nuts, this can be a double whammy. If it also has dried cherries or raisin, it's not a good combination. But again, if this happens, it's important to try and figure out how much they consumed and also to take their size into consideration. If a Chihuahua eats a box of dark chocolate Raisinets® or a Snickers® bar, then you definitely will want to seek medical attention. It's always best to be proactive, so even if a Border Collie eats the same amount, getting them checked out will be the best option for your pet's health.

Onions and garlic can cause anemia in pets. Anything in that family, such as powdered spices, chives, scallions, shallots, these are all very toxic to cats and dogs.

There are so many things that can cause toxicity in your pets; it is best only to feed them their allocated dog or cat food and treats. If your pet gets into candy or other toxic foods, don't hesitate! Get to your veterinarian's office or the Animal ER as soon as possible.

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.

ANIMAL OASIS VETERINARY HOSPITAL
239-431-9667
www.aovethospital.com

Ready To Sell Your Home?

Many Seniors Are Making The Transition And Leaving The Responsibilities Of Home Maintenance Behind

The real estate market here in Florida is in an upmarket, to say the least. There is an influx of buyers from other states and the inventory is low—Some homes are selling within just a few days of being listed. Have you thought about selling your home, condo, or townhouse? Many people are contemplating a move; this is especially true for seniors.

Enjoy Freedom, Security and Numerous Amenities
The time to sell is obviously now, and if you are a senior that is tired of mowing the lawn, fixing the gutters, or are putting off getting a new roof, you can leave the yard and home renovations behind and transition into an independent senior living facility. Another reason this option is alluring to many over 55 is that they can safely live in a luxurious senior community that's located around shopping, medical facilities, and entertainment. They also can reap the benefits of high-end amenities and maintain a social, active lifestyle with other mature adults. Some community amenities include on-site hair salons, gyms, pools, tennis and pickleball, media rooms, restaurants and social clubs, to name a few.

Health Issues Can Lead to Much Needed Help

The other scenario is that as we age, our loved ones or we might have failing health, be it a stroke, arthritis, Parkinson's disease, or other conditions that make assisted living or memory care the right option. Many senior communities have tiers of



living. For example, you and your spouse can start in independent living, and as you age or things change, one person or both can transition into the assisted or memory care facility if needed.

If you want to live a life free from the distractions and duties of home upkeep, or if you feel you'd be safer and better cared for in a secure, senior community, you are not alone. Many seniors are making the move. Call Nardi Realty to find out more about your home valuation and more.

If you are someone interested in selling or buying a home for ANY reason, Robert Nardi of Nardi Realty is the premier expert in the Naples area.

Robert L. Nardi, Licensed Broker and REALTOR®

Robert has been involved with technology for over 35 years. He is originally from Cleveland, Ohio where he graduated Summa Cum Laude from Baldwin-Wallace College in Berea, Ohio where he majored in Business with an emphasis in Accounting. He worked

for a major law firm, Jones Day for many years where he managed the Firm's technology help desk and was a guest speaker at numerous Customer Service & Support functions across the country.

After leaving Cleveland, he moved to Minneapolis, Minnesota where he took over the Directorship of Client and Administrative Services for the technology consulting firm, Perfect Access Speer.

Warmer weather began calling him and he settled in Naples, Florida. He loves everything about the Naples community, Florida, Real Estate, and life in general.

After working with CENTURY 21 for over 5 years, where he was ranked a top producer, he realized there was a need for a boutique firm that treats each customer like their only customer. There were special customers & properties that need "one on one" attention. Therefore, he created Nardi Realty to fill that gap.

From 2011 to today, he serves on the Grievance Committee for the Naples Area Board of REALTORS®. During these years he was Vice-Chair and Chair of this committee. In the past, he was Treasurer of the Women's Councils of REALTORS® and still performs audits of this organization on a yearly basis. He was on the Naples International Film Festival board of directors.

With his in-depth knowledge of real estate in Southwest Florida, customer service, and technology expertise, he and his firm, Nardi Realty, can offer customers superior service and therefore, superior results. And the results are in! In the past 3 years, he has personally sold over \$40 million in properties!

To find out more, please call (239) 293-3592 or visit www.BuyNaples.net

YOUR PET'S HOME AWAY FROM HOME!

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

ANIMAL OASIS Veterinary Hospital

2700 Immokalee Road, Suite 16, Naples, FL 34110

Dr. Kimberly Greene
Dr. Liz Vacendak
Dr. Lien d'Hespeel

239.431.9667
www.aovethospital.com

NARDI REALTY
Robert Nardi Broker/Owner

"We treat every customer like our only customer!"

Sales & Rentals 239-293-3592
Robert@NardiRealty.com
www.BuyNaples.net

3400 Tamiami Trail N. Ste 103
Naples, FL 34103

The Great American Smokeout: It's time to QUIT Smoking



With the annual Great American Smokeout taking place November 19, Tobacco Free Florida in Collier County is using this observance to encourage people to make a plan to quit smoking using the free tools and services available to Floridians.

Tracing its history back more than 40 years, the American Cancer Society's Great American Smokeout marks a date when smokers are encouraged to use the date to either make a plan or to begin their quit journey.¹

Quitting smoking can add up to 10 years to life expectancy.² The health benefits of quitting smoking include reducing the risk of heart attack and stroke, improving lung function and lowering the chances of getting an array of different cancers.^{3,4} The U.S. Centers for Disease Control and Prevention (CDC) adds that smoking may increase your risk of severe illness related to COVID-19.⁵

In addition to a healthier body, quitting smoking can lead to a healthier wallet. One year after quitting smoking, a former pack-a-day smoker can save over \$2,200, based on today's prices. Over five years, this adds up to a savings of over \$11,000.⁶

In observance of the Great American Smoke out, the tobacco prevention program in Collier County will be distributing resources and providing employers with cessation tools in aims of helping their employees to start their quit journey.

Employers across Collier County can also use the Great American Smokeout as a time to encourage employees who smoke to consider quit plans. In addition to the health benefits, businesses also stand to gain when employees quit.

A recent report found that an employee who uses tobacco can cost his or her company thousands of dollars each year in health costs, distraction at the worksite, increased medical costs, higher insurance and other expenses.⁷ Employees who smoke are much more prone to absenteeism than those who don't, with even former smokers who quit within the last three years costing employers an average of \$1,327.53 less each year.⁸

"For years we have known the serious impact tobacco has on business, on lives, and on families," said DOH-Collier Tobacco Specialist. "That's why Tobacco Free Florida makes available for all Floridians services like Web Quit, Phone Quit and Group

Quit and nicotine replacement therapy – free of charge. There are so many great reasons to quit – and the Great American Smokeout provides a perfect time to help someone kickstart their quit journey."

Information on the history of the Great American Smokeout, national activities to support quitting and other materials can be found at <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>. Tobacco Free Florida's quit tips, tools and more are available by visiting www.tobaccofreeflorida.com or by calling 1-877-U-CAN-NOW.

ABOUT THE FLORIDA DEPARTMENT OF HEALTH — COLLIER COUNTY

As a county health department within the Florida Department of Health, the Department of Health in Collier County (DOH-Collier) is a dynamic department that provides public health programs and services focused on preventing communicable, infectious, and chronic diseases as we work to promote and protect the health of our community. Essential public health services are provided at three sites; the main office is located in the government complex in Naples, a satellite office is located in Immokalee.

Our mission is to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. This mirrors the Florida Department of Health mission at the state level since we are an integrated public health system. Our guiding principles were developed to reflect our culture.

We are dedicated to working with individuals and organizations both public and private, to create and sustain a healthy environment and to promote physical, mental and socio-economic well-being for all people.

For more about our services, we invite you to browse through our site, visit our different programs, and explore our links for additional information.

**CONTACT THE FLORIDA DEPARTMENT OF HEALTH
AT 239.252.8200**

**To report a public health emergency call
1.866.786.4673 24 hours a day, 7 days a week.**

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 or follow the campaign on Facebook at www.facebook.com/TobaccoFreeFlorida or on Twitter at www.twitter.com/tobaccofreefla.

1 "History of the Great American Smokeout." American Cancer Society. <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>. [accessed 10 August 2020.]

2 U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. [accessed 10 August 2020.]

3 U.S. Department of Health and Human Services (USDHHS). (2014). Let's Make the Next Generation Tobacco-Free: Your Guide to the 50th Anniversary Surgeon General's Report on Smoking and Health (Consumer Booklet). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health. [accessed 10 August 2020.]

4 U.S. Department of Health and Human Services. A Report of the Surgeon General. How Tobacco Smoke Causes Disease: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010 [accessed 2020 August 10].

5 "Coronavirus Disease 2019 (COVID-19): People with Certain Medical Conditions." U.S. Centers for Disease Control and Prevention. <https://www.cdc.gov/eorncoronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#smoking>. [accessed 2020 August 27.]

6 "State Excise and Sales Taxes Per Pack of Cigarettes Total Amounts & State Rankings." Campaign for Tobacco-Free Kids. <https://www.tobaccofreekids.org/assets/factsheets/0202.pdf> [accessed 2020 August 10.]

7 Berman, Micah & Crane, Rob & Seiber, Eric & Munur, Mehmet. (2013). Estimating the cost of a smoking employee. Tobacco control. 23. 10.1136/tobaccocontrol-2012-050888. [accessed 2020 August 12.]

8 Baker, Christine L. JD, MPH; Bruno, Marianna PharmsD, MPH; Emr, Biro PhD; Li, Vicky W. MPH; Goren, Amir PhD Smoking Cessation Is Associated With Lower Indirect Costs, Journal of Occupational and Environmental Medicine: June 2018 - Volume 60 - Issue 6 - p 490-495 doi: 10.1097/JOM.0000000000001302 [accessed 2020 August 10.]

Your Local Partner in
Tobacco Control

tobacco free
COLLIER

Call us to find out how
you can get involved:
(239) 252-6852

Do You Have A Thyroid Disorder?

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

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

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

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

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

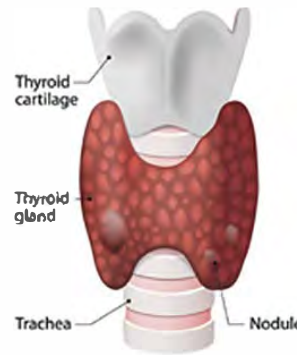
Hyperthyroidism Symptoms:

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

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

Hypothyroidism Symptoms:

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



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



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

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

To schedule an appointment please call,
239-315-8271

Marco Island
40 Heathwood Drive, Suite E
Marco Island, FL 34145-5029

Naples
700 2nd Ave N., Suite 204
Naples, FL 34102-5701



KNEE PAIN?

WE CAN HELP! CALL 239-319-7362 TODAY!

- CONSULTATION
- EXAM
- KNEE XRAY (IF NECESSARY)
- WHOLE BODY VIBRATION
- KNEE DECOMPRESSION TREATMENT

\$97

Most see decrease in pain and increased range of motion after only 1 visit.

YOUR RECOVERY STARTS HERE



RESTORE HEALTH CENTER

DR. ERIC NARRELL, D.C.

26381 S. Tamiami Trail, Suite 130 | Bonita Springs, FL. 34134

Southwest Florida's
Health & Wellness
Magazine



On the Web
swflhealthandwellness.com



On Facebook
[facebook.com/swflhealthandwellnessmagazine](https://www.facebook.com/swflhealthandwellnessmagazine)



On Twitter
twitter.com/SWHealthMag



In Your Inbox
Receive our monthly newsletter. Sign up online

Providing information
that will promote living a healthy, well-balanced lifestyle.





TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

#1 Shopping is Challenging

In light of our global pandemic, shopping has proven to be challenging for all ages, but if you have an underlying medical condition or are over 65, the risk of infection has become a significant concern. Along with COVID-19, shopping at the grocery store heightens the risk of other communicable illnesses such as the flu or the common cold.

In addition to these concerns, many seniors find it taxing or may not be able to drive themselves safely to the store due to mobility issues, diminished eyesight, cognitive issues, or other aspects that might make driving, parking, shopping, walking, or calculating a genuine challenge.

#2 Cooking is Becoming Difficult or Dangerous

Perhaps you used to love cooking, or maybe you've never been keen on whipping up a meal. Some individuals find that following a recipe and cooking can be difficult, time-consuming, or in some cases, dangerous.

If you'd prefer to have someone else make your meals out of convenience, or you'd rather not unintentionally burn or overcook your food, many people feel the same way. This is especially true for seniors who no longer need to cook for an entire family and those that have issues with getting around easily or are developing neurodegenerative disorders.

#3 You or Your Loved one Need Special Meals (Low Sodium, Low Fat, etc.)

Have you or your loved one undergone a heart procedure, stroke, or been diagnosed with diabetes? If so, you know the importance of following a strict diet that will help manage and sustain your disease and longevity.

Many people find it challenging to understand which foods are best and how to prepare those foods so that they are delicious and appetizing.

#4 You Want Nutritious Food Without the Hassle

Combining all of the reasons that so many seniors could benefit from a chef-prepared meal is easily identified in the previously mentioned issues and

conditions. You want to eat the healthiest meals possible, meals that are good for your body, and that taste amazing so that it's easy to stick to eating the way you know you should. That's where Chefs for Seniors can help.

Chefs for Seniors

Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

- Find peace of mind knowing personal chefs will handle the shopping and cooking
- Feel healthy and rejuvenated with meals for seniors that fit your diet
- Truly affordable and much less expensive than eating out
- All personal chefs are servsafe licensed, undergo background checks, and are fully insured

The company's local professional chefs prepare affordable meals for the week in the home using the freshest ingredients, while offering a fun interactive experience. Chefs for Seniors is a private meal preparation service which specializes in providing companionship with the chefs preparing the meals in the home of the client. Clients select meals from a regional menu which can be customized to the client's dietary preferences and needs. The process aims to be an affordable option for seniors who may want fresh home-cooked meals, but who may be physically unable to cook the meals for themselves.

Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half

hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

Your chef will bring their own "toolbox" with pots, pans, knives, and utensils into the home. You don't need to have anything on hand except an appetite and working appliances!

Cost and Insurance Coverage

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard.

Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors.

Multiple Meals During Visit

During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

Most clients have their personal chef visit their home every week, although some choose to schedule services every 2 weeks or 2x per week. We can work within your budget, appetite, and needs.

Special Diets

We can accommodate most dietary concerns and diets. Our chefs and menus are particularly well-suited for low-sodium, diabetic friendly, gluten-free, Kosher, and renal diet meals. We also take inspiration from the DASH Diet (Dietary Approach To Stopping Hypertension), when designing our weekly menu rotations. Our Custom Package is well suited for clients with less common diets or dietary concerns.

For any questions, please contact Chefs For Seniors at 239-776-1758.



CHEFS FOR SENIORS

chefsforseiors.com

Phone: **239-776-1758**

Email: bill.springer@chefsforseiors.com



Misir Pharmacy Compounding **SKINCARE** Customized Specifically For You

Noticing that your skin is starting to look dull, blotchy, or discolored? Do you have acne, scarring or noticeable wrinkles? Sure, there are many over-the-counter products touting their anti-aging benefits, but the truth is—they're not going to cut it! To see a noticeable difference in your skin's appearance, you'll need to see a medical professional for medical grade products that work. Misir Pharmacy Compounding Pharmacy works directly with your dermatologist or practitioner to create perfectly balanced skincare that is tailored to your needs. Having medical-grade, compounded skincare products allows for optimal cellular turnover and the regenerative effects needed to improve texture, color, brightness, reduce scarring, heal acne and reduce wrinkles.

Misir Pharmacy's Compounded Personalized Skincare & Medications

The art of preparing medications dates back to the origins of pharmacy. At Misir Pharmacy, they still practice the time proven art of compounding. This is done with modern variations of the "mortar and pestle" to prepare unique and individualized medications. By working with your physician, compounding allows their pharmacists to customize the strength and dosage form of a product, salve or

medication according to individual needs. This may include preparing a drug that is no longer commercially available, changing a medication from pill to penetrating skin cream, adding flavors, or preparing a dye-free or preservative-free medication. The possibilities are endless. Their pharmacists can formulate almost any kind of medicine and specifically design it just for you, including children's dosage forms and flavors, capsules and suppositories, hospice formulations, skin preparations, lip balms, medicated lozenges. Ask Misir Pharmacy how compounded medications may help you.

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.



St. Andrews Square - 8795 Tamiami Trail East
Naples, FL 34113

(239) 403-0060 | FREE DELIVERY
www.misirpharmacy.com

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.

- ACNE
- ALOPECIA
- ATHLETE'S FOOT
- CHEMICAL PEELS
- DIAPER RASH/INCONTINENCE
- HEAD LICE AND SCABIES
- MOLLUSCUM CONTAGIOSUM
- NAIL INFECTION
- PIGMENTATION ABNORMALITIES
- PLANTAR WARTS/WARTS
- ROSACEA
- SCARRING AND KELOIDS
- TOPICAL ANESTHETICS
- SUN PROTECTION/PHOTOAGED SKIN/WRINKLES
- PRURITUS
- PSORIASIS

CHEF-MADE MEALS FOR SENIORS

Our chefs shop, cook meals for the week, and clean up
Cost similar to meal delivery.
Customized to your diet.



CHEFS FOR SENIORS®
239-776-1758

chefsforseiors.com

Email: bill.springer@chefsforseiors.com

BOOK YOUR CHEF

Schedule weekly or bi-weekly visits with your chef. There are no long-term contracts to worry about.

WE COOK FOR YOU

Our professional chefs bring fresh ingredients and cook delicious, homemade meals in your kitchen.

ENJOY YOUR MEALS

You're set for the week! We leave you with customized, nutritious meals that can be eaten when you need them.

ENDOCRINOLOGY - THYROID - DIABETES - METABOLISM



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

LISTEN LIVE - HEALTH TOPICS
(Sugar Hour) - Every Weekend at 10 am

98.1 FM Marco Island

88.1 FM Everglades City

EMAIL YOUR HEALTH QUESTIONS

239-315-8271 | info@sugarhour.com

The right care makes all the difference.

Marco Island
40 Heathwood Drive
Suite E

Marco Island, FL 34145

Naples
700 2nd Ave N.
Suite 204

Naples, FL 34102

Is it My MEMORY... or Is it My HEARING?

The Latest Findings on the Connection Between Hearing Loss and Cognitive Function!

By Høglund Family Hearing and Audiology Services

Does your loved one constantly forget items that you know you've discussed with them, or is it possible that they didn't actually hear the message correctly? This question has been a concern for many families who suspect that a family member is showing signs of cognitive decline. Now, new research shows that hearing loss may not only be mistaken for signs of Alzheimer's disease or Dementia, but that hearing loss may actually contribute to cognitive problems!

A False Impression of Cognitive Decline

"We've always known that there are similarities between untreated hearing loss and Alzheimer's/Dementia symptoms" states John Høglund, BC-HIS, ACA of Høglund Family Hearing and Audiology Centers. "There are times when you may ask Mom a question about a specific topic, and she may give you an answer about a completely different subject that sounds absurd. You may be inclined to think she is showing signs of serious mental processing issues ... but she was actually answering... what she heard!" "Similarly it is impossible to correctly remember what you don't hear properly, so when Dad says that you never told him something that you KNOW that you discussed with him... he may not have understood what you said, but didn't bother asking you to repeat it." Episodes like these can give a false impression of cognitive decline where it is, in fact, simply due to their hearing loss. If the hearing problems are correctly addressed, these types of mistakes tend to go away.

Untreated Hearing Loss Linked to Alzheimer's and Dementia

There have been many recent headlines that now show a strong body of evidence that untreated hearing loss can significantly increase the risk of developing Alzheimer's Disease and Dementia! CNN reports, "The risk of Dementia appears to RISE as hearing ability DECLINES!" AARP quotes a study from Johns Hopkins and the National Institute on Aging that finds, "Men and Women with Hearing Loss are much more likely to develop Dementia and Alzheimer's Disease!" They further state, "Even mild hearing loss DOUBLED the Dementia risk." And the University of Pennsylvania School of Medicine links even EARLY STAGE hearing loss to accelerated BRAIN ATROPHY!

The findings suggest that poor hearing is a "harbinger of impending dementia," says George Gates, M.D., a hearing expert at the University of Washington in Seattle, who was not involved in the new study but whose own research has demonstrated a link between the two conditions. "We listen with our ears but hear with our brains," Gates says. "It is simply not possible to separate audition and cognition." People with moderate hearing loss generally struggle to communicate even in quiet settings, and those with severe hearing loss are near deaf. People with severe hearing loss, the study reports were five times more likely to develop dementia than those with normal hearing.

Make Hearing Tests Part of Your Annual Physical

Frank R. Lin, M.D., an ear surgeon at Johns Hopkins Hospital in Baltimore, says that hearing loss has an enormous impact on the lives of his patients and their family members.



John and Patricia Høglund
BC-HIS, ACA

"Yet because it is such a slow and insidious process, it is often left ignored and untreated." It is therefore recommended that regularly scheduled Hearing Tests should be part of a Senior's routine medical testing, and that hearing loss should be addressed as early as possible before these negative consequences begin to develop. "The intent of publishing these research articles is not to create 'panic' among the Senior population that they are going to lose their faculties if they have hearing loss," states Mr. Høglund. "It is, however, information that people should learn about in greater detail, since regular hearing tests are often not included as part of an annual physical. If you are over the age of fifty and have not had a Baseline Hearing Test, I would encourage you to begin monitoring your hearing acuity the way you monitor other aspects of your health. These tests are provided as a FREE public service by our Practice as a way of increasing knowledge and awareness of hearing related issues."



Please call (239) 360-3753 to schedule an appointment. All it will cost is a little of your time ... but the knowledge you receive may be priceless!

HØGLUND FAMILY HEARING AND AUDIOLOGY CENTER
Fifteen 8th Street, Suite B (Next to Royal Scoop Ice Cream)
Bonita Springs, FL 31434
239-494-8651

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste.120 (Next to LabCorp)
Esteros, FL 34135
239-494-8652

AUDIOLOGY CENTERS OF HØGLUND FAMILY HEARING
13710 Metropolis Ave. Suite 101
(One block west of Gulf Coast Hospital)
Fort Myers, FL 33912
239-208-6827

HØGLUND FAMILY HEARING AND AUDIOLOGY CENTER
1003 Del Prado Blvd South, Unit 204
(Towers Professional Building, Next to Downtowner Car Wash)
Cape Coral, FL 33990
239-558-3095

 **TINNITUS Care Provider**
Holding a Certificate from the International Hearing Society

HOW TO AVOID HOLIDAY HEARTBURN

By Karina Hammer

The holidays are around the corner and with all the over-indulging and overeating, this can be a time of pain and discomfort.

Are you tired of being in pain after every meal?

Is acid reflux keeping you up at night?

Are you waking up with heartburn more than 2 days a week?

Do you think that stomach pain is a normal part of life?

This is not normal and you can Heal Your Gut! It is crucial to understand that **any amount** of acid in the esophagus is going to cause problems. That's because its delicate lining isn't protected against acid like the stomach lining is. This irritates the vocal cords, causing inflammation, swelling and vocal problems. Acid reflux can damage your vocal cords and change your voice, negatively affecting vocal quality and performance.



Too often western medicine focuses on **suppressing symptoms** without paying attention to what is causing the symptom in the first place. Acid-suppressing drugs can make your heartburn worse, along with causing other serious side effects.

If you're suffering from the constant annoying pain of heartburn, try these four simple tips to get immediate relief!

1. Chew your food completely
2. Eliminate the foods that trigger heartburn or acid reflux

Food and drinks that commonly trigger heartburn include:

- alcohol, particularly red wine.
 - black pepper, garlic, raw onions, and other spicy foods.
 - chocolate.
 - citrus fruits and products, such as oranges and orange juice.
 - coffee and caffeinated drinks, including tea and soda.
 - peppermint.
 - tomatoes.
3. Drink 8oz of water with apple cider vinegar, Manuka honey and ginger
 4. Stop eating 3 hours before bedtime

HOGLUND FAMILY Hearing & Audiology Center



Hearing Loss?
Ringing Ears?

WE CAN HELP!

FREE SCREENINGS for Hearing or Tinnitus and Help with your Hearing Aids!



JOHN AND PATRICIA
HOGLUND LHAS, BC-HIS, ACA

Nationally Board Certified in
Hearing Instrument Sciences
American Conference of Audioprosthetologists

TINNITUS Care Provider

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
Fifteen 8th Street, Suite B
(Next to Royal Scoop Ice Cream)
Bonita Springs, FL 31454
239-494-8651

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste. 120
(Next to LabCorp)
Estero, FL 34135
239-494-8652

AUDIOLOGY CENTERS OF HOGLUND FAMILY HEARING
13710 Metropolis Ave Suite 101
(One block west of Gulf Coast Hospital)
Fort Myers, FL 33912
239-208-6827

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
1003 Dal Prado Blvd South, Unit 204
(Towers Professional Building, Next to Downtown Car Wash)
Cape Coral, FL 33990
239-558-3095



Like WD-40® for Your Aching Joints

We live in an eat-fast-go-fast-isn't-there-a-pill-to-fix-it world. Memory troubles, sleep issues, stress and pain (oh, the pain!) are the price we have to pay.

Or do we?

Try Omega Cure® Extra Strength — an easy-to-swallow and effective way to provide omega-3 benefits to every cell, organ and joint in your body.

Omega3 Innovations | omega3innovations.com | 941.485.4400

Build a Strong Immune System with Acupuncture

By Toni Eatros, MS, Dipl Ac, AP

Fall, or autumn, is a favorite season for many people. The weather starts getting a little cooler and the leaves begin to change. For many others, fall is not so festive. Many people tend to get sick during the fall months, allergies can flare up for some, and many don't like that the hours of sunlight decrease steadily, sometimes leading to seasonal depression. On top of all of that, COVID is ever-present and expected to surge soon.

In traditional Chinese medicine, fall is the season associated with the lung and large intestine energetic meridians. These two meridians work in a symbiotic way to control the immune system from both the inside and outside of your body. If you take good care of these two meridians during the fall, you are bound to feel better throughout the season.

Here are some suggestions on how to get through the season of the lung and large intestine channels without getting sick.

- **Wear a scarf:** The scarves don't have to be thick or heavy, but they should cover the neck. The large intestine channel runs up the arms, across the shoulders, up the neck, over the face and ends next to the nose. As many people now know, the health of our gastrointestinal tract plays a big part in our immunity. So keeping the large intestine channel warm and preventing exposure from the elements will help to keep you healthy. Cold pathogens can enter the body through the pores or nasal cavity. Wrapping the neck and shoulders with a scarf can help ward off the pathogens.

- **Eat Seasonal Foods:** Another way to keep the lung and large intestine channels balanced is to eat according to the season. This means eat foods that are available during the autumn months as well as foods that boost the energy of the lung and large intestine meridians. In the fall, you should eat fewer cold and raw foods like salads and instead you should eat more warm, cooked foods. Utilizing the foods that are available at this time of year is a good practice as well. Foods to enjoy during the fall months include apples, squash, broccoli, sweet potatoes, pears, yams, bananas, cabbage, carrots, cranberries, ginger, pumpkin, cinnamon, nutmeg and wild rice. Also hot herbal teas are a good addition to your daily diet, especially those containing ginger and lemon, which act as natural antibiotics.



- **Drink Water:** The large intestine and the lungs need to stay moist to function properly. So drinking lots of water is important. Most people know how important it is to stay hydrated during the summer months, but it is just as vital during the autumn. Without proper hydration, the skin, which is controlled by the lung meridian, can become dry and cracked allowing pathogens to easily enter the body. The large intestine meridian needs proper hydration to be able to expel any pathogens that have gotten into the system. So don't forget to drink lots of water during the fall.

- **Get Acupuncture:** As we approach the fall months, it is also a good idea to increase your regular acupuncture treatments. We have implemented office wide COVID disinfectant protocols. There are several acupuncture points that help boost immunity and fight off colds. Why not utilize the natural power of your body to stay healthy and fight off infection? By doing so, you might just move easily through the fall season without getting sick.

It is best to have your energy aligned and balanced during every season. You can use acupressure to make sure your energy is balanced throughout the fall season. The point, large intestine 4 (LI 4), is a reliever of headaches and tense muscles. LI 4 is a great point to use to balance energy in the large intestine meridian. In addition to making sure you

are balanced, this point promotes healthy bowel function. LI 4, is referred to as He Gu, or the "Adjoining Valleys." It is the point where energy cleanses the body and clears out what is no longer needed, this point clears the system and replenishes Qi, your body's energy.

To find the point, position your left hand flat with your palm down. Now squeeze your thumb and index finger together. Locate a fleshy mound that appears between the thumb and first finger. This is LI 4. Squeeze this point for 1 minute with your right thumb above and right index finger below, on the palmar surface several times per day.

Each season, two meridians become most active. In the fall, the lung and large intestine meridians become most active. If you have any issues with these meridians and their associated functions these symptoms usually appear or become worse during the fall season. For example, if you have chronic cough, it will typically worsen and lead to cold, flu, bronchitis or pneumonia during the fall season if not balanced out.

If your goal is to build a strong immune system, it is recommended that you get acupuncture quarterly, during the change of the seasons. The transition between season goes much smoother if treated at this time. You do not need to have anything "wrong" with you. Acupuncture corrects energetic imbalances before they manifest into disease. If your immune system is struggling, more frequent treatment will be necessary.

At **Acupuncture & Natural Health Solutions**, I like to keep healthy people healthy. Come in for your fall seasonal tune-up. Schedule your appointment online now, at <https://acupuncture-solutions-online.com>, or call 239-260-4566. Remember, and use, the tips to staying healthy in the fall that are listed above and stay well during this cold and flu season.

 **Acupuncture & Natural Health Solutions**

Call NOW To Schedule An Appointment

239-260-4566

www.AcupunctureSolutionsOnline.com

Cleaning Tips to Keep the Flu Virus at Bay and Out of Your Home

Flu season is among us and with an increase in the number of people in the area for the winter, preventing the flu and other viruses can be difficult this time of year. The muscle aches, fever, chills and fatigue that accompany the virus affect five to 20 percent of the U.S. population each year and hospitalize hundreds of thousands, according to the Center for Disease Control and Prevention.

Many of us are armed with an array of physical preventatives — from flu-shots to Emergency-C packets, neti-pots to home remedies — but what are we doing to stop the illness from spreading in our own homes, amongst our families and community members?

MaidPro expert cleaners, offer these tips to help you clean for health year-round and to stop the flu virus from invading your home:

1. Wash your hands regularly in warm soapy water. For quick clean-up, use antibacterial hand sanitizer. Make an effort not to touch your mouth or nose without first washing your hands.
2. Wear rubber gloves when cleaning household items to protect yourself. By wearing gloves, you will be less likely to touch your eyes, nose or mouth, which are havens for the flu virus.

3. Spray disinfecting spray on a cloth, wipe toys, door knobs, appliance handles, keyboards, remote controls, light switches, phones and facial tissue box covers. Viruses can live up to 48 hours on hard surfaces.

4. Wash items like towels and bedding in hot water with soap if someone has been sick in the home. Be sure not to share these items until they are thoroughly cleaned.

5. Change vacuum bags monthly or more frequently.

6. Boil toothbrushes for one minute in water and vinegar, run through a dishwasher cycle or purchase new brushes.

7. Use antibacterial wipes on your keyboard, phone and pens to protect yourself from spreading germs at work.

8. Wash telephones, cabinet handles, doorknobs, light switches and refrigerator door handles using a slightly dampened cloth with a solution of mild detergent and warm water.

9. Wash mop heads in a solution of ¼ cup bleach and one gallon water, dry thoroughly, then store. Not only will mop heads pick up germs and dirt, but they also can also grow mold and mildew if they don't dry out completely.



10. Disinfect the bathroom and kitchen, especially the faucet and toilet handles, daily. The kitchen and bathroom are the most used rooms in the home and possibly the most contaminated.

MaidPro is a residential cleaning service that uses a tried and true approach to clean each home for health, combining environmentally preferable cleaning supplies and state-of-the-art equipment to maintain the healthiest living environment possible.

If you're worried about the flu virus showing up uninvited, give MaidPro a call to schedule a cleaning.



239.596.5200 maidpro.com/naples
239.437.5527 maidpro.com/fortmyers
239.206.2881 maidpro.com/marcolisland



Acupuncture & Natural Health Solutions

2355 Vanderbilt Beach Rd, Suite 146, Naples, FL 34109

Functional Medicine Addresses:

- Immune Dysfunction • Pain • Anxiety • Depression • Fatigue • Digestive Issues
- Hormone Imbalance • Brain Fog • Insomnia • and much more...

Toni Eatros,

Functional Medicine Specialist

19 Years of experience and expansive medical knowledge.

Call NOW To Schedule An Appointment

239-260-4566

www.AcupunctureSolutionsOnline.com

Offering Services In:

- Telemedicine
- Functional Medicine
- Acupuncture & Chinese Medicine
- Practical Homeopathy
- Herbs
- Nutritional Supplements

We've taken cleaning to a whole new level...

SERVICES AVAILABLE

Home & Office Cleaning



MaidPro MUSCLE Services



plus




\$75 off

CLEANING SERVICES

\$25 OFF YOUR 1ST, 3RD & 5TH CLEANING

plus up to

\$125 off

\$25 OFF EACH INDIVIDUAL MAIDPRO MUSCLE SERVICE

MAIDPRO MUSCLE SERVICES OFFER CANNOT BE COMBINED WITH OTHER OFFERS.

maidpro.com
239.596.5200

Servicing Marco Island, Naples, Bonita Springs and Fort Myers Area

OSTEOARTHRITIS OF THE KNEE: ALTERNATIVES TO SURGERY

Currently, 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!



KNEE ON TRAC

LOW-LEVEL LIGHT THERAPY AND DECOMPRESSION

Our extensive training, unique approach, and highly specialized therapies give our patients a huge advantage in regaining their active and normal lives. The low-level light therapy and decompression technology we use is the best available and many other doctors don't want to invest the kind of money it takes for the best equipment.

ADVANCED KNEE REHABILITATION

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

WHOLE BODY VIBRATION

Using frequencies to detect disorders and pain, we scan the body using high-resolution vibrations at varying frequencies to alter the cell walls of disorders. The physician that invented the device based the concept on, opera singer's ability to shatter

glass with certain frequencies. After years of researching which frequency worked on various cells, we now have precise measurements to help patients heal rapidly with this procedure.

Are You A Candidate?

If you are experiencing knee pain that is chronic, please know that this particular condition is recognized in the health care profession as one of, if not the most, common and challenging painful situations to treat, manage or control. Our office has been working with patients who suffer from this ailment for over 10 years. We have found that many times, patients experience EXTREME relief, after just a few office visits with us. We have had many patients share their success, and show us in office, how their condition has improved, swelling and pain has reduced, and they are gaining their life experiences back because of this groundbreaking treatment.

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

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

To find out more, please call (239) 319-7362
to Claim Your Informational
Consultation, Exam, X-Rays (if necessary),
One Knee Decompression Treatment for
just \$97 (value \$400).



RESTORE HEALTH CENTER
DR. ERIC NARRELL, D.C.

239-319-7362

WWW.RESTOREHEALTHFL.COM

26381 S. Tamiami Trail, Suite 130
Bonita Springs, FL, 34134

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.

McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

Roger P. Felipe is the Discipleship Pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit www.venturenaples.com.

Medicare Open Enrollment:

YOU Have the Freedom to Choose

Make sure your Millennium Primary-Care Provider participates in the plan you choose because your continuity of healthcare is the most important thing and *Your Connection to a Healthier Life!*

<https://millenniumphysician.com/open-enrollment-2021/>



MILLENNIUM
PHYSICIAN GROUP
Your Connection to a Healthier Life

Offering Primary and Specialty Care | Telehealth | Walk-In Medical Centers
COVID-19 Evaluation and Testing | Lab Services | Imaging Centers
Physical Therapy and More

For your medical imaging
*make your choice
the best choice*
FOR YOU!

3D MAMMOGRAPHY
3T MRI & 64 SLICE CT
ULTRASOUND
NUCLEAR MEDICINE
PET / CT
INTERVENTIONAL
X-RAY & EKG
DEXA



 **RADIOLOGY**
Regional

18300 MURDOCK CIRCLE, BLDG #15, PORT CHARLOTTE

Office: 941-255-7950 | Scheduling: 941-255-7945

WWW.RADIOLOGYREGIONAL.COM

DRS. SCHULTZ AND STAPLETON ARE ACCEPTING NEW PATIENTS

The Heart Center at Physicians Regional has opened its doors, bringing our community an important new resource for heart care. Our expanded cardiac center has advanced surgical equipment and technologies, allowing for a broad range of interventional cardiology services including minimally invasive structural heart procedures. Services will be provided by Scot Schultz, M.D., and Dennis Stapleton, M.D., along with a team of heart care specialists. From the treatment of cardiovascular disease to cardiac catheterization, our caring specialists are here to help you live a healthier life.

To learn more, visit PhysiciansRegionalHeartCare.com or call 239-323-5887.

WE'RE TAKING HEART CARE TO A HIGHER LEVEL

Scot Schultz, M.D.
Board-Certified in
Thoracic Surgery

Dennis Stapleton, M.D.
Board-Certified in
Thoracic Surgery



 **HEART CENTER AT
PHYSICIANS REGIONAL**

Members of the Medical Staff of Physicians Regional Healthcare System.